



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 25
QUARTER 1 - 2001

Editorial

Phill Thompson

Welcome to what may well be my last Editorial. After nearly four years I am now finding that my lack of involvement in Cosmic jollies, pressure of other external commitments etc is affecting the publication of the Bullsheet. This one in particular is being really rushed out. While I would be capable of getting out a Bullsheet, it really needs someone with more regular involvement in the club than I have had this year. So we are looking for a new editor for the next edition.

I think we've come a long way since the old Yellow Pages with a staple in the corner and I'm sure there is plenty of mileage still to be had from the Bullsheet (witness our "agony column" which appears for the first time!). As space is short I'll cut off my ramblings. Have a good Christmas all!

ANNUAL GENERAL MEETING

Tuesday 16th January 2001 8pm upstairs at the Blue Lamp

AGENDA

1. Minutes of previous meeting
2. Secretary's report for 2000
3. Financial report for 2000
4. Election of Officials
 - Secretary; - Treasurer; Membership Secretary
 - Social Secretary ;Male Team Captain; Female Team Captain; Three ordinary Committee Members
5. SAF – should we continue to affiliate?
6. Membership Fees for 2001.
7. Targets for 2001 – races and social trips.
8. AOCB

Notes : -Remember that under the terms of the Constitution a third of the Committee must resign and no one can serve more than 4 years.

- SAF affiliation has gone up from £100 flat rate to £100 plus £3 per member and will be £7 per member for next year (due from 1.9.01). This is on top of the individual SAF membership scheme! The Committee will be making a recommendation but if you cannot attend and have a view please advise the Secretary before the meeting.

Desperately Seeking Advice Page From our own Agony Uncle.

When ex Social Secretary and Spiritual Adviser Pryor gave up his position it left an obvious void to be filled. Where were Cosmics and others going to get advice on those personal problems that arise now and again?. In desperation we've turned to that well known "Agony Uncle" Lee Marvin. If this takes off it could become a regular Bullshead column.

Dear Uncle Lee ,

Oh what is a young woman to do? I am currently suffering from an irritable skin complaint. The only plausible explanation for this condition is the night I recently spent in a postie's van outside Crianlarich. Other than some rough mail-sacks there was nothing to soften my 'sleep', and as a result I spent several hours tossing and turning. Worse still are the indelible postmarks which have left my torso looking like a tattoo parlour's dummy.

I am currently pretending to be injured, in an attempt to avoid the embarrassment of the girls showers at Cosmic training. However, this is having an obviously damaging effect on my blossoming career as an international orienteer. Do you have any suggestions for bodily healing/cleaning?

- Yours,

Jess the Cat

Dear Jess,

Advice - During the duration of your skin complaint I'm sure the men wouldn't mind if you joined them in their showers. Regarding tatoos can you confirm that Weasel's only tatoo is the one on her ankle and where is Shelley's?

Dear Uncle Lee,

I am in need of your help. I am desperately trying to get in touch with two Cosmic Luverlies I met up with at the recent SHR "do" . We had such fun that night. Can you put me in touch with them so that I can repeat the experience.?

Yours ever hopeful on the hills and off

Young Rampant Lad

Dear Rampant,

Your letter is being passed on to the said lovely Cosmics - look out for something special in your stocking this year.

VOYAGE OF THE MENTAL LENTIL - Part 1 30th Oct. Ian Searle

Well, here it is my somewhat belated hello from Vilamoura at the end of the first sector of this crazy race. Electronics and email are not Portugal's specialist subject and we've also been mad busy generally. The whole of last week was completely incredible; from the emotion and chaos of the start to the storm in south Biscay, to the outrageous spinnaker run down the coast of Portugal. The start day was fantastic right from the moment we locked out of Port Solent. Spectator boats were everywhere as we waited to form up behind HMS Glasgow for the parade out of the Portsmouth harbour. During the final build-up to the gun we were almost too busy to contemplate what was happening and it all shot by. Unfortunately, the wind dropped completely and all of us were just drifting across the line on the tide (the useless attempt at hoisting spinakers should have given that away). The problem was that 4 of us were drifting straight down onto the start buoy and so to avoid a major pile up we all had to use a 3-5 sec burst of engine to get clear. We all subsequently got a 1hr time penalty for that - which we thought rather harsh as it was the Race Director's own yacht Fidget that we were about to ding!

The low point of Sat came a couple of hours into the afternoon when we just missed a mark off Cowes by only half a boat length despite a major rowing effort and pulling of buckets on ropes. The wind just died and we got tided the wrong side. If not for that we would have been right up with the first 2 boats, but as it was all the remaining 6 of us had no choice but to anchor and wait for the tide to turn. This made for the majority of the 12-15hr spread at the finish a week later.

Going out down the Western Approaches was rough and I felt pretty bad despite some drugs. Later on past Ushant and across Biscay was better as we picked up sunshine and some dolphins. We began to hear of a few problems on > other boats with gear failures but we didn't at that time experience any. Hippy's contribution (our skipper is a fully paid up hippy surfing dude) was to start giving herbal, vegetarian and generally alternative advice over the morning radio call. This has now become a complete must and is culled from an anecdote to the recent spate of little books - ours is entitled "The Little Book of Complete Bollocks". For a while I recall we were leading the chasing group but towards south Biscay and Cape Finistère we all got headed by SW winds and we also spent a good few hours one night playing dodgems with half the Spanish national fishing fleet.

The morning we finally rounded Finistère had a sting too. Oz and I were downstairs clearing up after breakfast (ie. wiping the floor) and we were actually thinking about the first home baking experiment. Quite suddenly a small squall transformed into a F7 blow and conditions became dreadful very quickly. Most of the crew got soaked changing headsails and dropping 3 reefs in the main, however avoiding deck work as we were on mother watch was little consolation for us as things were also pretty unpleasant in the galley. It was a long uncomfortable day.

Once established off the coast of Portugal we got good northerly winds and sunshine. We got the spinnaker up and really started to fly. Driving the boat in the conditions, when surfing down the wave fronts is incredibly good fun but also very physical. We came

close to broaching quite often -driving on the edge. The excitement came at 03:00 one morning when the spinaker halyard parted at the mast head. We suddenly found ourselves trawling for sardines with the heavy weight spini and it took ten of us a very wet 45mins to get it back on deck and under control. Waist deep in water on the foredeck while surfing at 10+kts down the waves, in the pitch dark is one hell of a disco experience.

Well on down Portugal we slipped back a little as we chose to head offshore more than the others. We picked up good wind but in retrospect lost too much time. We then had to work hard rounding Cape St Vincent and along the Algarve in order to keep Liverpool behind us.

We finally arrived in Vilamoura in the small hours, however loads of (pissed) crew were about and we woke up the whole marina with Ross on his bagpipes. All in all it was an outstanding weeks sailing and in many respects the hardest thing I have ever done - even compared to some of my other daft trips. (quite what that says for the next 10 months I'm not too sure)

We've done loads of work on the boat, had some time off and majored on eating, drinking and sleeping. We're now ready to head for Cuba - only 4670nm to go. Sorry this has been a bit rushed - I haven't even started my journal yet, too knackered and uncomfortable on the way down. I'm looking forward to some trade winds sailing and the Cuban rum.

Just to show it is not all bad, here is Ianto's latest posting.

Hotmail from Havana

Yes, you can do it if you look hard enough (hotel business suite), although I hadn't realised that net access is not yet permitted for private citizens here. So here it is, another quick update from the voyage of the Mental Lentil.

For anyone who hasn't seen it the website does have good info and pictures :www.clipper-ventures.com

Havana, Cuba:- crazy nice people, rum cocktails, salsa music, superb dilapidated architecture, tourists, hustlers and hookers - altogether a hot and humid mixture, especially after midnight. For a Caribbean first timer like me it was fabulous to get here and start to wander around the old city. The yacht marina that we are berthed in is about 10km out of town and is obviously rather removed from the real Havana. However, nice outside the fence you're just hit by a whole hotpotch of people trying to make a living.

There is clearly much good in Cuba; medical care, education etc., but, just like anywhere I guess, there are other aspects where things are lacking. The general state of the place is pretty run down - something which tourist \$ only accentuate as money is spent on restaurants, bars and hotels. Many of the historic parts of the old town are now being

renovated and refurbished - driven I'm sure by tourism. I'd wager that things will eventually go the tourism/\$ route after Castro. There is another completely separate peso based economy, but being here only a few days makes it impossible to get behind the facade. That said, there is little of the utterly hopeless urban poverty of the kind I've seen in India and Africa.

Once we arrived we spent the first few days on boat maintenance, although on Glasgow we didn't have that much damage to sails or equipment (unlike some other boats!) so it was mostly just cleaning, greasing and adjusting. As for the trip across the pond, well that was truly superb. Almost all downwind sailing with spinnaker up - blue sea, blue sky and sunshine, day after day. Our deliberate strategy of heading furthest south for (hopefully) better Trade Winds almost worked. We had the whole of the rest of the fleet spooked with our initial progress when we did turn west, but eventually like everyone we had a couple of particularly slow days and in the end were never quite able to claw back the extra miles! After over 3 weeks at sea and with just 2 days to go we then got a rude shock with a F7 blow and it was oilies on and spray over the deck as we bashed to windward (me back to barfing over the stern too) From a morale point of view there are no real problems and the general craic onboard is still pretty wild (not the case everywhere we hear...) I've now just got one more day of being a tourist and then a day of loading supplies and final preparations before we sail on Friday.

My most surreal memory of this place will be from cocktail time yesterday evening; sitting on the terrace of the Hotel Nacional sipping Mojito to the sound of a Salsa band. Not that strange you might think, but what made it so were the streams of people on the beach boulevard below; school kids in uniform, youth brigades, police, thousands of ordinary folk, soldiers - the whole bag. They were all heading home from an enormous afternoon long political rally. We had hung around earlier at the back (some 1/2 mile from the stage!) but despite strong rumours that he had been present, I can't say I actually saw or heard Fidel!! So take care, have a great Christmas and the man's about to shut the door on this place....

Isle of Wight Fell Running Championship Series 2000 Ian Jolliffe.

Your first question might be 'where'? Answer: the Isle of Wight is about 5 miles beyond the south coast of England, measuring 22 miles W to E and 15 miles N to S - a place with several columns of Jolliffes in its telephone book.

Next question: surely you can't have a Fell race on a small island off the south coast of England? Oh yes, you can!

The 3-race series (1 AS, 1 BM, 1 CL) over a single weekend has been run since 1995, and this was the first time I managed to arrange a visit to all the relatives which co-incided with the relevant weekend (Sept. 23/24). I hope that this brief description of the races will whet some of your appetites, and lead to a larger Cosmic presence at some time in the

future. There are no heather-clad hillsides or suicidal descents, but there are 3 interesting and challenging courses.

Race 1 – The St Boniface Fell, 11am Saturday, 3 miles, 775 ft. ascent.

All 3 races start and finish on the sea front at Ventnor on the south coast of the Island. Ventnor is built on the slopes of the highest hill on the Island, St Boniface Down. This race is straight up and down, apart from a small loop at the top. The first and last half-mile are on roads; the rest is chalk downland, part of which is fairly steep (by my standards - but I only lost 2 places coming down).

Race 2 – The Ventnor Horseshoe, 3.30pm, Saturday, 7 miles, 1500 ft. ascent. The first 1.5 miles, and last mile are the same as the morning race. In between there's 4.5 miles (though it felt a lot longer) in which you descend 500 ft, ascend 250 ft., descend 250 ft., do a flat stretch along a disused railway line, then back up 500 ft. and along the ridge before the final descent. It was a hot day (22°C) and I hadn't read the instructions properly (no refreshment stations, though dozens of marshals – runners should be self-sufficient) and carried no water, so suffered a bit.

Race 3 – The Wroxall Round, 10.30am Sunday, 13 miles, 1500 ft. ascent.

The rain started half an hour before the race and didn't stop, which made conditions pretty muddy in places. This race starts with 3 miles along the top of an undulating low coastal cliff. It begins on a metalled path, but not for long - the path progressively becomes narrower, muddier, more twisting, and an eventual descent to a rocky beach is a scramble. Next an ascent to perhaps 400 ft. and a stretch along the top of an inland cliff, which is again undulating, before a further 300 ft. climb. Along the ridge and into the fog, on one of a few parts of the course which was not on well-marked paths. An invisible marshal shouted directions for runners to follow in the fog. A 500 ft. descent, cross the valley, then up the same amount the other side, to join yesterday afternoon's race route for the last 3 miles. As in that race, the terrain is a mainly a mixture of grassy downland, stony tracks and muddy narrow paths, with plenty of gates and stiles to break up the rhythm.

What about results? Mark Hayman of Dark Peak won all three races, in 18.14, 55.58, and 1.34.38 respectively. It would be too embarrassing to report the times of the sole Cosmic, but he did achieve 2nd M50 in both of Saturday's race. On Sunday there were 3 other M50s in front (and one M60!), but all of these turned out only for one race (3 were locals), and he managed to overcome a 3.5 minute deficit from Saturday to have the lowest aggregate time over 3 races of any M50.

So what about it, Cosmics – a raid south, beyond England, for glory and a great weekend. The logistics could be tricky, but I'm sure your ingenuity is up to it, and you do have some 'local knowledge' you can call on.

(Ian has now disappeared off to Australia until mid January – lucky sod.)

Cosmic Social Events – Quarter 1 Year 2001

Social Secretary – Elaine Stewart

Social Retrospective

October

Friday 13th

Some Cosmics went out for the night, a new eating venue was found at Nargile, a café bar in Rose Street where you can bring your own booze. Then it was on to the Music Hall to see Kid Creole and the Coconuts. The men certainly seemed to think that they were a lovely bunch of Coconuts. The Cosmic Cosmetics as usual stole some of the limelight however when Dark Horse Doc. Mangham and Electric Elaine jumped on the stage for a quick bop with one of the male members of the band.

Weekend 28th/29th

The Karrimor Mountain Marathon

Quite a few Cosmics took part in this years event, some doing better than others. Liz and I nearly retired at mid-camp as we had the dilemma of a tent with not enough pegs to keep the thing up, which is all you need in a howling gale and torrential rain. As for poor Christine I think she will be giving Ewen a body swerve next year, he had her out for 9 ½ hours, no wonder they couldn't do anything the next day. I believe they waved down a mini bus for a lift back. Now for Lois and Ian's former partner are another story...., They did eventually make it all the way round the Medium Score Course but with a few negative points collected on each of the very long days.

November

Weekend 25th/26th 'Annual Do'

Eight Cosmics went to this year's 'annual do' in Crianlarich. There was the usual run to start with followed by an interesting slide show from Charlie Campbell who had just finished running all the munros (284) in 48.5 days. The Cosmetics were salivating at this fine specimen of a (post)man. Elaine picked up her medal for being this years Scottish Veteran Ladies Champion – hope your all impressed!

Forthcoming Features

December

Tuesday 19th

After the training session at King's, Clare Dan & Hayden are having a Xmas party. Hayden promises all the girls a kiss under the mistle toe. Ewen's going to shave off his beard and wear a skirt specially for the occasion.

Bring booze and something tasty to eat.

Address:- 7 Theatre Lane (down by the harbour, off Virginia Street)

Boxing Day

Lois has invited people back to her house for a bit of a social after the Banchory fun run. The run starts at 11.30 from the main car park in the centre. If you don't plan to run but want to go to Lois's turn up after 1.30. Lois can provide showering facilities for the runners.

BYOB and any food will be greatly appreciated.

Address:- 57 Kirk Terrace,
Cults
Tel 868033

January
Friday 19th

The venue for this years Cosmic Xmas Party is Pittodrie (the football stadium), £10 per head includes buffet & disc. Dress code smart casual.

February

Saturday 17th The Carnethy Five Hill Race

This will be the usual Cosmic Jolly Weekend away in Edinburgh. The same format as previous years, run starts at 2 o'clock, followed by a free meal at the school and the compulsory ceilidh at night. Palmerston Lodge will be booked again for the accommodation. Entry forms available from me nearer the time.

March

Saturday March 24th Steve's Sauna Party

After a run round the Forvie Nature Reserve its back to Steve's
There will be the usual opportunity to show your wobbly bits to your fellow Cosmics and to frolic in the Sauna . Once suitably scrubbed we will have the chance to BBQ anything which we bring along to eat. You only need bring MEAT/FISH/VEG and a bottle to your taste as the rest will be provided. After eats there will be darts , dancing , line dancing lessons and a quiz .
The all day event starts with the Hash Run at .10h00am and carriages will be at 19h00hrs.

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

Pub nights at the moment have been causing a bit of a problem, we now have split in the camp as some people no longer want to go to the King Street bar because there is no real ale and no food. Are people prepared to get in their cars and drive somewhere, or should we bear in mind those with no transport and students who would prefer somewhere within walking distance ?
Where do we go instead?

To solve the problem I thought we should put it to a vote. Let your thoughts be know by returning the slip below , email me or tell me verbally.

Pub

Tick Box

King Street Bar

☐

Archbald Simpson's

☐

BlackFriars

☐

Other.....

Comments.....

Return to:- Elaine Stewart, 27 Grosvenor Place, Aberdeen, AB25 2RE
Tel: 641613 email:- elainest@it.aberdeen.net.uk

On Saturday 11th November 2000 an important event occurred in the hill running calendar - the AGM of the Scottish Hill Runners! Yours truly decided to take a wander down to Symington just to see what happened. Below is a summary, as far as I can remember, of what was discussed.

1. The first bit was all about committee positions. The only point of interest was that some SHR committee members, like Ewen, are double hatted (Ewen is there some dark secret you wish to divulge to us?). These individuals would appear to on the SHR committee and are also the area representatives of the SHRC. The SHRC as far as I could make out is the voice of hill running to the SAF. This double hattedness caused concern to one person and after a heated debate he was informed that it was not outwith the constitution and that was that.

2. Another debate ensued as to whether the SHR championship should be a three race or four race series. I think the final solution was that to be considered for the championship an individual had to do one race from each category i.e. short, medium and long and one other race of any distance could count. However only doing three events would not disqualify a person from the championship as long as they had done a race from each category. It was generally accepted that if a person could win the championship by only doing three races against people doing four well done them.

3. Then we came to the interesting bit - how to deal with the SAF. For those of you who may not be aware the SAF has decided to not only charge individuals for membership but also to charge clubs which are affiliated to the SAF a fee. This fee is based on the number of members a club has (this year it cost the Cosmics £200 next year it will be considerably more). The main reason is that the SAF has failed to get the sponsorship it needs and therefore has decided to tax people instead. The SHR tried to get this stopped at an SAF AGM in January but were defeated by one vote. Pity that certain hill running clubs were not there to swing the vote. The SHR proposal was that people would pay 50p towards the SAF every time they entered a race which had a permit from the SAF.

It was mentioned that the perception of the SAF from the hill running point of view was that it was very much track and field orientated. Indeed the hill running community gets exactly the same amount of money (£10k) from the SAF as they did three years ago but the SAF's turnover has gone up by almost a factor of three. Most of the money is spent on the elite people with the SAF organising travel and accommodation for the international events. It was commented that £10k on the elites was money not badly spent.

One of the reasons that the rank and file do not see any money is that it would appear that we do not ask for it and the committee asked for suggestions with which to approach the SAF for funding. Two areas which were mentioned were coaching and orienteering type

weekends (I suppose it is a bit difficult to go off course running round a 400 m track). Every year there is an orienteering type weekend held at Wanlockhead which is usually organised by Martin Hyman. This year he has said that he would not be organising it however two volunteers came forward to fill the gap. So Cosmic committee come up with some events to get our £200 back!

One option to avoid the clubs from paying the extra dosh to the SAF is to de-affiliate. Indeed Carnethy and the Wolves of Badenoch have done that. Carnethy explained that this was a 'shot across the bows' to the SAF since they considered that they did not get value for money from the SAF. If in the future they consider that the SAF is value for money then they will apply to re-affiliate. One outcome of all the clubs de-affiliating from the SAF is that the hill running community would receive no funds from the SAF. This in turns means that we would have to fund ourselves either by subscription or sponsorship. It would also mean that we would take on a lot more administrative work. It was also mentioned that the government has decided that there is a link between people's health and the exercise they take (no doubt they will soon decide that there was a link between the Titanic and an iceberg). Anyway this means that there will be more funds flowing into sport type activities and the SAF will be dealing with the distribution of any extra funds for athletics since they are the recognised body for Scotland.

It was pointed out that the hill running community is actually in quite a strong position with the SAF. One reason is that the SAF will be judged on how many medals Scottish athletes win. At the moment the hill running community is producing the goods quite nicely thank you very much.

4. Now comes the commercial. At the moment there are 420 members of the SHR which is mainly from the central belt. Membership costs £6 per annum and for this you get 4 newsletters, equivalent to the Bullshead, and a yearly review. The hill running calendar is also free to SHR members. The SHRC would also appear to be the only method of extracting money out of the SAF. If anyone is interested in joining I was given a whole lot of reviews for 1999 and some application forms. Be warned I have a horrible suspicion that there is a picture of Steve, Piranha, Pryor on the front!

So there we go, events as I recall them. I am quite sure that in due course the minutes will be produced and circulated. These will probably be at odds with what I have said but then the most unreliable witness is an eyewitness! Until then you will have to take the above since I was the only Cosmic there.

Happy running.

Niall Watson

WEEKEND RUNS and RACES

Saturday 30th December – **SPLASH&DASH 5K** – 11am – take a present? And make it a double header with

Sunday 31st December – **BEACH BUM PRESENT RUN** – 10-30am £3present

Saturday 6th January – **KERLOCH** – meet Duthie Park 9-15am or out there 9-45am
Grid Ref. NO 699917

Sunday 14th January - **EL-BRIM-ICK DASH 11-00am**
Seniors; U16 race at 10-45am

Saturday 20th January – Cosmics at **East District Cross Country?!!!** Edinburgh

Saturday 27th January - **DURRIS** – meet Duthie Park at 9-15am or out there at 9-50am
Grid Ref – NO 762916

Saturday 3rd February – This will probably be the **Devil's Burden Relays**, Falkland.

Saturday 10th February – - **BENNACHIE** from Rowan Tree – 9-15am at Beacon Sport Centre or 10am at Grid Ref. NJ693244

Saturday 17th February - probably **Carnethy Five** and Cosmic Social Weekend in Auld Reekie

Saturday 24th February – **CARN-MON-EARN** – meet Duthie Park at 9-15am or 9-50am Grid Ref. NJ 768916

Saturday 3rd March – back of **CLACHNABEN** from Glen Dye – meet Duthie Park at 9-15am or 9-50am at Grid Ref. NO649868

Saturday 10th March – - **BENNACHIE** from Rowan Tree – 9-15am at Beacon Sport Centre or 10am at Grid Ref. NJ693244

Saturday 17th March – **Speyside Way Relay** and possible away weekend in Tomintoul

Saturday 24th March –Forvie Nature Reserve Newburgh bridge . at 1000 for an advanced Hash Run around the dunes plus a swim.and then off to Steve Pryor's (GR 951245) for a sauna party. Two courses available all levels catered for.

Saturday 31st March – round back of **MORVEN** and back over – meet 9-15am
Hazlehead or just after 10am out there – Grid Ref. NJ406052

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COSMICS at KINGS

As before, anyone who is injured but can turn up to do some time-keeping will be most welcome! Remember to cough up your £5 to Bob if you didn't pay for the whole winter season.

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!

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|---------------------------------|--------------------------------------|
| 9th January | 4x(400m.jog,1000m.jog) |
| | Seaton for continuous hills |
| 16th January | Up and down the clock, 300m recovery |
| | Seaton for hill reps |
| 23rd January | 300m,4x(2minutes out/back),300m |
| | Hilton for hill reps |
| 30th January | 4x(600m.jog,900m.jog) |
| | Seaton for continuous hills |
| 6th February | Up and down the clock,300m recovery |
| | Seaton for hill reps |
| 13th February | 4x(400m.jog,1000m.jog) |
| | Hilton for hill reps |
| 20th February | 12x400m |
| | Seaton for continuous hills |
| 27th February | 300m,(4x2minutes out/back),300m |
| | Seaton for hill reps |
| 6th March | Up and down the clock,300m recovery |
| | Hilton for hill reps |
| 13th March | 4x(600m.jog,900m.jog) |
| | Seaton for continuous hills |
| 20th March | 12x400m |
| | Seaton for hill reps |
| 27th March | Up and down clock with 300m recovery |
| | Hilton for hill reps |
| 3rd April | It's KRUNCE Time |