



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 22
QUARTER 1 - 2000

The Millennium Edition

Editorial

Phill Thompson

Welcome to the special **Millennium** edition of the Bullsheet. A full twenty pages this issue, with pictures plus a special Caption Competition with a unique prize. Unfortunately, it was too difficult to get the pictures printed in full and glorious colour- maybe next year we will go out and pay for colour printing for a special edition. If anyone wants electronic colour versions of the pictures send me an Email.(I also have a superb picture from Rob Hickling of a beach in Sharjah but not suitable for us SAD people stuck in Aberdeen.)

Thanks go to all the people who contributed to this issue. There is a lot of current discussion in hill running circles about the SAF membership scheme which is covered inside. There is also reference to our excellent results at the FRA British Relay Championships where the club really came of age as a force in British Hill Running.

One relay success not mentioned was the stunning part played by Coach Rennie in Grampian Orienteers 11 Person Relay victory. Those of us who have witnessed at first hand Ewen orienteering at pace through the forest will know full well just how deceptive his "O" style is. Yes folks he is even slower than he looks! But yet another relay victory where CH were to the fore as there were a few other Cosmics who supported Ewen in the victory.

Have a good Christmas and Millennium everybody !

Cheers, Phill

CLACHNABEN HILL RACE Sat 15th April 2000

The race next year is on a SATURDAY. It is going to be a Scottish and British Championship Event . Runners will be coming from all over Britain to take part, and we need to show them that it is worth coming to the North East so that events like this can happen again. Details have not been finalised yet, but this is the rough plan.

1200 Race Start - Entry fee £7.00

1430 Meal at the Burnett Arms , Banchory

1630 Prize Giving at the Burnett

2000 Disco at the Burnett

The entry fee includes price of meal and entry to the Disco.

The race will be pre-entry, with no entry on the day. The Saturday night dance will be a Cosmic "away" weekend and we need everyone to turn up to boost the atmosphere. Accommodation prices for Banchory will be forthcoming in the new year. We will need approximately 25 marshals on the hill, so if you want to run tell your wife or brother or granny that they will need to help out !!

AGM TUESDAY 18th January 2000 8p.m. Blue Lamp

See separate flyer for agenda- please bring this with you.

LONDON MARATHON 2000

There are two club entries available. See Ewen or Brian ASAP.

The silly rule that club members must also be members of the current SAF membership scheme before they can compete in SAF permitted events continues to be held up to ridicule. Remember that this would have meant that until recently, a Cosmic who did not join the scheme could not run in the Clachnaben or Morven races for example.

The reason that it does not apply to these races is that Brian and Phil Kammer register these races with the FRA and not the SFA. There were a number of proposals carried at the E.G.M., the most important as far as the members are concerned is Proposal 5. This asks club members not to join or rejoin the SAF scheme until the above rule is changed. **Please do not join/rejoin.**

Editors Note : Ewen has been Emailed all the recent correspondence on this topic and is about as up to date as anybody in Scotland. The sting in the tail for not rejoining is, I believe, a £2 addition to the entry fee for non SAF members. Come to the AGM and have your say !

CHALET ACCOMMODATION , WEST COAST

Chalet accommodation at Benderloch by Oban is available at cheap rates to Cosmics. The chalet sleeps 5 or 6 , has a twin and a double room plus bed settee, central heating and t.v. Ideal position for hill walking, forest walks etc.

Winter rates £150 per week and £50 per weekend.

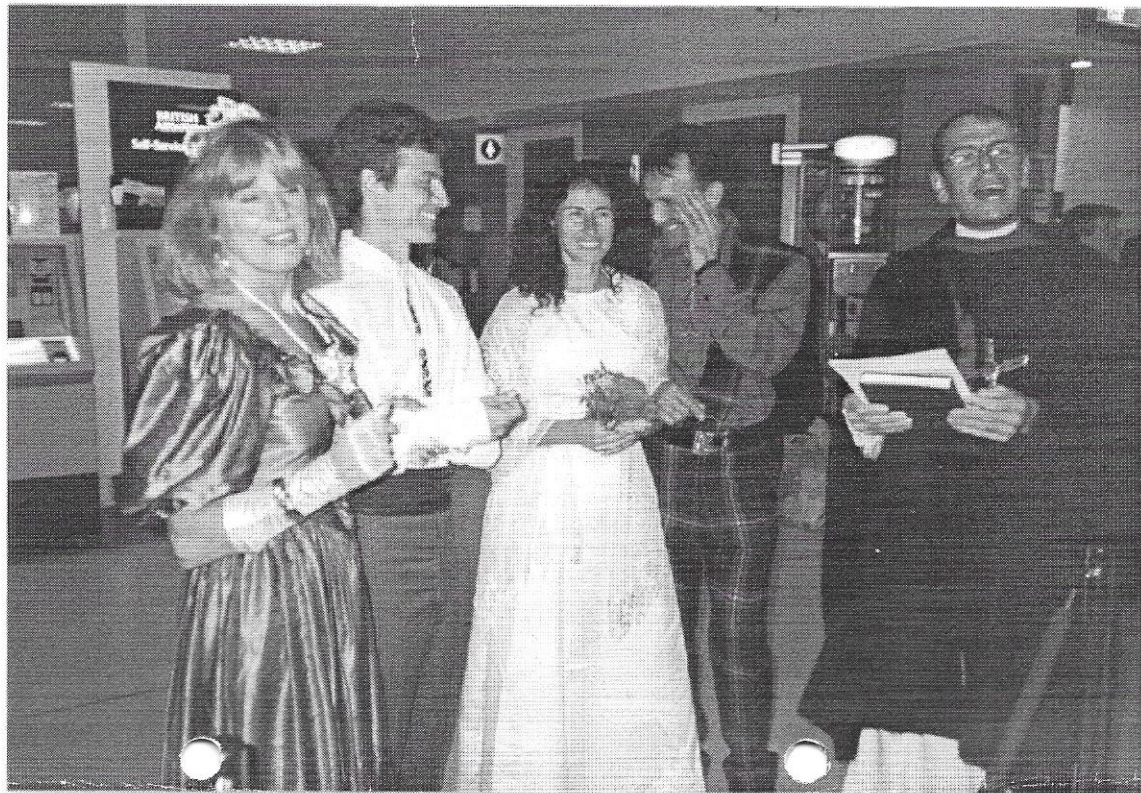
Contact Phil Kammer 01651 851130

RACE NUMBERS

One way I keep races cheap is by recycling race numbers. So every time you run a road race with non-paper numbers please keep the number and pass it to me sometime. Same with safety pins please.

Ta, EWEN

Greg and Encarna's Wedding – Alternative Version, Aberdeen Airport With Pastor Pryor doing the honours. Note demon eyes. What secrets is Buchan whispering? Why is Ann looking so coy?



This is a sailing/running race covering about 55 miles on land and 200 nautical miles. It is entered in teams of five, either strictly runners or sailors or "all-rounders" like us. The race route is Oban – Salen (Mull) – Craighouse (Jura) – Lamlash (Arran) – Troon. Although the race motto in 1998 was "Only the Strong Survive", the race has been described as "KIMM with a caravan". There didn't seem to be a motto in 1999, but I'm sure you can think one up yourselves. Our "caravan" was a Sadler 38' yacht called "Shimshal". Shimshal was fully equipped for transatlantic cruising. Although this sounds good it actually meant that she didn't have a hope in a small-sea, small-weather event like the SIPR.

The Cosmics in our team were Catherine Mangham and myself. The skipper was an improbably tall dermatologist called Richard Weller. The two other team members were called Nick and Ewan.

Catherine and I drove over to Oban in a borrowed Volvo, and found our way to the pre-race gathering and kit-check in McTavish's Kitchen, on the seafront. This was the second time I had been, and it was interesting to once again take part in the same discussions about wind, weather and tactics, as well as expressions of regret and extreme anticipated discomfort.

We spent the night in a local B&B. The idea was to make sure that we were well rested before the race. The only other guest was a permanent one – a sick and listless goldfish in a green, murky tank in the dining room. His room was only marginally less inviting than our own, and his food looked almost as good. It was a pleasure to leave. The place was so crummy and horrible that it made Shimshal, with all her cold, damp and piles of rucksacks, seem almost luxurious.

The race started at 12:00 on Friday 14 May with a sort of extended (and wet) Le Mans start. Catherine & I ran a five-mile hill circuit, starting and finishing at the yacht club in Oban. At Oban there was a chaotic scene as 60 or so yachts dodged and wheeled around, trying to avoid hitting each other and to pick up their team members, all of whom looked more or less identical (cold and wet, orange inflatable tenders, skimpy running clothes and skimpier life jackets). We leapt into the tender and rowed out to Shimshal as quickly as we could.

We then sailed across to Mull, eating vast quantities of tinned rice pudding and pasta on the way. On Mull, Catherine, Nick and I ran a 23 mile leg in about 5¼ hours, with a few stops for food, drink and (I think) a change of shoes. This leg starts and finishes (at sea-level, needless to say) with about eight miles of road and track, between which is a fairly hard climb up and down Ben More. Any cosmic who knows me will not be surprised to learn that I left all the navigation to Nick and Catherine, just happy not to lose them in the mists on top of Ben More. So I was behind both of them more or less all the way until we regained the lowland track. Ask Catherine about the group dynamics of the Ben More leg. Although we were all friends at the finish, there were times when I was glad that the kit list had favoured maps, whistles and compasses over carving knives and air pistols...

We then sailed to Craighouse on Jura, where Richard and Ewan ran up the Paps of Jura. I don't know much about this run, as I've never done it. It sounds like a pretty awful scree-scramble, though, and it took them ages. As it was early evening Nick, Catherine and I made the most of our speed-challenged teammates and our location, and had showers and dinner at the Jura Hotel. Maybe not in the spirit of the race, but we're not stupid, and we were certainly not the only ones. "KIMM with a caravan" became "KIMM with a caravan and a hotel in the middle". I don't care. I don't pretend to be tough.

At about 01:00 we set sail for Arran. Getting out of Craighouse in pitch darkness with our skipper crippled by fatigue was a challenge. We were aided by a night vision scope, which was very useful but kept making me think I was in the filming of "The Silence of the Lambs". Unfortunately one member of the crew (me) let the mooring rope trail into the water at a critical moment, leaving Shimshal at the mercy of the wind and tide for a vital few seconds until the rope-cutter did its job. We escaped without hitting anything, or more to the point, each other.

Nick and I stayed on watch until 5:30. After the drama of the escape the wind fell right away, and during all that time we sailed only a few miles. Things picked up a bit, though, and my next waking moments were spent watching the Mull of Kintyre slowly disappear to port.

We arrived in Arran at 02:00. The Arran leg starts in Lamblash, then runs through Brodick and up Goatfell by the public path. It doesn't start to get hard until well onto Goatfell, the top of which (874m) is just a large pile of boulders. Nick, Catherine, Ewan and I ran this leg, taking a generous six hours to do so.

We started in the pitch dark, and again I left the navigation to the experts. We were doing quite well until just before Brodick on the inward leg, but at Brodick (on the golf course, to be precise), Ewan hit the wall, and needed resuscitation with many jelly beans. By this time there were a few people (real people, not odd-balls wearing race numbers) around. It was quite clear that the sight of four dishevelled lunatics staggering drunkenly across Brodick golf course at 6.00 on a Monday morning was a source of some mystery and entertainment.

Somehow we got back to Lamlash harbour, which was a very welcome sight. We quickly sailed off towards Troon, with the thought of the end of the race, some hot food and a shower, in our minds. This was the only part of the race when the wind picked up enough for Shimshal to really sail, and we skimmed across to Troon in a brisk force 4.

In Troon itself we suffered a major setback. We were overtaken by another yacht. Troon has an outer and an inner harbour, and according to the rules you have to stop sailing before the inner harbour and drop off two crew members in the tender. They then have to row to the marina, and finish by getting out of the tender and making their way to the harbour office.

We approached Troon on a broad reach (the fastest point of sailing) so we had lowered our foresail in the outer harbour to slow ourselves down a bit. The skipper of the yacht behind us knew the area better, so shot by under full sail. Just after they overtook, we launched our ground crew (Catherine and Nick) into the tender in a frantic attempt to catch the others. The other crew landed first, and started running towards the finish. Catherine and Nick landed a few seconds afterwards. Like true Cosmics they overtook the opposition in a sprint finish (with full waterproofs and lifejackets) to the harbour office, cheered on by a few spectators as they did so.

Yachting has a luxury image – huge and exotic gin-palaces gently bobbing in the sunshine as wavelets dapple the clean white hull in reflected light; the crew rubbing sun lotion on each other as they down their pink gins and plan their next few hours of tanning. The SIPR soon dispels these images. After the first run Shimshal was a seething mass of damp kit, spilt rice pudding and mouldering milk, with every change of tack acting to stir and mix everything up a little bit more. Muddy shoes, stuffed with newspaper in a vain attempt to dry them before they're next needed... wet running vests, waiting to freeze their owners at the start of the next leg... sweaty team-mates, lying slug-like in damp

sleeping bags, oblivious of the rain of books, charts, cutlery and crockery flying through the air at the slightest change of course. Why, why, why?

I think that we came 4th in the "all-rounders" class. It sounds quite good, but I think that it was a class of only five. Never mind, we finished the race, and I'm sure we'll all do it again some time. If you want more information, and some pictures, go to <http://www.sipr.zetnet.co.uk/>.

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First Scotland, Next Britain and then the Cosmos' Number 1 Club Greg Barbour

At the start of the year we made a strategy of targeting specific events and particularly relays, whereas in previous years we sort of went for everything including the Scottish Championship.

The strategy recognised that many of our fastest athletes and social stars have alternative drinking commitments that a rigid series, such as the Scottish Championship, clash with. It also recognised the low status the championship currently holds..... currently left to bogtrotters and other stragglers.

So how did the new strategy go? GREAT!!

The highlights:

We started with Dan finding his way to a win in the Devils Burden relays. Backed by our second team in 3rd place and the reliable girls recording yet another win.

This was just an appetiser for our triumph at Carnethy where the team prize Claymore became ours and our Noggy superman Bernt ran second in his first ever hill race.

We picked two away weekends, Goatfell and the Two Breweries and kicked arse and came away with the beer and the trophies(and hangovers) in both.

The Cosmic's chicks, Tracey and Sonia have already moved to a higher galaxy than Scotland and brought home a bronze team medal from the world championships.

Finally our crowning achievement; we got amongst the medals in the FRA relays, the boys third after a stormer by Jon Duncan on first leg. The girls ran second after Tracey decimated the field on second leg. Both teams came home in a thrilling sprint finish where due to a delirious Cosmic barrage of cheers..... coming second was not an option.

So **social** dominance of Scottish hillrunning was not enough now we have **hillrunning** to match.

What a year, where can we go now?

Perhaps swimming or bungee jumping or some other challenge? Is Mt Everest available?

Should we become a political party or send rockets to Mars, count seagulls ?

Or something difficult like teach John Buchan to navigate?

Or should we just concentrate at keeping up with Ruth at training?

Suggestions welcome for the new season.

Where were the bogtrotters?

Greg

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Kirkhill Forest Five Saturday 29th January

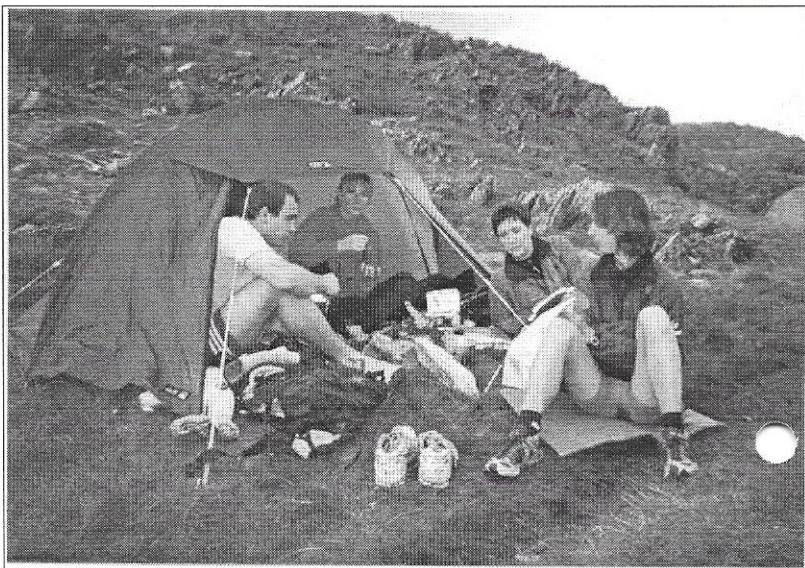
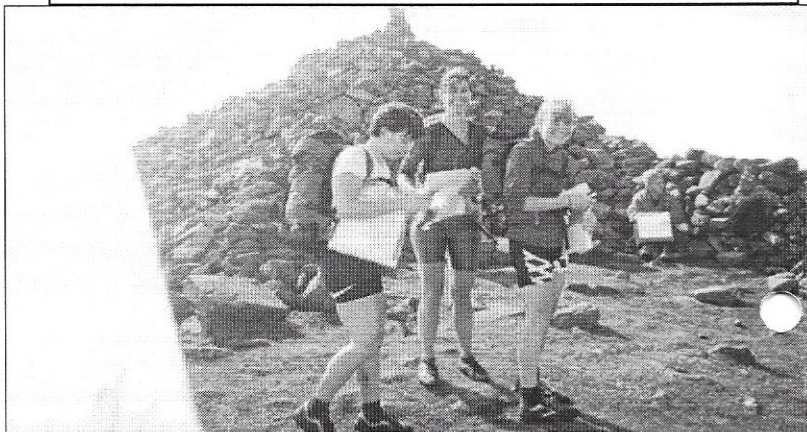
Re-staged by Stevie Willox and Cosmic Hillbashers 12:00 Start

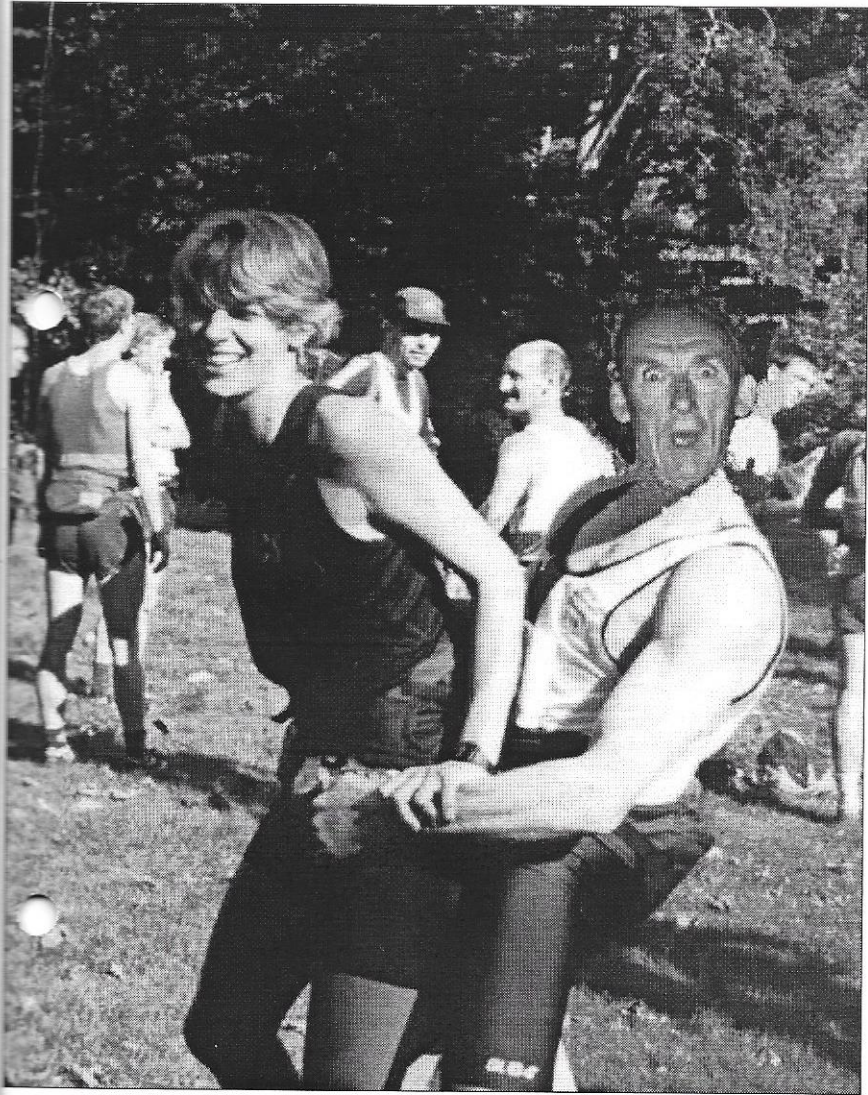
Cosmics challenge Metro and AAC to a mob match
First ten runners, any class, to count

Kirkhill Forest carpark off A96, 1 mile past airport roundabout

Five mile marked course, mostly track with some road

Caption Competition. The sender of the best caption for any of these three will win a unique “picture T shirt.” featuring one of the pictures. Entries to Steve Pryor





COSMICS come to PARTY - A history

From nowhere to 6th in the FRA Relays in six years emphasises only one aspect of the success of Cosmic Hillbashers!

Formed in August 1993 with eight paid up members they now boast a membership of over a hundred but it is the style with which they have achieved it that arguably make Cosmics the best club in Britain.

Founder members Brian Lawrie, Phil Kammer and Ewen Rennie once lined up at Ben Nevis as numbers 2,3,& 4 but found that being very much a minority within Scotland's biggest athletics club (Aberdeen AAC) was not to their taste. So was conceived Cosmic Hillbashers - very much Brian's idea as far as the name went - but with a joint philosophy that to participate was to win; to be in the hills was the name of the game.

Another crucial inaugural member was Steve "social secretary" Pryor. Initially self-appointed, (after all the initial club constitution, demanded that the club be run with the minimum of officials - a secretary and a treasurer and no formal committee), Steve became part of the inner quartet who ran the club for the first five years.

Steve's forte was the club trips and social occasions! "Cosmics come to party" was the theme song long before it became "Cosmics beat Carnethy"! The Sligachan Hotel and Glamaig Race still reel from the Cosmic clothes swapping party of 1998 whilst the same venue the previous year saw Cosmics beat the Rest of the World at football thanks to the special contributions of Katie "draped on the crossbar" Boo and Margaret "Webb Ellis" Stafford.

However any aspiring club also wants success on the track. First featuring in the 1994 FRA Relays they finished 43rd. 1995 and the trip to Wales proved too far for even this intrepid bunch of travellers but in 1996 they improved to 29th with the Cosmic quines leading at the end of leg two only to fade to 6th at the end.

1997 and Cosmics improve to 13th whilst the Women's team was well in contention until a navigational error on leg three. Just to show what might have been Tracey Brindley runs the fastest last leg by some five minutes!

So to Keswick and 1998 with Cosmics finishing sixth overall, sixth "B" Team and 5th Ladies Team. Given this rate of improvement who would bet against them winning some medals in 1999 despite being denied the opportunity to take the event to their own backyard at Glenshee. (The powers that be decided that it would be too far to travel for the southern wimps and opted for Alva instead!).

And win medals they did - second in the Ladies Race, third in the Open Race, fourth in both the Veterans and 'B' team races - yes Cosmics have arrived! Will the Comet soar in the new millennium? Given the level of vocal support available to them at Alva, Cosmics must surely soar ever upward.

Such team successes have been also been reflected in individual recognition with Cosmics making up three of the four lady members of the Scottish Ladies team at Knockdhu in 1998 as well as having a young impostor in the male vets. In 1999 it was only two Cosmic Ladies and different grey beard for Knockdhu (but it should have been two)!

1999 and Tracy Brindley and Sonia Armitage were part of the Scottish Bronze Medalists at the World Trophy Mountain Race - a fitting reward for their efforts and dedication over the years!

Yet even that was eclipsed by Cosmics having more runners than any other club in the World in the World Orienteering Championships held earlier in the year in Inverness - British (1), Norwegian (1), Spanish (2), and New Zealand (1)! We're a cosmopolitan lot and since then another New Zealand orienteer has joined us whilst Ewen raves about the uphill prowess of a certain female.

Brick

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COSMIC KIT!

Vests and long sleeved Viga tops. Vests at £10 and tops at £12. Excellent value and a privilege to wear !!

There are only a few yellow Viga tops left so hurry if you want one.

Please phone or e-mail Shelley if you want her to bring some kit along for you on a Tuesday evening.

Cosmic Social Events – Quarter 1 2000
Social Secretary – Elaine Stewart

Social Retrospective

October

Thanks to Sue & John Buchan for their hospitality for having us all round after John's charity run at Grandholm for another pleasant social evening of drinking & eating.

My house warming party turned out a great success. About 80 people turned up in all and the music could be heard booming at the bottom of the street (and all the bottoms could be seen gyrating from the top of the street)!. The sign of a good party is when the police eventually turn up and tell you to turn the noise level down so we closed the door & windows. Won't be having another party like that for some time, my neighbours would never speak to me again.

November

Ron Pratt entertained us with a slide show of his 8-week walking holiday in the Pyrennies. He started on a high and then went rapidly downhill. Just joshing Ron ! A most enjoyable evening and Ron took the constant heckling from the Cosmic Rabble in extremely good spirit. (He did lose weight though ---and where did he get that tent)?

Forthcoming Features

December 99

12 Cosmics are off to Crianlarich to participate in the festivities at the SHR 'Annual Do'. There will be a 'Mini Olympics' for Hill Runners and you will have to wait until the next issue for details. We think perhaps this will involve walking up a few hills and jogging down the other side all followed up with a spot prize ceremony and a rousing rendition of 'A Cosmic For Me' (a hymn which is now a firm favourite of the Hill Running Community)!

January 2000 : Friday 21st

COSMIC MILLENNIUM XMAS PARTY

This year's party has a fancy dress theme which will be the 60's or the 70's or the 80's or perhaps a bit of Austin Powers 'The Spy Who Shagged Me' for those of you who have seen the movie. Pick your era and come suitably attired. Velvet suits, frilly shirts, hotpants bellbottoms or whatever, just look in your wardrobes. If you get stuck speak to Dave Armitage, Skippy Barbour or Ewen. Gary Gutteridge has some interesting trousers which he collected from his days as a 'Dame Edna Groupie' and he might just be persuaded to lend these out. We think most of you will manage well enough though! Prizes for best male & female costume.

The venue this time will be **The Aberdeen Squash Racquets Club**, Cranford Road, Mannofield (we are moving up in the world as we mature). Festivities will start at 20h00hrs.

Food is going to be bring a dish. There are catering facilities at the club so anything can be taken along and re-heated. See Elaine to be allocated something to bring. You will be given a choice of either savoury, sweet or perhaps bread, crisps & dips etc. It is necessary to go through Elaine to ensure that we do not end up with a table full of out of date mince pies!

Tickets are available from Elaine cost £5.

February

CARNETHY FIVE HILL RACE Saturday 19th February 2.00 PM

A well known Cosmic favourite this one. The course is approx. six miles with 2500' of ascent, covering five tops in the Pentland Hills.

This will be a Cosmic jolly weekend away, same format as last year travelling down early Saturday morning for the race at 2 o'clock. All competitors this year will receive a memento to celebrate the 30th Carnethy 5 Hill Race and the entry fee also includes a hot meal after the race served at Beeslack High School. I will book accommodation again at Palmerston Lodge in Edinburgh for the Saturday night. In the evening there is the Famous 'Carnethy Five' Ceilidh followed by a surprise tour of Edinburgh! We might do a mini bus if there is enough interest.

Race entry forms & info available from Elaine book early.

Cost for the weekend: -	B&B Accommodation	£12.00
	Race entry fee	£ 7.00
	Ceilidh	£ 3.00
	TOTAL	<u>£22.00</u>

March Saturday 11th

Another chance to show us what you're made of . Once more the Pryor Sauna will be cranked up and so will the Disco Music ! That's right we are having a **MID AFTERNOON EARLY SPRING BALL**. After soup and a sauna the curtains will be drawn , the music will be turned up and the bar will be wide open (Bring a bottle or some tins). The showers will be available but you may have to queue)! A buffet meal will be provided by the Pryor clan to sustain you into the night . We will think about transport . We may organise a pay as you go shuttle bus if demand is there . All family bods can bring the little uns.

**DON'T FORGET..... TUESDAY NIGHT IS KING STREET
MILL NIGHT !**

Latest re SAF

Extract from SAF management Report early December.

Membership stood at 7,013 at 29 November 1999. 383 are new members with 6,630 from last year. 2,801 have renewed and 3829 (58%) have not yet done so. Renewal notices were sent in October and reminders in November

Advice from Scottish Hill runners is not to renew till matter resolved

There are a lot of Emails around on this topic – too many for me to summarise. See Ewen or his Emails for the latest update, make your own views known to him AND ATTEND OUR AGM.

Phill



Too many possible captions to contemplate on this one. P17

Cosmics Membership closes the Century over the Century

IAN SEARLE

Total membership stands at 108 at the end of 1999 - the largest paid up figure yet.

You will find a membership renewal form in with this mailing. Please return with a cheque asap. Why not get in some practice and make it the first one you write in 2000 (and make it the first one you tear up having written 1999 again)

I would also like to do a check and update on membership and contact details with this renewal. Please check the enclosed copy of the Yellow Pages and use the membership renewal form to:

- a) confirm any changes to the address on the envelope label (especially postcodes?)
- b) check/add contact telephone numbers
- c) check/add e-mail address
- d) if registered, please add your SAF number
- e) add any pet or nicknames you especially do not wish to see used
- f) state any meal preferences and whether you want a smoking or non-smoking seat

We have been joined by a number of new(ish) members this autumn, please welcome;

Phil Cowie and Rab Taylor (both finally coerced into joining properly)

Maria de la Torre (our resident lawyer, recently returned from injury)

Ruth McKean (ruffling some feathers at the front of the pack)

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

Finally, as we leave this momentous Cosmic year, members will no doubt be pleased to hear that our resident pet Trotter and social geographer*, HayDog Lorimer, has formally lodged the first £1 instalment against his easy pay-as-you-go monthly terms for social membership. Anyone else potentially interested in paying for their membership on these special 20% premium terms really shouldn't be.

* tutorials by appointment only

Weekend Runs and Races

Saturday 1st January – The Millenium Fun Run 5K – Seaton Park 2pm – entry fee £1

Sunday 2nd January – Orienteer with Gramp or Howes 2miles – both 11am

Saturday 8th January – Kerloch – meet Duthie Park 9-15am or out there 9-45am
Grid Ref. NO 699917

Saturday 15th January – Forest Roads of North Kirkhill at 9-15am because its
Sunday 16th January – EL-BRIM-ICK DASH 11-15ish Seniors; U16 race at 11am

Saturday 22nd January – Millstone and beyond – meet Hazlehead at 9-15am or out at
Donview for 9-50am Grid Ref. NJ672190

Saturday 29th January – Kirkhill Forest 5 Cosmics v Metro Challenge Start is at
12-00 hrs (See Steve Wilcox for details)

Saturday 5th February – Massive Cosmic turnout at Devil's Burden Relays, Falkland.

Saturday 12th February – Durris – meet Duthie Park at 9-15am or out there at 9-50am
Grid Ref – NO 762916

Saturday 19th February – Carnethy Five and Cosmic Social Weekend in Auld Reekie

Saturday 26th February – Green Hill revisited – Hazlehead 9-15am or Millbank
at 9-50am Grid Ref – NO 658109 route reversed!

Saturday 4th March – Coreen Hills– Hazlehead 9-15am or 10am at GR – NJ547232

Saturday 11th March – Forvie , Newburgh 9.50 out there. Usual runs, dip in sea at
Hagley Bay, punching on beach. Back to Steve's for sauna & nausea party see social
notes.

Saturday 18th March – Carn-mon-earn – meet Duthie Park at 9-15am or 9-50am at
Grid Ref. NJ 768916

Saturday 25th March – Speyside Way Relay and possible away weekend in Tomintoul

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*Advanced Notice – Lake District Weekend – Late May/Early June for Bob Graham
Round by Tim Richardson (and anyone else who fancies it). Help needed at road
crossings – bursting blisters, changing socks, stuffing food down his throat etc. plus
pacers for the five different legs. Total distance 72 miles, 27,000 climb, 42 tops in 24
hours. Participating in events like this is a cosmic experience (especially the socks)!*

COSMICS at KINGS

As before, anyone who is injured but can turn up to do some time-keeping will be most welcome! 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!

11th January	Seaton for continuous hills
	3,6,9,9,6,3 -up and down the clock, 600m recovery
18th January	300m,3x(2minutes out/back),snakes
	Seaton for hill reps
25th January	3x(600m,jog,900m,jog), snakes
	10x300m, hard snakes
1st February	Hilton for hill reps
	6-8x600m
8th February	3x(400m,jog,1000m,jog), snakes
	Seaton for continuous hills
15th February	3,6,9,12,9,6,3 -up and down the clock,300m recovery
	6-8x600m
22nd February	Seaton for continuous hills
	12x300m
29th February	300m,(3x2minutes out/back), snakes
	Seaton for hill reps
7th March	3x(600m,jog,900m,jog), snakes
	4x900m,lap recovery; hard snakes
14th March	Seaton for hill reps
	6-8x600m
21st March	3,6,9,12,9,6,3 -up and down clock with 300m recovery
	12x300m
28th March	Brimmond Car Park