



## **COSMIC BULLSHEET**

The Bulletin News-Sheet  
of Cosmic Hillbashers

ISSUE No 24 <sup>A</sup>  
QUARTER 3 - 2000

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### **Editorial**

**Phill Thompson**

Welcome to another edition of the Bullsheet. Having missed most of the year so far due to injury I am even more indebted to Ewen, Steve and Elaine for providing the bulk of this edition which contains the usual mix of social news training and races. Unfortunately I do not have a full account of all the goings on at Ian Searle's leaving party. But I do have the photos of what appears to have been the Cosmic happening of the year so far!!

SAF has raised its head again at the Committee, so if you have any strong views on membership let the Committee know. In an effort to find out more I actually logged on to SAF.org. The site is obviously run by an ultra right-wing organisation, dedicated to maintaining the status quo and ignoring any logical reason for change. It took me ages to realise I'd actually logged into the American Second Amendment Foundation, stoutly defending their right to bear arms and shoot who they want. Bunch of loonies obviously. (I'll leave you to judge which SAF I'm referring to !)

Finally, some publicity for two events which are not covered inside. Jon Duncan is planning and organising a "Park Orienteering championship" in Seaton Park Saturday 30<sup>th</sup> September. This is an ideal opportunity for non-orienteering Cosmics to pit themselves against orienteers. Seaton is open enough not to require detailed orienteering technique so you will finish the short courses relatively easily. The trick is to somehow run it eye balls out and make as few minor mistakes as possible. Easy! Registration is down by the canoe sheds from 1200 -1245, starts 1 -2 p.m. Jon is also looking for volunteers to help on the day, particularly to "control mind" to prevent vandalism. A good opportunity there to see the techniques of every body at close quarters. Give Jon a call on 645341 if you can help or intend to go.

After this event, Tim and Zoë Griffin are having an open house - one year on- at No2 Westburn Crescent, off Westburn Drive. This is from 4-10pm. BBQ will be lit at 5 ish. BYO woolies and meat.

## **Cosmic Social Events – Quarter 4 Year 2000**

### **Social Secretary – Elaine Stewart**

#### **Social Retrospective**

##### **July**

Ewen's Saga Party - thanks Ewen for providing a good spread & ceiling for our former Treasurer – Phil Kammer and his band on the occasion of his birthday.

##### **Glamaig Hill Race**

Tales of the unexpected!!

Good weekend had by all, some more than others, it was obviously Niall's weekend as he scored and stole The Cosmic Virgin's bird. It must have been the Hawaiian shirt & dark glasses that did it. Niall's shirt is now going to the highest bidder.

##### **Mountain Bike Trip**

The famous five go cycling, Gary, Stuart, Ian, Alf & Elaine. We were blessed with perfect conditions as we set off cycling past Ben Alder and Culra bothy. We had our fair share of pushing & punctures, as we carried on up over to Loch Ossian and Corrour Station, where lashing's of ginger beer were to be had. We had a meal at the restaurant then off to bed early as we were all exhausted. Sunday again was nice and we returned via the south side of Loch Laggan passed Ardverickie Castle.

##### **Katy Boo's Charlie Ramsey Attempt**

With conditions as close to perfect as they can be Katy mounted her fourth/fifth/sixth attempt at conquering this formidable challenge.

Charlie Ramsey himself turned out at the end in support as did a number of notable and worthy hill runners. A lot of the supporters, doing one or two out of the three 8 hour legs, were simply decimated by the pace. Amongst these Rick Allen , Karen Powell ( who was co-attempting the whole thing ) , Carl Pryce and even Ronnie Gallagher were all feeling a bit worse for wear after their participation. Catherine was best water girl on the first leg and Steve and Shelley did manage to be beaten to the summit of Aonach Mor by Katy and her crew, despite the assistance of the gondola !

Another gutsy attempt Katy...we are all in awe at your durability. 25hrs and a bit....wow! Whereas the challenge requires that the round be completed in 24 hrs this is the second time you have completed in 25 hrs. What a fantastic effort ! We, (your chums), all now look forward to you taking a well deserved rest!

##### **August**

**Rick Allen** gave us all a wonderful slide show to remember of his successful ascent of Mt. Everest. As no one would take his picture on top of the world we will just have to take him at his word. Well done again old boy . A truly remarkable achievement!

**Forvie BBQ** didn't quite happen this year due to road floods, bad weather and people not managing to get there. But Steve saved the day and let us use his house & BBQ's after the run.

## **Ann & Ian's Farewell Party.**

A somewhat riotous assembly, even by Cosmic standards. Ann Anderson (Duckworth once was ) has now departed for the sunnier climes of The Middle East but not first without a proper Cosmic send off !

Her longstanding ( and suffering ) boyfriend put pen to paper and delighted us all with a poetic tribute to his very own 'sweetheart supervet' who will alas not be around to provide colour on and off the field of sport for wee while to come. The Committee, concerned that she might not be doing the right thing, had Rob Hickling flown home from Syria in an attempt to talk her out of it . Camel Racing was organised in the front garden to give Ann a flavour of a typical Saturday night's entertainment in downtown Doha ! Undeterred she is now away ....hurry back fanny !

Sluggo Searle, as he is now to be affectionately known, delighted and impressed us all with his ability to drink rum and eat ships biscuits , with his deeply thrusting sword , with his tattoos and..... his bar room brawling techniques. For those who are wondering it is actually an ocean going racer that 'Sluggo' is boarding and not a pirate ship ! Bon Voyage and haste ye back Sluggo !

In an interesting reversal of roles Haydog Lorimer became 'The Cheeky Monkey' for the night and ably assisted by 'Desperate The Organ Grinder' the two of them set about winding up our would be host ! Boys ...it worked !

Steve Pryor is back from Cuckoo Land having undergone a successful frontal lobotomy. The Surgeon at the doctors surgery in Udney reported that the procedure had gone well up to the point that the skull was opened. The Cranial Cavity was found to be completely empty ! Steve's mother wishes to apologize for her sons behaviour and indeed for giving birth to him in the first place !

Ann Anderson & Ian Searle have gone to pastures new. If you wish to know Ian's progress round the world then check out [www.clipper-ventures.com](http://www.clipper-ventures.com). Ann would also greatly appreciate any emails to relieve the boredom of continuous sunny days, playing tennis & sitting by the pool, send any news to:- [callfanny@hotmail.com](mailto:callfanny@hotmail.com).

A few of us Comics, Shelly,Lois,Elaine,Dennis,Graeme & Bob did the Ben Nevis 2000 centenary run, unfortunately now for Bob who damaged his digit, it may be stiff for ever more!

### **September**

See next quarters bullsheet for happenings at the two breweries.

### **Forthcoming Features**

#### **October**

#### **Friday 13<sup>th</sup>**

**Carmines** at 5.30pm for pizza (BYOB) followed by:

**Kid Creole & the Coconuts** plus support

Music Hall – Doors open 7.30pm Tickets £15 Concession £13

A Latin Cab Calloway in a zoot suit, a goodtime merchant par excellence, a sharp-dresser, a ladies' man, and purveyor of some of the catchiest pop songs from any decade, Kid Creole and his Coconuts have the sexiest, smoothest stage show on either side of the Atlantic.

Book with Elaine ASAP.

### **Tuesday 17<sup>th</sup>**

Carmen Higgins is playing at the Caley Hotel at 10.30pm and it's free. She's one of the North-east's most innovative and talented young fiddlers. This can be fitted in after training and the King Street Bar.

### **Sunday 15<sup>th</sup>**

Fra relays at Edale two teams have been entered.

### **Weekend 28<sup>th</sup>/29<sup>th</sup>**

Several Cosmics will be heading off to take part in the Karrimor Mountain Marathon.

### **November**

#### **Weekend 25<sup>th</sup>/26<sup>th</sup>**

SHR 'ANNUAL DO' 2000, same venue, same format as last year. We will be staying at the Crianlarich Youth Hostel 76 beds available altogether dormitory style. The day will consist of some kind of run followed by a meal provided by the hosts then its down to the village hall for the prize giving and disco.

It was a great hoot last year so don't miss out and come along, do a bit of partner swapping, changing of clothes or have the chance to wear some lovely dresses (not just the women). Pictures available to see from last year, not such a good one of Steve though, he looks more like Frankenstein ( or was that Dracula )!

Let Elaine know if you are interested in going.

### **December**

#### **Tuesday 19<sup>th</sup> September**

Some kind of social will be arranged for after the final Kings session, perhaps bowling at the beach followed by meal at Frankie and Benney's. Any other suggestions will be considered.

### **Boxing Day**

'Luscious Lois Noble' is organising a run around The Hill Of Fare at 12h00 Hrs and then back to hers to warm your tootsies by the new gas fire ! BYOB/BYOG

### **January**

This is the Cosmic Xmas part time usually held some time in the middle of the month, so if anybody has any ideas this year of a venue and format then let them be heard. Last year we had the 60's 70's Austin Powers theme, which was a great success.

**DON'T FORGET..... TUESDAY NIGHT IS PUB NIGHT.  
( KING STREET MILL -JUST OPPOSITE KING'S PLAYING FIELDS )**



# KRUNCE 2000 FINAL PLACINGS.

NAME	FASTEST	TOTAL POINTS	OVERALL POSITION
Bob Sheridan	24:34	328	1
Dick Hobson	24:29	325	2
Derek Johnstone	28:02	320	3
Alastair Leiper	28:17	307	4
Stuart Hunter	30:25	304	5
Elaine Stewart	32:24	298	6
Liz Horton	30:13	264	7
Jonathan Bedford	24:34	260	8
Christine Mouat	29:40	254	9
Ian Jolliffe	27:46	247	10
Mel Edwards	27:42	239	11
Willie Watson	29:39	236	12
John Van Wunnik	27:34	223	13
Steve Pryor	33:21	212	14
Margaret Stafford	30:41	210	15
Ashley Jermison	25:50	204	16
Ann Thomson	33:01	198	17
Graeme Marks	27:56	196	18
Hayden Lorimer	22:52	191	19
Ruth McKean	26:04	185	20
Greg Barbour	22:52	181	21
Arnie Mouat	29:03	174	22
Ann Anderson	36:18	147	23
Rick Allen	27:06	144	24
Gary Gutteridge	27:35	139	25
Dan Whitehead	22:10	138	26
Catherine Mangham	29:41	137	27
Adeline Graham	32:51	131	28
Shelley Farrar	31:06	130	29
Carl Pryce	26:02	123	30
Colin Taylor	28:38	116	31
Mike Stone	29:06	113	32
Alfie McKay	32:25	112	33
Charles Hutchinson	27:36	75	34
Steve Rivers	24:38	74	35
Bruce Manning	27:57	72	36
Steve Willox	26:09	72	36
John Buchan	24:52	66	38
Lois Noble	30:02	63	39
George Esson	36:58	62	40
Gwendolyn Jones	29:14	59	41
Sue Buchan	33:20	58	42
Adam Jackson	27:12	53	43
Suzette Lang	34:55	51	44
Tom Bracegirdle	23:11	0	45
Dennis McDonald	26:23	0	45
Tom Litterick	28:31	0	45
Steve Tiffney	29:09	0	45
Bob Elder	29:26	0	45
Jon Crowe	33:41	0	45
Ian Searle	36:33	0	45
Katy Hill	36:38	0	45
Tim Griffin	23:35	0	45
Dynos Kyrov	27:43	0	45
Katrina Brown	33:52	0	45
Jenifer Cleland	36:42	0	45

## MOUNTAIN MARATHON REVIEW

At the Lowe Alpine MM Tim Nash and Richard Oxlade finished second in their class (but were beaten by a mixed pair!) but I don't know other Cosmic results.

The first weekend in July is always the Saunders MM. It is always held somewhere in the Lake District with this year's venue being Langdale. Elaine Stewart, Liz Horton and myself who all claim dual Gramp-Cosmic membership were joined by fellow Cosmics, Catherine Mangham and Rick Allen with Rick's mate, Howard Roper, a Hash House Harrier making up the three teams.

On the hot sunny first day the pairing of Elaine and Liz (in the Carrock class) were first into the overnight campsite but Catherine and I (in the Kirkfell) were not far behind. After his successful ascent of Everest, Rick was tackling his first MM with Howard in completely new territory, so they did well to finish less than half an hour behind us on Kirkfell.

Despite being first mixed veteran couple and in the top quarter of the field overnight Catherine and myself found ourselves more than a hour behind both the leaders and the first mixed (who lay second overnight). One of the delights of the Saunders is having beer and milk for sale at the overnight camp – so there was no reason not to have a few beers.

Day two started cloudy and got worse with torrential rain for the last half hour. Howard and Rick just pipped Catherine and I on the day as we wobbled a bit in the cloud but we both moved up the classification to finish 24th and 16th respectively out of ninety plus pairs. Meanwhile Liz and Elaine went steadily on their course to finish 28th and second female couple (of 80+). (Catherine and I were first mixed vet, second mixed).

Three weeks later and I was back in the Lake District for the Capricorn MM. The Capricorn is a solo event which returns to a static campsite overnight so one only needs a bag and a whistle rather than the full camping kit of the Saunders.

This time I was joined by fellow Cosmics Bob Daly, Tim Griffin and Niall Watson. Base camp was Coniston but having done the Saunders from the same venue last year proved to be little help.

At least the sun was out on day one, unlike last's years Capricorn which was a washout. Indeed with the Lake District having reportedly been dry for a fortnight (is this a record?) we worried about finding enough water. In the end this wasn't a problem but finding water without dead sheep floating higher upstream was more difficult (but what you don't know about, you don't worry about – unfortunately both Tim and I saw different dead sheep!)

On the Long Score I underestimated how much ground I could cover in the allotted five hours (both coming in over an hour early) whilst Bob Daly managed all but one 10-point control inside the time limit! (390 points to my 240 overnight!). On the A-course Tim marked a control in the wrong place and gave himself several extra

correct the error. Meanwhile Niall enjoyed his course, we think, but he hardly been seen since! Day Two and Bob gathers many points but only holds on to third place whilst the rest of us just compete for personal satisfaction

Then the first week in September and it's the Phoenix another solo event - I manage day one but there's too much bracken and heather on day two so I opt for an early bath.

Ewen

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### THE WHITEHOUSE, BARISDALE, KNOYDART, LOCHHOURN

#### OS Sheet 33 Grid 871035

The Whitehouse is a stone farm house providing accommodation for a maximum of 12 persons. It is situated at the foot of Luinne Bheinn and Ladhar Bheinn affording good access to the Knoydart peninsula. It is available for rental on an exclusive basis only.

Accommodation comprises hall, bathroom, kitchen/diner, sitting room with 3 bedrooms providing sleeping for 12 on hardboard based bunks with mattresses. The kitchen is equipped with a gas oven along with a solid fuel stove which provides the hot water. Eating and cooking utensils are provided. Lighting is provided by diesel generator or candles.

For further information **contact Rob Gordon on 01738 812300.**

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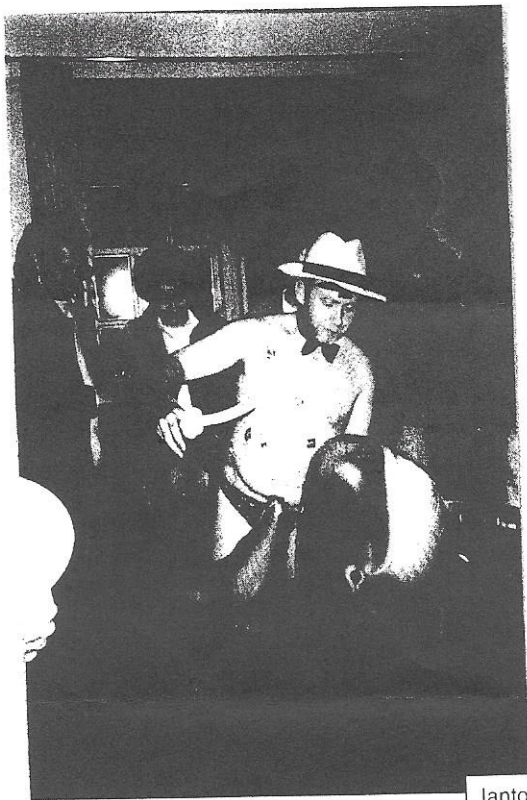
### MERCY SHIPS - THE FINAL PUSH

I went up to Nairn on August 19th to help run the last and 100th day of the island Race. The weather was kind and the other runners friendly and game for a laugh. One Police Physical Trainer had carried the baton for 2 days in Lincolnshire, helped only by her husband and 2 teenage children, and she was still going strong...we may see her at Mountain Marathons in the future. Mercy Ships runners were the only people to turn up for several legs, and the only charity to have runners out on all 100 days.

A huge thankyou to John and Sue Buchan for their extraordinarily generous contribution to the Mercy Ships fund. They donated the proceeds of their annual charity run for the last two years amounting to £400 and another £200 from Keith Varney.

It was after this that I met John, the hitchhiker, and took him to Ian and Ann's party...he's a little more enlightened about life north of Watford gap....I'll leave someone else to tell that tale.

Catherine Mangham



Ianto Slugger Pugwash Searle  
prepares for life on the ocean wave!



## COSMIC COMPETITION

Our competition this time is to come up with as many "additional warnings" as you can based upon behaviour exhibited by a certain Cosmic. As an additional task, try to spot the one behaviour on the list that said person has so far failed to exhibit. Now that is a difficult one. All entries to Steve's Mum.

### Alcohol

Due to increasing products liability litigation, beer manufacturers have accepted the FDA's suggestion that the following warning labels be placed immediately on all beer containers:

WARNING: Consumption of alcohol may make you think you are whispering when you are not.

WARNING: Consumption of alcohol is a major factor in dancing like an asshole.

WARNING: Consumption of alcohol may cause you to tell the same boring story over and over again until your friends want to SMASH YOUR HEAD IN.

WARNING: Consumption of alcohol may cause you to thay shings like thish.

WARNING: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: Consumption of alcohol may leave you wondering what the hell happened to your pants.

WARNING: Consumption of alcohol may make you think you can logically converse with other members of the opposite sex without spitting.

WARNING: Consumption of alcohol may make you think you have mystical Kung Fu powers.

WARNING: Consumption of alcohol may cause you to roll over in the morning and see something really scary (whose species and or name you can't remember).

WARNING: Consumption of alcohol is the leading cause of inexplicable rug burns on the forehead.

WARNING: Consumption of alcohol may create the illusion that you are tougher, smarter and more handsome than some really, really big guy named FRANZ.

WARNING: Consumption of alcohol may lead you to believe you are invisible.

WARNING: Consumption of alcohol may lead you to think people are laughing WITH you.

WARNING: Consumption of alcohol may cause an influx in the time-space continuum, whereby small (and sometimes large) gaps of time may seem to literally disappear.

WARNING: Consumption of alcohol may actually CAUSE pregnancy.

When I read about the evils of drinking, I gave up reading.

-Henny Youngman

## **Saturday Runs and Races**

Sunday 1st October - It's **Bennachie Hill Race** so no club run.

Sunday 15th October - **FRA Relays at Edale – two teams entered.**

**Saturday 21st October - Kerloch** - meet Duthie Park Boating Pond 9-15am or 9-45am there.

**28/29th October - Karrimor** weekend - watch out for last minute partnerships!

**Saturday 4th November - Mither Tap** variations from Rowan Tree Car Park - meet Beacon Sports Centre 9-15am or 9-45am there.

**Saturday 11th November - Tinto Hill Race.**

**Saturday 18th November - Elrick Relays 11am** - (2+1) partnerships - afterwards at the Bucksburn Manor (Brewer's Fare Pub) in Bucksburn.

**Saturday 25th November** - Back of **Clachnaben** from Glen Dye - meet at Duthie Park 9-15am or 9-45am out there.

**Saturday 2nd December** - Round and over **Morven** - meet Hazlehead 9-15am or at Groddie 10am

**Saturday 16th December - Hill of Fare** - meet Hazlehead 9-15am or 9-45am there.

## COSMICS at KINGS

Training sessions at Kings Pavilion start on Tuesday 3rd 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.

3rd October "R"	300m,jog, 600m, jog, 900m,jog, 900m,jog, 600m,jog, 300m
"H"	Hilton for hill reps
10th October "R"	3x(600m,300jog,900m,300jog)
"H"	Seaton for continuos hills
17th October "R"	3x(two minute out/back,1min rec)
"H"	Seaton for hill reps
24th October "R"	300m,600m,900m,1200m,900m,600m,300m
"H"	Hilton for hill reps
31st October "R"	3x(400m,jog,1000m,jog)
"H"	Seaton for continuos hills
7th November "R"	3x(600m,300jog,900m,300jog)
"H"	Seaton for hill reps
14th November "R"	3x(two minute out/back,1min rec)
"H"	Hilton for hill reps
21 <sup>st</sup> November "R"	300m,600m,900m,1200m,900m,600m,300m
"H"	Seaton for continuos hills
28th November "R"	3x(600m,300jog,900m,300jog)
"H"	Seaton for hill reps
5th December "R"	3x(two minute out/back,1min rec)
"H"	Hilton for hill reps
12th December "R"	300m,600m,900m,1200m,900m,600m,300m
"H"	Seaton for continuos hills
19th December	3x(two minute out/back,1min rec)
"H"	Seaton for hill reps