



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 24

QUARTER 3 - 2000

Editorial

Phill Thompson

One of the perks of being editor is that I get to see the copy first, and reading Elaine (and Steve's) social notes has made me realise just how much I have missed this year, having suffered a string of injuries. I am therefore totally out of touch with Cosmic happenings, although I've found the national and local papers full of Cosmic people recently. Congratulations to Andy White on winning the recent Dyce Half Marathon, and Jon Duncan on winning the Men's Elite British Orienteering Championship by some distance. A win which presumably still carries with it one of the best trophies in British sport, and certainly the one with the most evocative title - King of the Forest.

But its not just the men making the national press, our women have been featuring too, with Claire Miller selected for the Scottish team competing at the European Mountain Running Trophy in Poland on July 2nd. Also in the team is Tracy Brindley although according to my paper she is doubtful as she is still recovering from injury, and Sonia Armitage is standing by as reserve.

Finally, congratulations to Rick Allen who really is a Cosmic who has reached the top of the world. I haven't done too much research but something tells me that he is the first Cosmic to reach the top of Everest! Thanks to the wonders of Email, a fair number of us were able to follow Rick's progress to the top. I am conscious that a large number of people do not have Internet access so his reports are reproduced in the Bullsheet. Hopefully we can get Rick to do a full "event report" for the Comic.

Everest Base Camp Bulletin no. 3 Date: Fri, 5 May 2000 18:03:54

We have a camp established at the South Col and the weather forecast is looking good enough for us to make a move. Seven of us will go to camp 2 tomorrow and, if the forecast holds or improves will position ourselves for a summit bid as early as 9th May. If you pray, please pray, if you don't, now would be a great time to start! News of our progress may be found on discovery.com website.

Everest Base Camp Bulletin No. 4

If you didn't receive the previous bulletins, don't feel left out, you haven't missed much. This time however, we did some climbing. To summarise, seven of us left base camp on 6th, spent next two days sitting out snow showers at camp 2, went up to 3 on 9th and endured a blizzard there on 10th when we were joined by another experienced climber on our team. finally moved up to camp 4 at the South Col on 11th where we were joined by 6 sherpas. We had been hoping that a couple of other teams would join us to help push the route because the mountain has not yet been climbed this season and two early attempts were frustrated by deep snow. However, the support did not materialise and this undoubtedly discouraged our sherpas. Two team members also descended. A day at the South Col was spent brewing and after some delay at 11.30 pm on 12th we finally set off for the summit. Conditions were good and the forecast excellent. At 2.00am our sherpas abruptly turned around and descended without giving us a chance to re-group or adjust loads. They had cold feet. OK, it was minus 36c but the expression has two meanings. We had no choice but to follow them. After a few hours sleep, we descended to c2 and today, 14th, to base. We all felt bitterly disappointed and there are some communication and relationship issues that need settling before we go again. Basically our sherpas decided well in advance that we had no chance without support and baled at the earliest excuse. There is still a noticeable absence of anyone else taking the bull by the horns and going for it. Everyone wants to be second. After a few days rest and serious eating we shall go for it again.

All the best , Rick

Had to let you all know that our expedition has been successful. I reached the summit of Everest from the Nepalese side at 6.25 am local time on 26th May with two companions and another two members of our team followed a couple of hours later. All returned safely. Thank you to everyone who has prayed and communicated throughout the last two months. See most of you in early June.

Rick.

MERCY SHIPS ON THE ISLAND RACE Catherine Mangham

I first heard of Mercy Ships through Bruce Mackie who had been networking, as is his wont, and found himself being inspired by an energetic Anaesthetist, Keith Thomson. Keith has worked on the Mercy Ships on numerous occasions. On meeting him, without preamble, he whips out traumatising before and after shots of people from developing countries, cured by surgery made possible by the Mercy Ships and their voluntary crews. He quickly challenged us to round up teams to run in the Island Race, and thereby raise funds to equip their latest acquisition, The African Mercy. This 152 ft ferry was bought by Ann Gloag of Stagecoach Holdings for Mercy Ships, in 1999. It needs £25 million spent on it, before it's ready to sail, and Ann, who was trained as a nurse, will work on its maiden voyage. The Island Race organisers very kindly allowed Mercy Ships to run their own teams round Britain to promote the new ship, and to take 30-50% of sponsored funds raised during the race.

The Island Race was launched by Princess Anne who gave a baton of Caithness glass to Sebastian Coe at Buckingham Palace on 11th May. Rob Wainwright brought it to Scotland and started the race off from Gordonstoun School on 12th May. He was joined by 180 others who set off for Banff, led by a bunny girl – all plume and no pants.

Our remit was to get the Mercy Ships bum bag, holding a map of Africa, an African elephant and a wooden cross, from Peterhead to Montrose over two days. Bruce Mackie started us off by throwing a dinner and sleep over for 40 runners at his farm 7 miles from Peterhead. I arrived at 7:30 PM to find

our host out tending his beloved strawberries, supper not yet ready. But with his customary nonchalance, the feeding of the 5000 was achieved with minimal angst and maximal mess!!

We were piped off from Peterhead harbour at 10 am the next day by the GlenAlmond pipers, accompanied by a fleet of purple Ford Galaxys. Our own Mercy Ships support crew, Alan and Margaret Budd, who have worked on the Mercy Ships, were wonderful, providing water, mobile phone and lifts all day long.

The first leg to Aberdeen went very smoothly with well organised change over points and gorgeous weather. We took in the Bullers of Buchan run by Bruce booming out a running commentary on Puffins, Dracula and precarious cliff paaaaaaaaths.....luckily all present at Cruden Bay! Forvie was full of mist and skylarks. Mike missed the free lunch at The Udney Arms and the handshake with Ms MSP, Norah Radcliffe, to start the beach leg to Balmedie. This he accomplished with ease, taking us by surprise at handover point. Anne and Margaret took over from there and ran shimmering through the haar, all the way to Aberdeen. We finished en masse along the Promenade, in glorious sunshine.

Steve, Ewen and Keith joined us for the trip to Montrose. First mission – to get a copy of Princess Anne's letter and an Island Race organiser to the Nigg lighthouse. Baton delivered, Ewen took off up the coast posing for the Evening Express all the way, and Steve persuaded "Lampie" to take us up. (The best view in Aberdeen, guys, she'd say "yes" if you got her up there!!) Steve took over from Ewen after 12 miles, to catch the walkers near the Lairhillock, and then Keith took it from there.....

We had managed to negotiate small or off-road routes with John Walker, the route planner, for most of the way to Montrose, and he was happy to follow our lead. Except of course, when Varney Road Runner out ran the moped-mounted Island Race out rider, coming out of Stonehaven. Panic ensued with 17 bodies unaccounted for between Stonehaven and Catterline! The countryside was littered with St. John's Ambulances, mopeds and Ford Galaxy's zooming off in all directions trying to round up the walkers.

I took over to run up to Dunottar Castle, oblivious of the carnage in my wake, and carried on in a meditative frame of mind until rudely overtaken by the Pryor mobile between Catterline and Inverbervie. I gave the 2 nipple salute to register my annoyance but the subtle nuance of the gesture was lost on them!?

Bruce took over again, to run past his old school in Johnshaven, a lovely fishing village along the coast path, although by the time he got there, outside stimuli seemed to be fading out.. Varney RR varoomed through St. Cyrus, creating a wake in the rain, and along the beach to the old viaduct. The rest of us limped and biked to the finish on the beach at Montrose. I completed the leg with John Walker, by running a baton to the lighthouse. Another fabulous lighthouse for you boys, is it the shape or the ambience??

A big "thankyou" to Anne Thompson, Mike Stone, Keith Varney, Ewen Rennie, Steve Pryor, Bruce Mackie and Margaret Stafford. It was some of the best running the North East has to offer and it was such fun to do it with them. They also showed ingenuity in the fund raising department, with Ewen dedicating the proceeds of the Balmedie Beach Bash and Bruce persuading Waves radio to promote Mercy Ships over the air. The final reckoning is still to come but will exceed £1000.

If anyone is interested, runners are still needed for a few days in August on the West coast, North of Mallaig. If you'd like to run or even get a team together, let me know.

Catherine Mangham



Doc Mangham explains to the organiser of the Round Britain Race that he is going the wrong way round !

Cosmic Social Events – Quarter 3 Year 2000
Social Secretary – Elaine Stewart

Social Retrospective

April 4th

Thanks to Lois for having us all back to her house after the first Krunce. I'm sure everyone enjoyed themselves and had plenty to eat & drink. Special thanks to Gary & Willie for helping to tidy up, although Lois did wonder why her washing powder ended up in the fridge?

April 15th The best event of the year so far had to be the British Championship Race Clachnaben hosted by ourselves. Special thanks to Brian & Phil for organising a brilliant event. Also thanks to Ewen and Gary for resisting the temptation to set up in competition in trying to produce the quickest results ever following an event and thereby in the process saving themselves a pair of bloody noses !

April 20th As usual there was also another night out at our favourite restaurant Carmine's, then on to the Theatre for the Students Show. The night was still yet young as we then tramped off to RSVP for even more booze and then on to Night Club Azzurro for a bit of dancing upstairs to the jazz music provided by Dan's brother Paddy on der Sax !.

May 12th

Dan & Hayden excelled themselves by hosting a party in their new abode down at the harbour. Where was that packet of hula-hoops as promised? Ann & Sue (appropriately dressed) amused themselves by touting for business outside but somehow failed to get any cars to stop, wonder why! John Buchan kindly dropped some of us off home as Liz Horton was seen still holding her bottle of Beck's as she left the car.

May 20th

Niall Watson's mad as a hatter tour of Morven by Push Bike.

Those of you who missed this, and that was most of you, really did miss a special treat. Conditions for the seven cyclists who eventually turned out for most of the trip were about perfect although we all got a damned good wash before lunch at The Allargue Arms (recommend that – Cock Bridge) as well as on the way back down the South Deeside Road.

Most of the 75kms was on road but the excellent route as planned by Niall was really picturesque and followed minor routes wherever possible. There was an interesting off road section for the mountain

bikers after lunch and this ensured that we all got wonderfully muddy. Ann Duckworth/Anderson did not fancy the off road stretch so she went off with Niall on her pre war road bike and was able to negotiate their passage across a half built bridge spanning the River Don. This she achieved by comparing her cleavages with those of the on site builders backsides !.

June 2nd Thanks to Steve Willox who invited us all to his 40th birthday party, although there weren't many of us there except the Cosmic Beer Monster & Ewen. But we did hear that the highlight of the evening was Steve licking cream off the stripper!! A cake and bubbly was brought along to the Kruncce to celebrate but there was no Steve so we just had to eat it ourselves.

June 3rd We were graced with beautiful weather for the Durris run with more perfection to follow, as Gary Gutterridge never fails to impress, he put on an excellent spread of food at his BBQ. Unfortunately Lois and I felt the sea breeze being in Stonehaven and needed Ewen's 35 year old hostel blanket to keep us warm.

Weekend of 16th /17th /18th Lowe Alpine Mountain Marathon

A few intrepid Cosmics set off to take part in this years 'Lamm' which started and finished in Shiel Bridge. Of particular note huge congratulations must go to Tim Nash and Dikie Oxlade who put in a fantastic performance and were second overall in the 'A' . Wow....well done lads ! In fact the intrepid duo were leading at the half way camp by 17 minutes. This is all the more impressive by virtue of the fact that the whole of the first day was spent in the clouds ! There was clearly a serious bit of navigating being undertaken here.

Carl Pryce was also seen in The A although we are not sure who his partner was. To his credit he looked unbelievably fresh at the finish.

Katy Boo ran the 'A' with Karen of Carnethy (Traitor) and Anne and Elaine acquitted themselves well in The 'D' class. Willy Watson had the dubious pleasure of ...ahem...running The 'B' with Steve Pryor who Willy has now re nicknamed The Snail. Steve and Willy were not quite as accomplished at navigating as the Tim/Dick combination managing to find their way to a succession of wrong controls and then came off the wrong side of the hill completely ! Duh ! However good lessons were learned . Willy will never again venture into the hills with Steve and Steve will never again venture into the hills (* without Ian Searle).

Forthcoming Features.

July 15th

Van Morrison concert at Crathes Castle

A few of us have already bought tickets for this event, if you want to go I suggest you buy your own ticket and we can all meet up beforehand. Box office number: - 641122, cost £27. Elaine Stewart is coordinator. You will find me in The Cosmic Yellow Pages.

Cosmic Jolly Weekend Away 7th/8th July

Glamaig Hill Race - Scottish Championship Event

I have booked the Sligachan bunkhouse for both the Friday and Saturday nights' £7pppn and there are 20 places. It's in a great location right across the road from the start of the race and within staggering distance at night. You will need to take your own sleeping bag and breakfast food. This event has always been a great success in the past and sure to be full of fun and frolic. For the price of your entry fee £3 you get a free meal and two free drinks so it's even worth entering the race and not running!

If you want to come fill in the booking form and send it or pass it on to me.

Weekend of 21st-23rd Mountain Bike Trip

I'm organising a mountain bike trip to go from Kinloch Laggan to Corrour Station.

The plan is to leave Friday night staying at The Pottery Bunkhouse, Laggan Bridge, then cycling in on Saturday morning from Kinloch Laggan grid ref. 555897 which is just a few miles down the road from the Pottery bunkhouse. The start of the route is mainly along landrover track passing Loch Pattack and Culra Bothy then up the Bealach Dubh past Ben Alder. At this point the path gets narrower and steeper till you are over the col then its downhill from here. At one point we have to leave this path to cross over and pick up another further down, a bit of pushing required here. We then make our way down to Loch Ossian where we pick up another landrover track, which leads to Corrour Station at the far end of the Loch (25 miles approx.). Here we will stay in the Signal Box (bunkhouse) with magnificent 360-degree views over the trainspotting hill (Leum Uilleim).

The station now has its own restaurant so the evening meal can be got here, but don't forget to take you own bottles of wine etc... and breakfast food for the bunkhouse.

On the Sunday there are various options before we cycle out like a run round Loch Ossian (about 1 hour). Apparently the caretaker of the nearby youth hostel keeps a book of the records held for those who care to have it noted. There is also the possibility of climbing the trainspotting hill or Ben Na Lap (for any Munro baggers).

The return journey will be easier all on landrover track (about 20 miles) back to the A86 cycle up the road to the cars or continue further along the landrover track passed Ardverickie (Monarch of the Glen & Mrs Brown filmed here) back to Kinloch Laggan.

If anyone is not up to the cycle but would like to come and join the apres then there's also the possibility of taking the train in!!!! Wonderful views to be had along this route.

The route can be found on O.S. maps 42 & 41. Corroir Station bunkhouse £6.50 duvet's provided. Kitchen & showers available.

If you are interested in partaking in this adventure let Elaine know ASAP.

August 15th

After Tuesday's night run at Forvie Nature Reserve there will be BBQ on the beach, those who feel up to it can go for the usual 2 second dip, followed by games or whatever, any ideas greatly appreciated. Take your own food & drink.

This month tends to be when most of the Highland Games hill races are on, so if you want a fun day out then why not try Ballâter on the **afternoon** of Thursday 10th August, sure to be a good laugh. If you can complete the hill race in 25mins you get £5.

Other Highland Games with hill races are: Ben Rhiinnës 29th July (very tough 5 tops, 14 miles), Tap O'North 19th August, Lonach 26th August, Braemar 2nd September.

Remember 6th August **Glen Clova** it's a Scottish Championship Race

September : Cosmic Jolly Weekend Away 22nd/23rd Two Breweries Hill Race (Scottish & British Championship)

I have booked the Tweedsmuir outdoor centre again this year for the Two Breweries hill race for both Friday & Saturday night. There are 20 places available book with Elaine cost £4.75 approx per night. This is usually a great event with free meal at the end two free pints of Greenmantle ale and the compulsory ceilidh.

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

(10)



Tracy at last year's World
Mountain Trial

Margaret and Steve discover true love on Mount Shade 1



RACES and THINGS SUMMER 2000

Saturday	1st JULY	Club run	MILLSTONE	Hazlehead 9-15 or 10am at (GR-NJ672190
w/e	8-9th	GLAMAIG WEEKEND		
w/e	14-16th	World Corporate Games		
	Friday	6pm	Duthie Park	Relays Help required
	Saturday	11am	Beach	10k Help required
	Sunday	Club Run	CORREEN HILLS	Hazlehead 9-15 or 10am at GR-NJ547232
Saturday	22nd	Club Run	HILL OF FARE	Hazlehead 9-15 or 10am at GR-NJ743039
Saturday	29th	BEN RINNES HILL RACE		Noon
Sunday	6th August	GLEN CLOVA HILL RACE		11am
		Thursday 10th	BALLATER HG	
Saturday	12th	ABOYNE HIGHLAND GAMES		4pm
Sunday	13th	SHIRE HARRIERS Chris Anderson Stadium		
Saturday	19th	TAP o' NOTH	Rhynie	2pm
Sunday	20th	LOMONDS OF FIFE Hill Race		2pm
Saturday	26th	LONACH HIGHLAND GAMES		3pm
Saturday	2nd Sept.	BEN NEVIS/BRAEMAR HILL RACE		
Saturday	9th	CAIRN WILLIAM	3pm Monymusk	
Saturday	16th	MORVEN HR	1pm DINET	
w/e	23-24th	TWO BREWERIES WEEKEND		
Sunday	1st Oct.	BENNACHIE HR	2pm	

SUMMER TUE SDAYS - Meet Hazlehead 6-15 or venue 6-45pm approx.

4th July	KRUNCE 4	Afterwards at the Gordonian Club, Seafield Road	Buffet
11th	KERLOCH	GR-NO699917	Old Mill Inn, Maryculter
18th	MILLSTONE	GR-NJ672190 Orienteer or Run	Grant Arms, Monymusk
25th	CLACHNABEN (Glen Dye)	GR-NO649868	Feughside Inn
1st August	KRUNCE 5	Remember your number and 50p	afterwards at Bieldside Inn
8th	MITHER TAP	GR-NJ699217 (Visitor Centre)	Bennachie Lodge, Kemnay
15th	FORVIE SANDS BARBECUE		GR-NK003270
22nd	KERLOCH	GR-NO699917	Old Mill Inn, Maryculter
29th	MILLSTONE	GR-NJ672190	Grant Arms, Monymusk
5th Sept.	KRUNCE 6	Remember your number and 50p	afterwards at Bieldside Inn
12th	DURRIS	GR-NO762916	Old Mill Inn, Maryculter
19th	NE KIRKRIEL	GR-NJ845116	Bucksburn Manor
26th	BRIMMOND	GR-NJ858101	Bucksburn Manor

October and it's back to KINGS!!!

Rings of Fire 19/20th August. This event has been missed off the hill Running calendar. It consists of two challenging routes either 20 or 42 miles in the Galloway Hills. Both require adequate food and survival equipment and it is a high endurance low key event. Organiser is Colin Butler, 10 Irvine Place, Kilsyth G 65 9AX or give me a call if you want an entry form. Phil I