



COSMIC BULLSHEET

The Bulletin News-Sheet of Cosmic Hillbashers

**ISSUE No 23
QUARTER 2 - 2000**

Editorial

Phill Thompson

Not much time for a decent Editorial, but plenty inside to keep you happy. Congratulations to Andy White who narrowly won the recent Proms Series and to Jon D for his Carnethy win.

Thanks to all contributors, please keep sending in results, reports, gossip etc. I hope to include a bunch of pictures in the next issue.
DON'T FORGET TO SUPPORT BRIAN AND CLACHNABEN.

Spring Challenge - Mercy Ships

I'm looking for five keen runners to help me out with a leg of The Island Race. This is a huge event this year which involves running round the coast of the UK to raise money for charity. It is being started by Princess Anne on May 13 from Gordonstoun School and will reach Aberdeen on 14 May. I'm helping to organise the leg from Aberdeen to Montrose on Monday 15 May which will consist of 6 sections of about 7 miles each.

The charity that we will be running for is called Mercy Ships - an organisation which buys ships and fits them out as hospital ships. These sail to deprived parts of the world and perform much needed operations and run clinics for local people.

We would be looking for each runner to commit to raise a small amount of money, about £150 each.

If you are interested please let me know asap as spaces are filling up fast and we are only allowed to run 6 people for Mercy Ships on each day. Lois is helping to organise the leg from Peterhead to Aberdeen on Sunday 15 May and may also need volunteers.

Donations to the team would also be most welcome.
Catherine Mangham 01224 631320

**Clachnaben :Saturday 15th April 2000
British and Scottish Championship Event**

Organizers :Brian Lawrie
Hosts:Cosmic Hillbashers
Major Sponsor : The Running Shop

Programme for the day :
12h00hrs Races start
15h30 Meal Burnett Arms Hotel in Banchory
16h00hrs Prizegiving
20h00 to 01h00hrs Disco at Burnett Arms Hotel

Tickets and Race Entry £7.00/head
Closing date for entries 10th April 2000
Entries and enquiries to : Brian Lawrie
79 Inchbrae Drive Aberdeen AB10 7AJ TEL : 01224 - 636299

Marshals wanted : contact Brian
All Cosmics are requested to support the race and the
social events !
Accommodation at the Burnett Arms is available from Elaine
Stewart Tel :01224-641613home / 01224-523608work

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RECENT RESULTS - CARNETHY 5

1 John Duncan 48min 53 secs; 8 Dan Whitehead 51.09;12 Thomas Bracegirdle 51.43; 16 Haden Lorimer 52.50; 20 Greg Barbour 54.28; 72 Clare Miller 60.41; 85 Carl Pryce 61.56; 90 Bill Teahan 62.13 ; 93 Bob Sheridan 62.26 ; 149 Gheorghe Muresan 66.38; 172 Gary Gutteridge 68.52; 220 Willie Watson 72.39; 238 Katy Boo 74.04; 280 Derek Johnstone 77.29; 298 Lois Noble 79.01; 326 Elaine Stewart 82.29; 355 Steve Pryor 85.43; 374 Ian Searle 88.57; 396 Helen Mackie 93.04; 404 Liz Horton 94.41.

THE CAPTION COMPETITION - Steve Pryor

Thanks to Niall Watson and Anne Anderson for their not all together tasteful attempts at the caption competition .
However the winner is without a doubt has to be Shelley's Frenchman 'Cristophe' who was heard to say, upon seeing the picture of Shelley and her admirer (joined at the pelvis) in the Bullsheet , ' wat ze fook duz zat twot Lez fink ee iz diong wiz my boyfriend'!
The T-shirt is winging it's way to Cristophe en Vercors .
If you have never been to see his Grand Goulies you simply haven't lived !

SAF, the HRC and SHR

From the last Bullsheit you will be aware (especially those on the e-mail circulation list) of the battle between the "anarchist hill billies" and the Scottish Athletics Federation over their demand that race organisers excluded non-SAF registered club members from SAF permitted races. Given that over half of Cosmics are not individually registered with SAF as a race organiser I faced the possibility of losing over half my field (and lots of friends) if I had enforced their 'silly' rules.

At a historic SAF extraordinary meeting at the end of January the 'anarchists' became the democrats when we were joined by the majority of road running clubs and several track and field clubs (including Aberdeen AAC) in voting through new rules. This to the astonishment of the SAF hierarchy who doubted whether we could even muster enough votes to call the extraordinary general meeting.

Both the Hill Running Commission and the Club Committee now urge you to consider joining the SAF Individual Membership Scheme - indeed if you run more than five SAF permitted races in a year then it is in your own interests to do so as non-SAF registered athletes will be charged £2 extra for every race. This does not include the Krunces (which are non-permitted) and this year's Clachnaben (which has an FRA permit) but will include Scolty, Tap O'Noth, Cairn William, Bennachie, Elrick Relays etc. and most road races.

What is the Hill Running Commission (HRC)?

The HRC is the body with (limited) delegated powers from the SAF Board of Management for the organisation of hill-running in Scotland. There are also Commissions for Track&Field and Road&Cross-Country. I am a member of the HRC in my capacity of Championship Convenor.

So what is the Scottish Hill Runner (SHR) group?

The SHR evolved from the now defunct Scottish Hill Running Association. The SHRA sought control of hill-running in Scotland from SAF's predecessor. With the advent of the HRC most of the rationale for the existence of the SHRA died but SHR still retains the functions of publishing a newsletter (3/4 times a year) and the annual fixture list. To enable it to do this it has a separate subscription of £6 a year - details recently circulated by Steve Pryor. I was elected on to SHR at its last AGM.

So what is the Fell Runners Association (FRA)?

The FRA is essentially an English equivalent of the SHR and likewise publishes a newsletter (well actually a rather posh magazine three times a year) and an annual fixture list (which includes some but not all Scottish races). Membership costs £9 a year and many Scots consider it value for money despite its English bias and incomplete Scottish coverage.
So which should I join?

Cosmic membership is the best value, followed by SAF Registration (if only to save on unattached levies). The FRA Magazine is superior to the SHR Newsletter but the SHR Fixture List gives far more complete coverage of Scottish races. It's up to you!

Ewen

From your Sharjah correspondent, Rob Hickling

This year was the eighth annual running of the Wadi Bih Relay. This event is the brain-child of John Gregory, locally well-known British expatriate who lives in Ras al Khaimah, one of the smaller northern emirates about 90 minutes drive north-east of Dubai.

Running is not a particularly popular sport in the United Arab Emirates, and is restricted almost entirely to the expat community. There are the Hash House Harriers in the main cities, the Abu Dhabi and Dubai marathons and a handful of other races each winter season.

No-one in their right mind would run very far in the summer, even at night. In July/August the daytime temperature is about 42-44 degC and it only cools down to about 38 degC at 10pm and about 33 degC by 6am. Summer humidity is high by the Gulf coast, where surface sea-water temperatures get well into the 40's. People at my scuba diving club tell me that they've recorded 38 degC in the Gulf when diving at a depth of 60 feet. (Blood heat is 36.9). You get de-hydrated by just swimming.

The Wadi Bih is a dramatic wadi gorge, which runs east from Ras al Khaimah into the mountains of the Mussandam peninsula (which is actually part of Oman). They form a range of hills running north-south, alongside the Indian ocean coast. A 4WD track runs into the mountains, then climbs steeply up zig-zags to about 1,000 metres. Up on the plateau there are stunning views of the jagged mountains; these have virtually no vegetation and the geology is perfectly exposed. The track then drops equally steeply down into another wadi, which cuts through another magnificent gorge and emerges out to the coast at Dibba.

The relay is for teams of up to five runners, and each team must contain either a woman or a super-vet. The total length of 72km is broken up into 26 legs, varying from 1.1km to 5km. You can allocate legs how you like, provided that each runner runs at least 12km, and the first and last legs must be run by all the team together.

I ran the relay in 1999, soon after I arrived in the UAE from Scotland. I ran for Andy Jackson's team and we completed in a time of 6 hrs 6 mins (13th out of 40 teams). This year I ran for Andy's team again but we had a team of four, not five, because Andy and Chris were in training for the Comrades Marathon in South Africa later this year. But in the end they ran the shortest distances and I ran 9 legs and 23km ... so I reckon I was just conned.

We started at 7.20am. It was cooler than last year, and there was even some morning cloud on the hills which helped quite a lot. Later on it warmed up to about 25 degC and there was a strong headwind coming into Dibba. I went well to start with but felt tired by the time I had to run leg 23 into the wind. We finished in 6 hrs 8 mins, which wasn't bad considering we were a team of four.

There were 52 teams this year – so the attraction of the race is growing. Winning time was 4 hrs 28 mins by Abu Dhabi Striders – who have won the race all eight years of its existence. I reckon if a top Cosmics team were to enter next year, they would definitely have a good chance of winning. There's a great BBQ and free beer at the end.

~~----~~World Rogaine Results

Barbour and Rowlands Win the Men, Smith and Maturana the Womens Class

Although held in mostly open farmland, mist blanketed the higher parts of the course for the 4th World Rogaining Championships in Canterbury, New Zealand last weekend. This resulted in some very challenging navigation even during the daylight, although the existence of fences on the map made other parts of the course easier. The steepness of the terrain reduced route choice somewhat and led to many teams selecting similar "chains" of controls, but the organisers, Peninsula and Plains Orienteers, produced a fine event for the 400 competitors.*

After coming second at the last World Champs in Canada, Greg Barbour and David Rowlands won the Open Mens title. Barbour is a New Zealander living in Scotland, while Rowlands is an Australian, who was planner of the first World Rogaine Champs in 1994. With a score of 2410 out of 3000, they were comfortably ahead of Chris Forne (NZ) and Nick Barriball (GBR), who amazingly met only the day before the event! In third place were Jason Markham (NZ) and Dieter Wolf of Switzerland. Wolf was the 1999 World Masters Orienteering Champion in M50, and has an extensive orienteering and mountain marathon background, although he had never taken part in a rogaine before.

And the Open Womens Champions in Canada were beaten into second place by Rachel Smith (NZ) and Encarna Maturana (Spain) who is Barbour's wife. Catherine Hagen and Pam James (both from Canada) were the second placegetters, while Australians Jenny Casanova and Alexandra Tyson were third. The Open Mixed class was won by Jenni Adams and Rob Hart from New Zealand, ahead of Mark Saunders and Alice Bedwell (Wales) and Phil and Antonia Wood (New Zealand).

Other Classes:

- * Veteran Men, Paul Hoopman and Leigh Privett, Australia
- * Veteran Women, Dorothy Kane and ???, New Zealand
- * Veteran Mixed, Geoff and Lisa Mead, New Zealand
- * Super-Vet Men, Tim Dent and Rob Taylor, Australia
- * Super-Vet Women, Sharon Crawford and Judith Dickinson, USA
- * Super-Vet Mixed, Phil and Penny Dufty, Australia
- * Junior results and NZ Championship results will be add

Cosmic's Hold Their Own At Crianlarich

Scottish Hill Runners Annual Bash

We had a brilliant weekend at Crianlarich. A great meal on the way down at the Bleu Cafe in Crieff with Steve Pryor, Anne Duckworth, Elaine Stewart and Gheorghe (pronounced Yourgi) and me, Gary G. Somehow there always seemed to be another bottle of red before you even realised we had finished the last. A recommended stopping off point. Arrived rather late at the Hostel to find Lois and Bob Sheridan looking for drinking partners. We duly obliged with good "crack" until about 2:30 when it was deemed time for some kip or Saturday would be a wipe out. It was a bumpy night for some but we all survived till morning. I was even accused of snoring like Steve Pryor, but its not true, he must be a ventriloquist. Getting dressed was an experience, well watching was, and I didn't realise that runners only wear skimpy black underwear. I'll have to put some on my Xmas list so I'm well prepared for the next sporty weekend away.

Saturday was overcast and raining so we only managed the Green Wellie Coffee Shop before the Hill Runners Hash at 1:00 p.m. Now the only two Hash's I'd been to before were attended by very modest runners so were a bit too tame for us hill-bashing sorts. This one was different with everyone at least fit enough to run up hills. It was a good thrash and well put together with a beer stop halfway. It was a very boggy route and the loose water was virtually freezing so it made for cold toes however hard you ran. Washing your shoes / feet in the melt water stream by the hostel seemed quite easy once you had lost all contact with anything below the ankle.

The rest of the afternoon was filled by the Olympic Games in the local village hall. Misc silly games were played by all and naturally Cosmic teams excelled coming first and second. The evening meal for some 75 people was in the Hostel and prepared by lots of people all contributing with the preparation under the guidance of Chef du Jour, Peter Scott and the Maitre D' Elspith Scott. (I hope those names are right) Cosmics had a large table, plenty of wine and much banter. It should be noted that one of our number (Tracey Brindley) was spotted canoodling with the opposition and even ate with them. Hayden, Dan, Katy Boo and Peter joined us sometime during the day with Shelley only just arriving in time for some food claiming shed been busy at work (making up for lost time spent surfing the net for cheap flights more like it)

The food and wine was a good set up for the disco in the village hall which also had a licensed bar. The DJ played excellent dance music all night with a few Scottish dancing numbers thrown in so that you could get your breath and check out some new partners. With so many fit people all dancing like it was the dance Olympics the heat levels rose rapidly, the sweat quotient was very high. Our gay contingent (Hayden the ringleader, Dan, Bob and Gheorghe) all put on pink dresses and entered the disco to the sound of "Hot Stuff" by Donna Summer, to much amusement all round. Thankfully they kept their clothes on! Katy Boo's dress has to be mentioned in despatch's as a stunning piece of material science; that something so short, tight, thin and shiny could be cling film wrapped around a tall fit and supple body with no knicker lines defies description in the written word. Best described as wet dream material for a 14 year old adolescent! (well that's how I felt ogling her gyrating body) Still there were plenty of other lovely women to distract me (mostly in Cosmic's) so it was a great Disco! Back to the Hostel for a riotous drink into the small hours with excellent cabaret provided by Lois Noble. She single handily managed to undress a man and persuade him to wear her very tight black leather trousers and snakeskin top so that she could cool down and feel less restricted wearing his baggy clothes. I retired early at 2:30, with no room left for another drink. I had the room to myself for a while as people drifted in till about 5:30 in the morning. Another bumpy night for some. I want a shot next time!

Cosmic's Hold Their Own At Crianlarich.....continued

I think Cosmics managed to get to Breakfast after everyone else when virtually all the bacon had gone. At breakfast it transpired that a lot of extra people had stayed the night because certain Cosmic "newly wed couples" had to sleep in the laundry room, the drying room was also apparently very busy during the night. Cosmic conquest of other club members made up for any lack of conquest on the fields of sport. Bob woke with a hangover that he never got over, preferring to spend the day walking with someone who would be less demanding on his temperament. Apparently she had a lovely bum that he was caught admiring the night before. Anne recounted some of her nocturnal activities, which nearly put a few of the lesser-experienced members off their breakfast. Steve and Anne decided that they'd had enough sport for the weekend and were heading back early, so Lois and I shacked up with Shelley, and her car, for the day. I seemed to be finding it very difficult focusing on packing up and getting my act together to go for a walk. Still we did manage a Cosmic's equivalent of an alpine start (i.e. before midday) on bagging a Munro, An Caisteal at 995 metres. Excellent weather with a clear sky, sunshine and no rain. The surrounding hilltops were thickly coated in white snow.

The intrepid seven of Elaine, Lois, Shelley, Katy, Peter, Gheorghe and I set off with vigour across a boggy field, crossing the Fort William main railway line with barbed wire fence either side rather using a simple track 100 metres away. Obviously not too many orienteers amongst us! We took the hill by storm, straight up the ridge. A casual comment from GG to Gheorghe about how his high tech ski sticks seemed to be holding him back saw him leading us all to the summit. We stopped early for lunch to allow rehydration and refuelling after such a gruelling event the night before. It then transpired that three of us either had no lunch or had left it in the car. Still Shelley did have two spare bras in her sack. Mouth watering but not very edible! Despite having the smallest low tech sack I had the most food so was very popular with some. We overtook a large party near the summit, also on their way up. It was a lovely feeling as Shelley, Gheorghe and I all sprinted to the summit that we overheard one of them remark with jealousy "must be hill runners" We had to take our photo's just off the top as the other party all sat down for their lunch around the cairn at the top which was unfortunate, as when we asked them to move they gave us a good demo of strong Irish brogue. The descent was fast but uneventful, with a few trying out their ice axe technique to ensure the blade remained good and shiny as proof of a hard snow and ice climb.

High tea was had in the Scrumptious Coffee Shop in Crieff where we relived the Lois Cabaret to much amusement. Another recommended stop. A lift to my front door closed out a perfect weekend.

In summary I think the team effort was something we can all be proud of; we won the silly games Olympics, probably out drunk, out danced, overslept and out debauched every other club and still managed to bag a Monroe. Real Athletes!

Telling Tales by Gary Gutteridge, the Cosmic Virgin.

Social Retrospective December

See the Cosmic virgin's story about the happenings at Crianlarich!!

January

Thanks to all who turned up for the Cosmic Millennium Xmas Party and the great effort everyone made of turning up in fancy dress, although for some wearing someone else's costume seemed to be more appealing especially for the men who wanted to wear the women's dresses and they fitted. How scary! Photos in circulation tell the tale. It was so nice to see that Ian Searle had eventually found himself a bike that was just the right size. The Cosmic Home Guard routine seemed to go down well and caused great hilarity. Elaine has a video of the event if anyone wants a viewing.

The best costume prizes went to Christine Mouat & Rick Allen (who really let his hair down) for their hippie impersonations.

Both Brian & Phil were presented with limited edition prints as a recognition of their hard work in making the club what it is today. Both are now stood down from their positions on the committee. Huge thanks to you both again from us all & see you in the hills soon ?

February

Seven Cosmics went off on a ski holiday to the Vercor Valley in France for a bit of fun & frolic. We did manage to do cross country skiing, down hill skiing, off piste skiing and even some running, however this was not allowed to stand in the way of the drinking & cross dressing both of which are Lois's specialities! There is plenty of gossip about the holiday in circulation and photos will be freely circulating as we go to press. Who broke Elaine's bed ?

The Carnethy Five Hill Race weekend was another great success, eighteen of us travelled down for the event. Our very own Cosmic John Duncan won the race and Claire Miller was 3rd female. It was the usual late night starting with the Carnethy compulsory ceilidh at which Steve tried out his new Fred Astaire dancing shoes and then it was on to the Attic disco.

March

The turnout for the soup and sauna party chez Steve was quite small. However the weather was kind and a run of sorts was put on. There were stops for chats and views of The Buchan Coast Line and there were even bog water and coffee stops in Collieston at Professor Jolliffe's 'Home for paralysed Tom Cats'. Thanks prof. for the coffee and for coming out to meet us. Some of the big guns felt the need to keep on running leaving the largish social contingent to get on with it and this seemed fair enough to the relaxing classes.

There was plenty of room in the Sauna and the girls had a chance to admire Willy Watson's Thoracic Thatch'! By Gum that lad's low down on the evolutionary scale! Arnie set a bad example and got royally pissed so most others followed suit with the notable exception of a rather smug Niall Watson.

Forthcoming Features

April Tuesday 4th

After the first Tuesday's night Krunce Lois has kindly invited us back to her place . Don't come empty handed all contributions will be greatly appreciated. **BYOG/ BYOB** Address: - 57 Kirk Terrace, Cults which is quite handy really.

April Saturday 15th

The Clachnaben Hill Race this year is a Scottish & British championship event runners will be coming from all over Britain to take part, and we need to show them that its worth their while coming to the North East. The Saturday night will be a Cosmic "away" weekend and we need everyone to turn up and boost the atmosphere. The Burnett Arms in Banchory has been taken over by the Cosmics for the weekend and there are a few beds left if anyone wants the accommodation but it's not cheap - see Elaine. Your race entry will include a free meal and disco at the Burnett Arms. Race entry forms from Elaine or from the running shop - pre entry only.

If anyone is not planning doing the race and could marshal then please phone Brian as he is desperately looking for help, a nominal fee of £3 will be charged for the meal & disco if you don't do the run. If you possess any long fold up tables or large water containers then Brian would also like to here from you. If you are any good at baking could you please take some cakes along for after the race.

April Thursday 20th

Butch Cassie-End and the Sunny Bank Kid - Student Show

The evening will start with our usual visit to Carmines for a pizza, followed by a night at the theatre to see this year's student's show, its always-brilliant , funny and full of talent so it is sure to be a great success. This years show is a sultry story of scandalous skulduggery.

A show not to be missed!

Price:- Carmines £7

Theatre £6.20 Book ASAP with Elaine.

May Tuesday 16th

The same format as last year instead of doing our hill run we will partake in the Balmedie Beach Bash followed by BBQ so bring your own burgers & drink.

June Saturday 3rd

After the Saturday morning run to Durris, Gary Gutteridge(Cosmic Virgin) has kindly invited us back to his house for another BBQ bring the usual.
Address: - 46 Bernham Avenue, Stonehaven.

September

I have booked the Tweedsmuir outdoor centre again this year for the Two Breweries hill race for both Friday & Saturday night, the race this year is a Scottish & British championship event. There are 20 places available book with Elaine cost £4.75 approx. per night. I am also waiting to here about accommodation in Skye for the Glamaig Hill Run, will update you on this later.

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

COSMIC HILLBASHERS

Annual General Meeting 18th January, 2000 at the Blue Lamp – attendance 28

- 1 No apologies received
- 2 & 3 The Secretary reported that no minutes appear to have been taken at the previous AGM (the Secretary was in the Canary Islands at the time and accepts no blame!) and are lost to the club.
- 4 **Financial Report**
Phil Kammer gave his last financial report before standing down. Copies of the Income and Expenditure Account presented to the meeting indicated that the finances were in good order. Brian Lawrie moved that the report be accepted and this was seconded by Rick Allen.
- 5 **Secretary Reports**
Brian Lawrie gave the secretary's report and indicated that he too was not seeking re-election. He indicated that Cosmics, in many ways, had been a startling phenomenon and one that he was proud to have initiated. With the finances in good order, club membership growing, our race credentials soaring and the social side continuing its mind expanding adventures, he was leaving his post with everything in good order. He thanked the retiring committee for their efforts and all those who had made contributions to the Cosmics since its genesis in 1993.
- 6 The new committee elected at AGM as follows:-

Secretary & Membership Secretary -	Ian Searle
Treasurer -	Stuart Hunter
Social Secretary -	Elaine Stewart
Ladies Captain -	Sonia Armitage
Mens Captain -	Greg Barlow
Others -	Shelley Farrar, Margaret Stafford, Ewen Rennie, Gary Gutteridge

Shelley will continue to look after the Cosmic Kit. Ewen remains the coach but these are not Committee positions.

7 **Club Championship Races 2000**

El-Brim-Ick
Clachnaben
Morven
Cairn William
Bennachie
Tap o' Noth
Clova

5 from 7 to count

8 **SAF Registration Scheme**

Ewen Rennie brought us up to date with the contentious SAF scheme. The meeting mandated Ewen to support the Carnethy motion at the January SAF EGM.

9 **Targets for the Year**

Targets for the year were discussed and Carnethy, Clachnaben, Galmaigs and the Two Breweries will be the major social away weekends. A new race on Mull will also be considered by the Committee. Purely race objectives have not been settled yet. We await the return of Captain Barlow for direction on this one.

Clachnaben is a Scottish and British Championship this year and will take place on Saturday 15th April (not Sunday). It is a pre-entry race for the first time. The cost will be £7.00 but before your heart stops beating this includes a two course meal (soup and stovies) and entry to the disco at night in the Burnett Arms Hotel, Banchory. Runners will be coming from all over Britain and we want to make sure they have a memorable weekend. We really would like runners to make a weekend of this and stay for the dance. Either book accommodation or sort out who is driving home! A taxi split four ways might not be too formidable! Ideally, Brian would like 25 marshalls for the race. We probably can't raise them from the club because everyone will want to run so try and persuade your partner etc to help. All marshalls don't have to be stuck on top of a hill. Help will be required at the Start/Finish and at low points of the route and with car parking. It would be really appreciated if a few of you could bake a cake, biscuits etc for all runners at the finish. Does anybody have a long collapsable table that we could use to put the goodies on? Further information about the race from Brian Lawrie, information on the social side Brian or Elaine.

10 **Next Committee Meeting Wednesday 16th February 2000 at 8pm Queens Hotel, Queens Road, Aberdeen.**

FOR BRIAN AND PHIL BY ANNE DUCKWORTH/ANDERSON

(To the tune of Auld Lang Syne)

T'was Way Back In The Mists Of Time
Some Seven Years To The Day
That Brian , Phil And Rennie Too
From Aberdeen Broke Away

No More We'll Run Upon The Roads
Hill Running Is The Game
Will Others Come And Join With Us?
Some Said They Were Insane

Brian Dreamt While In His Bed In Fact
He Really Saw The Light
What Magic Mushrooms Had He Tried
Upon The Previous Night

'Eureka' Dear, He Shouted Out
As Hilda Backed Away
'We're Cosmic Now Don't Be Alarmed
This Is Not Meant To Be Foreplay

Now Brian Was A Climber Bold
About Cove He Wrote Some Prose
A Modest Man, He Shyly Said
He Was Following His Nose

Oh Phil Liked Scrambling On The Rocks
And Going Out In Caravans
Or Fighting Battles With His Boars
An Energetic Man

So Soon The First Race Had Been Planned
A Hill Just Up Deeside
To Run Up Morven Was The Aim
They Came From Far And Wide
Steve Pryor , Marks The Butlers Too
Were First Upon The Line
Now Brian, Phil And Rennie Knew
That The Cosmics Would Be Fine

The Cosmic Club had now been formed
They Were A Motley Crew
John Stewart , Bing And Terry Kerr
And Lots Of Others Too

Tom Gunn And Malcolm Stone Were There
Dennis McDonald And Graham Milne
Shona Manson Was The First Lady

To Run Upon The Hill

Sonja And Dave Soon Came Along
Gordon Ramsey And The Rest
John Buchan And Steve Willox Too
They Thought They Were The Best

Tracey , Catherine And Margaret S
And Katy Zoe and Tim
And Now So Many More Have Joined
I Canna Fit Them In

Elaine And I Climbed Up A Hill
And Who Should We Then Spy
A Bunch Of Madmen Running Up
"Who Are They We Did Cry"?

When We Got Down We Met Them All
"Oh Come With Us" They Said
To Phil And Brian We Gave A Smile
"You Must Be Off Your Head"

But Thanks To Marks We Came Along
And Soon Were Running Free
And Having Fun With Cosmic Chums
The Rest Is History

The Last Few Years Have Been So Good
Romance For Those Who Dare
And Wedding Bells And Broken Hearts
Their Blushes I Will Spare

The Youthful Crew Are With Us Too
Haydn , Tom And Dan
Cosmics Are Winning Championships
It's Catch Us If You Can

On Jolly Jaunts We All Have Gone
Prizes Won Galore
And Parties , Dances Friendships Too
Oh Who Could Ask For More

When Brian Phil And Rennie Too
The Cosmic Club Began
They Could Not Know That It Would Grow
Into Such A Jolly Gang

We Owe To Them Such Gratitude
Much More Than We Can Tell
And Now That They Are Leaving Us
We All Do Wish Them Well

The 11th El-Brim-Ick Dash 3miles, 800 feet

Sunday 16th January – FRA Permit

With thanks to Forest Enterprise and the Agricultural College for access and to John Buchan, Mike Stone, Tim Griffin and Steve Rivers for help on the day. Cold but nice conditions.

Pos.	Name	Club	Cat.	Time
1	Dan Whitehead	Cosmics	m	19m46s
2	Mark Laithwaite	Wigan AC	m	19m58s
3	Dave Weir	Fife AC	m	20m34s
4	Hayden Lorimer	HBT	m	20m56s
5	Andy White	Cosmics	m	21m08s
6	Paul Raistrick	U/a Aviemore	m	21m50s
7	Stephen Terwey	Kings Tr.	m	22m45s
8	Bob Sheridan	Cosmics	m	23m01s
9	Dick Hobson	Cosmics	m	23m26s
10	Steve Rivers	Cosmics	m	23m34s
11	Clare Miller	Cosmics	f	24m08s
12	Ian Mackay	HBT	M 0/40	24m18s
13	Graham Milne	Cosmics	M 0/40	24m51s
14	Ian Jolliffe	Cosmics	M 0/50	25m53s
15	Gordon Ramsey	Cosmics	M 0/40	26m11s
16	Graeme Marks	Cosmics	M 0/40	26m50s
17	Lois Noble	Cosmics	f	27m37s
18	Stuart Hunter	Cosmics	m	28m02s
19	Alan Fulton	Aberdeen AC	M 0/50	28m21s
20	Ron Pratt	Cosmics	M 0/50	28m36s
21	Murray Bryce	Cosmics	M 0/40	29m20s
22	Noreen Jennison	Westies	F 0/40	29m52s
23	Elaine Stewart	Cosmics	F 0/40	30m51s
24	Barbara Loester	Kings Tr.	f	30m54s
25	Neil Douglas	Aberdeen AC	m	31m01s
26	Sue Buchan	Cosmics	f	31m10s
27	Ann Thomson	Cosmics	F 0/40	32m17s
28	Pippa Weir	Fife AC	f	32m51s
29	Steve Pryor	Cosmics	M 0/40	34m54s

So Dan breaks Shug's record from 1993 and Clare goes close to Sonia's (23-21).

The Junior Race was won by Clare Thomson in 19m24s. (Pity she didn't have some more competition!).

Expenditure – FRA Permit £10; Prizes £66; Photocopying etc £2 = £78
Income £73 (I'm losing my touch – another loss).

Check the Cosmic Website for training, results etc.
cosmics.force9.co.uk

Summer Weekends

With races and other commitments, **particularly in late May/early June** there may be very few people present as around this time Tim Richardson will be going for a Bob Graham Round in the Lake District (and Katie Boo is thinking of Charlie Ramsey!)

Saturday 1st April - **Millstone** -meet Hazlehead 9-15am or GR-672190

1st April - Craig Dunain Hill Race, Inverness 3pm

Saturday 8th April - **Clachnaben** from Glen Dye - meet Duthie Park or GR-NO649868

Saturday 15th April - CLACHNABEN HILL RACE - Noon
British Championship - Run or help!

Saturday 22nd April - **Hill of Fare** - meet Hazlehead 9-15am or GR-NJ743039

22nd April - Norman's Law Hill Race, Fife - 3pm

Saturday 29th April - **Kerloch** - meet Duthie Park 9-15am or GR-N0699917

29th April - Stuc A'Chroin Hull Race, Strathyre - 1pm

Saturday 6th May - **Mither Tap (Bennachie)** - from Essons -meet Hazlehead 9-15am or GR-NJ6999217

6th May - Ben Lomond Hill Race 1pm

Saturday 13th May - **Correen Hills** - meet Hazlehead 9-15am or GR-NJ547232

Saturday 20th May - **Millstone** - as above

Saturday 27th May - **Glen Tanar** - meet Duthie Park at 9-15 or GR-NO476957

Sunday 28th May - Scolty Hill Race, Banchory 2-15pm

Saturday 3rd June - **Durris** - meet Duthie Park 9-15am or GR-NO762916
BBQ at Gary Gutteridge's 46 Bernham Avenue Stonehaven.

10th June - no club run as Glas Tulaichean Uphill Race 2pm and

11th June - Yetholm Festival Hill Race 1pm (Scottish Championship)

Saturday 17th June - **Kerloch** - as above

Saturday 24th June - **Hill of Fare** - possibly from Raemoir (check nearer time)

ADVANCE NOTICE - Saturday 8th July - Glamaig Hill Race- away weekend

EARLY SUMMER SESSIONS

So the sun is out and the days are longer so we're off to the hills again (at least its two-thirds true).
Remember its meet at Hazlehead Academy in Groats Road at 6-15pm except for Krunce nights when it's a case of see you at the start at GR 852045

Tuesday 4th April – **First Krunce** of the season – remember your 50p – afterwards at Chez Lois (57 Kirk Terrace, Cults)

Tuesday 11th April – **Brimmond** GR- NJ858101 afterwards at Four Mile, Kingswells

Tuesday 18th April – **Millstone** GR-NJ672190 – afterwards at The Grant Arms, Monymusk

Tuesday 25th April – **Durris** GR-NO762916 afterwards at The Crofters

Tuesday 2nd May – **Krunce II** – details as above – afterwards at Bieldside Inn

3rd May – Dumyat Hill Race, Stirling 7pm

Tuesday 9th May – **Kerloch** GR-NO699917 – afterwards at the Crofters

10th May- Kinnoull Hill Race, Perth 7-30pm

Tuesday 16th May – **Balmedie Beach Bash** - 7pm - Followed by barbecue BYOB.

Tuesday 23rd May – **Mither Tap (Beannachie)** from Essons GR – NJ699217 – afterwards at Ardennan House Hotel, Inverurie (aint we posh).

Tuesday 30th May – **Hill of Fare** – GR-NJ743039 – afterwards at pub in Echt.

5th June - Knock Hill Race, Crieff

Tuesday 6th June – **Krunce III** – details as above – afterwards at Bieldside Inn

7th June - Easter Anguston 4 mile - Beach 7pm

Tuesday 13th June - **Cairn William** – meet Monymusk Green – GR-NJ683154 afterwards at Grant Arms

Tuesday 20th June – **Cheyne Hill** – come and try orienteering or just run – GR-NO43884 – afterwards at Lairhillock Inn

Tuesday 27th June – **Durris** – as above.

30th June – White Tops Hill Race, Dundee 7pm