



COSMIC BULLSHEET

*The Bulletin News-Sheet
Of Cosmic Hillbashers*

**ISSUE No 26
QUARTER 2 -2001**

Editorial

Phill Thompson

Welcome to a rather shorter Bullsheet than usual, as a result of a number of things. The usual Social Notes, Tuesday and Saturday runs are included but the viability of the runs is changing on a daily basis. The best way to keep up to date is via the Email system which seems to reach about 90% of Cosmics but not everybody.

I have therefore left in Ewen's planned sessions and runs in the hope that at sometime we will revert to these schedules. If in any doubt about whether something is happening and you don't have Email then the most obvious way is to phone Ewen, myself or any committee member.

At the moment there are a lot of frustrated non-hill runners about but I guess our losses pale into insignificance compared to others whose lives are being changed by F&M. Hope to see you out 'n about soon.

Phill

TUESDAY NIGHTS

For the duration of the Foot & Mouth outbreak (which could be well into the summer) can I suggest that as **from 4th April onwards** we meet at the **DUTHIE PARK BOATING POND, changed and ready to run at 6-15pm**. Those who like a bevy afterwards may wish to park at the Winter Gardens end and run across of course. Training options would be:-

- a) reps round the Park (as per Corporate Games)
- b) across to the south side of the river for hill reps on the grass
- c) reps along the river side or
- d) run out along the old railway line and back through Garthdee (but this later one may also be F&M barred!).

I know it's not very satisfactory but we don't want to antagonise any landowners and as the restrictions get lifted then we can broaden the scope of our routes.

PLEASE! PLEASE! Do not run anywhere in the countryside at present especially on Forestry Commission, National Trust or Aberdeenshire Country Parks.

Hopefully midweek road races in town will not be effected and may provide some variety (never thought I'd say that!)

Ewen

Devils Burden Relay
Falkland Fife
Saturday 3rd February 2001

Who was to be in what team? As usual it all seemed to come together on the last day, despite me trying to organise my partner in the B Team earlier in the week. With the late addition of Keith V we had two full teams to field:

	Men's Team	Mixed Team
Leg 1	Steve & John B	Elaine & Lois
Leg 2	Bob Sheridan	Stuart Hunter
Leg 3	Tim & Tim	Gary & Dennis
Leg 4	Keith Varney	Helen Mackie

Helen and I drove down together, an uneventful trip except in as much the sky got bluer the further south we went. Helens white knuckles might contradict that, but I think that was race nerves, nothing to do with my sharp braking for each camera we passed. ☺

The race starts at 11:00 and we were all there in plenty of time for registration. Having only done one hill running relay race before, the FRA Relays in Alva, I had naturally assumed the format would be the same, i.e. we would all start and return to the same place. To discover we were all going to start and finish in different places around Fife threw me, especially as no-one seemed to know who was going to where, in whose car, at what time. The usual pre-race nerves progressed to severe jitters with the lack of firm plans, I had the distinct fear of being in the wrong place at the wrong time. Keith had been volunteered in his absence to drive us to the start of our leg and in our haste (well my haste) to get to the start we pulled Keith from his pre race prep of horizontal levitation. He was not a happy chap!, mumbling all the way that it was some two hours before he was due to run. Needless to say we got to our designated car park with about an hour to spare before we actually had to run. Keith then discovered he'd left his running shoes still 'floating' back in the town hall in Falkirk. Most people would blow a gasket at this point, but not Keith, I think he was secretly pleased he could now get back to his levitating in peace.

Getting changed in the car park was an eye opener, it seems the washing machine doesn't work in the Griffin household and he's setting a new national record for the oldest pair of active running tights. I can see why he hangs onto them, they have a special air vent through out his undercarriage. Could this be the secret of his prowess on the hills? Cool balls! I wonder if Zoë knows about his flashing habits? It was cool, so I decided to run in tights also, but not Tungsten. He was in shorts and singlet, as only a true Scotsman would be on a cold day with a reputation to maintain.

The weather at this point was fine and clear in the car park, no wind, mist on the hill tops and the occasional spot of very light drizzle. Leg 3 is the longest leg and there is a steep start uphill, which to my mind accentuated the miss-match in capability between Dennis and I, as Dennis normally leaves me standing on the hill reps at Seaton. Still he was to navigate and the thick mist on the hill tops meant that he'd have to concentrate hard on that which would leave me to concentrate on keeping up with him. We did the usual recce, which was just as well because we could easily have missed the first turning off the path and there was definitely a preferred route up the hill. Stuart had a good leg and came in fast in good form, handed me the baton (punch card for the control points) and we were off. In the event navigating nicely handicapped Dennis so that keeping up was possible. I felt it was a good combination and we had a good run across the top with a 'difficult' call at a number of points where local knowledge could easily save 3 or 4 minutes off our time. Not that we got lost at all, its just we did have to stop briefly sometimes and think about where we were going. Inevitably the people we had just passed came by and took the lead again, but not for long! It was all very pleasing as we did seem to overtake a good number along the way.

The steep descent off the west edge of Lomond was interesting, my fell shoes having a distinct advantage over Denise's trail shoes. Then it was a sprint downhill to the changeover and passing the baton to Helen. I wondered as she went, whether anyone had thought to tell her about the control points and having to punch the card. I only knew because I had done one orienteering event before. Helen had not done any! It could have been a bit late to discover that she didn't know what to do with the card. Fortunately Bob had given her a good briefing, obviously one of his better chat up lines ☺

A good effort by the A team gaining 3rd place, with just 4 seconds in front of Carnethy! The B team did well and pulled an unexpected prize as 1st mixed team. Prizes were cases of beer for the boys and wine for the girls, very rewarding, none of this poncey stuff like medals and certificates that you get in road races!

There were heaps of good hot soup with lovely soft rolls and buckets of tea to wash it down during the inevitable wait for the results. Most of both our teams had gone by the time the beer was handed out so I had to volunteer to look after it. It seems I might also have to volunteer to drink it if its not claimed soon!

For those who haven't done the race before, a quick description of each leg, which all form a big clockwise route around the Lomond Hills in Fife:

- Leg 1 Steep climb up East Lomond, bit of a descent, and then sort of cross country. about 5 miles.
- Leg 2 Steady climb for most of route on road/tracks, then steep descent - about 4 miles.
- Leg 3 Steep start then bit a navigation over the moors, tussocky grass and heather, steep descent off West Lomond about 7 miles
- Leg 4 Pretty flat on road and good forest tracks about 6 miles

All legs require at least 1 control to be punched on the control card, which also acts as the baton. All runners must carry full waterproofs, map, whistle & compass. A decent colour map with contours next year would be a bonus!

Gary

Gary Jitters,
Still a Cosmic Virgin!

ORIENTEERING STARS

Some Cosmics put themselves through the mill to do well in hillraces but others join us on Tuesday nights just to get better at other sports so congratulations to the following who have all achieved top 50 places in the British Orienteering Federations age group rankings :-

Liz Horton - 31st
Zoë Griffin - 40th
Mark Sanderson - 7th (clearly Seaton Park 1999 didn't count)
Jon Duncan - 2nd
Tim Griffin - 41st
Tim Nash - 24th
Bob Daly - 4th (and if he joined us regularly where would he be - on crutches?)
Richard Oxlade - 26th

Others ranked included Ian Searle and Phill Thompson.

Ewen

I've only got one thing to say "NEVER AGAIN!" Having watched the Carnethy 5 hill race on a number of occasions and seeing how exhausted everyone looked I used to think 'I'll NEVER do that race.' However things change especially my mind. This year I thought I'm a member of a hill running club so I must do some hill races. The Carnethy weekend is always a good one so I thought why not do the race. Nothing could have prepared me for the long gruelling ups and downs (except perhaps proper training). After the 1st hill I thought this is painful but well not too bad. By the descent on the 4th hill I had changed my mind. Even the descents were painful. Looking up at the fifth and final ascent I thought 'how am I ever going to get up there, my legs had left me, I don't know where they'd gone but they certainly weren't attached to my body. By the time I reached the top I was on my hands and knees crawling, pulling myself up grasping tufts of grass. I was willing my legs to move and I was in slow motion. How I got down I'll never know. I fell at the bottom into the heather and next thing I remember a first aid lady asking if I was ok, "No I'm not". She guided me away but I was determined I had to finish after all I'd done 5 hills no way could I pull out so near the finish line. Somehow I got to the finish line then collapsed. I'll go with my initial thoughts 'NEVER AGAIN'.

Sue Buchan

PS Good ceildh (couldn't dance much - sore legs), lovely accomodation and good company. I'll stick to shopping, I'm much better at that!

Cosmic Social Events – Quarter 2 Year 2001
Social Secretary – Elaine Stewart

Social Retrospective

January

Friday 19th

This year's Cosmic Xmas party was held at Pittodrie, thanks to John Buchan for getting the venue for us. I'm sure all who attended enjoyed themselves.

Friday 26th

Greg & Encarna have now left for pastures new to Den Hagg, but before leaving they threw a wonderful managerie party that will be remembered for a long time. Didn't Shelley make a good Giraffe and does Hayden really resemble a pig? Read all about it from Greg's article elsewhere in the Bullsheet.

February

Saturday 10th

Thanks to Buzz & Rachael who also put on a farewell party and entertained some of us Cosmics for the night. Buzz has now left us for the far off place of Baku, but meantime Rachael has decided to take Buzz's place and come running with the Cosmics.

Saturday 17th The Carnethy Five Hill Race

What a gloriously day, blue skies and sunshine, where you just wanted to rip all your clothes off, if you just happened to be one of the unlucky ones wearing too much to start with. It was Sue Buchan's first experience of Carnethy she swears she'll never do it again, maybe we can persuade her to come back again next year. It's a wonderful race with nice scenery, pleasant undulating hills, tea and biscuits at the end, a free hot meal as well as a ceilidh, what more could you want. Just a perfect day.

Some performed better than others did on the day, Derek's bad moment was when Lois came running past him, Willie Watson & Stuart Hunter, Ronnie has obviously done Lois the **power** of good.

March

Saturday 24th Steve's Sauna Party

Fun & frolic on the beach at Hackley Bay!!

Hopefully we will not have to cancel this one due to the foot & mouth epidemic, read all about what happened in the next edition of the bullsheet.

Remember to not go empty handed to Steve's.

Forthcoming Features

April

Thursday 5th

Nargile's at 7.30 for a bite to eat, it's the Turkish café bar on Rose Street and bring your own booze, they do a wonderful mezze & stuffed aubergine, plenty to suite the vegetarians. This can be followed by a night on the town, or any other suggestions greatly appreciated. For those of you missed out on the last visit to Nargile Steve

turned up with **RED** hair, (more like a henna colour) was he trying to hide the grey, could it have been a toupee but he certainly looked gay!! What did those frogies think of it all, Steve with red hair, shocking pink trousers and clogs?

May

Saturday 5th

SAF Championship and SHR Super League Race (Depending on F & M situation)

Cosmic Jolly Weekend away for the Stuc A' Chroin 5000' Hill Race starting from Strathyre.

The race is 14 miles and the entry fee is £5, there is usually a ceilidh dance afterwards. If you plan to do the race and need accommodation contact Elaine.

Tuesday 15th

After the annual Balmedie Beach Bash race there will be the usual BBQ held at the end, so bring along your own food & drink.

June

Saturday 30th

A new Cosmic jolly away weekend to the Isle of Mull for the fell race at Glen More. Its 13 miles and 5000 feet of climbing, the entry fee is £8 which includes hot food and a ceilidh. A bus will be laid on from Craignure to the start of the race.

Anybody interested in this one let Elaine know, as I will need to look into arranging accommodation soon.

Again this event will only go ahead if the F & M epidemic is over.

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

What about the Illicit Still its got good food, beer and parking outside the door? It's also in the same vicinity as Archibald Simpsons & Blackfriars.

.....

Youngest Cosmic

Welcome to Oliver, baby son to Becky and Tim Nash born on 30.12.00 with our very own Dr Mangham assisting at the birth !!!!!!!

SUMMER WEEKENDS

There's lots of races and talk of a Carl Pryce/Dennis McDonald Charlie Ramsey attempt but for those who don't drink too much on a Friday night there's the following:-

Saturday 7th April - **Glen Tanar** - meet Duthie Park at 9-15 or GR-NO476957 at 10am

Or **Craig Dunain Hill Race**, Inverness 3pm

Saturday 14th April - **Clachnaben** preview from Glen Dye - meet Duthie Park or GR-NO649868

Sunday 22nd April – CLACHNABEN HILL RACE - Noon

Saturday 28th April - **Millstone** -meet Hazlehead 9-15am or GR-672190

Saturday 5th May – **Stuc A'Chroin Hill Race, Strathyre**

Saturday 12th May - **Mither Tap (Bennachie)** - from Visitor Centre -meet Beacon Centre 9-15am or GR-NJ6999217 at 10am

Saturday 19th May - **Kerloch** - meet Duthie Park 9-15am or GR-N0699917

Saturday 26th May - **Durris** - meet Duthie Park 9-15am or GR-NO762916

Saturday 2nd June - **Millstone** -meet Hazlehead 9-15am or GR-672190

9th June - no club run as **Glas Tulaichean Uphill Race** 2pm

Saturday 16th June - **Kerloch** - as above (Folk away at Lowe-Alpine MM)

Saturday 23rd June – **Highland Cross** or **Drumtochty Highland Games**

Saturday 30th June – **Bennachie Millstone** - from Visitor Centre - -meet Beacon Centre 9-15am or GR-NJ6999217 at 10am or

Isle of Mull Fell Race

TUESDAY NIGHTS

It's meet Hazlehead at 6-15pm (sharp) and then it's off to the hills with a Pub thereafter.

3rd April - First KRUNCE of season at Rotten O'Gairn,
GR-NJ851055 then Bieldside Inn

10th April – **NE Kirkhill** at GR-NJ845116 and then Bucksburh Manor

17th April – **Hill of Fare** at GR-NJ743039 then Cowdray Arms, Echt

24th April – **Durris** at GR- NO761916 then Old Mill Inn, Maryculter

1st May – 2nd KRUNCE of season at Rotten O'Gairn,
GR-NJ851055 then Bieldside Inn

8th May – **Kerloch** at GR-NO699917 then Old Mill Inn, Maryculter

15th May – BALMEDIE BEACH BASH
at GR-NJ976181 then Barbecue

22nd May – **Millstone** from Donview CP at GR-NJ672190 then
Grant Arms at Monymusk

29th May – **Clachnaben** from Glen Dye at GR-NO649868 then
Feughside Inn

5th June – **3rd KRUNCE of season at Rotten O'Gairn,**
GR-NJ851055 then Bieldside Inn

12th June - **Hill of Fare** at GR-NJ743039 then Cowdray Arms, Echt

19th June – **Cheyne Hill** at GR-NO843884 then Lairhillock

26th June - **Durris** at GR- NO761916 then Old Mill Inn, Maryculter

3rd July – 4th KRUNCE of season at Rotten O'Gairn,
GR-NJ851055 then Bieldside Inn

There will no doubt be more midweek races so keep up-to-date by
signing up NEScotland-Events-subscribe@yahoogroups.com