



## ***COSMIC BULLSHEET***

The Bulletin News-Sheet  
of Cosmic Hillbashers

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### **Editorial**

**Phill Thompson**

Well sadly there has been a distinct drop in contributions this time for what has in the past few years been a bumper Christmas Edition. But thanks to my regular contributors Ewen, Elaine and Andrew White I do have some material to produce a Bullsheet. This is a bit of a blessing in disguise as with all the things that need doing for Christmas producing a large Bullsheet can be difficult to fit in. So while it may be a thin Bullsheet, in the words of the song "The Bullsheet you get you deserve!"

I also have vague thoughts about doing a one-off Cosmic Comic special colour edition but as ever that will depend upon contributions, particularly photographs. If you have any good digital photos of Cosmics, particularly any taken during races, mountain marathons, epic journeys etc please let me know.

There was a lot of discussion around the format of the Club Championships at the AGM. If you have any views on this – extra categories, different races or whatever then let Ewen or any committee member know.

Well at the end of another year it's time again to think up new goals for next year. Maybe next year I will actually do the Ben Nevis Race or Clachnaben again ... or Ben Rinnes. I obviously need to find a new song to inspire me to do these feats. But at least all the constant rain is behind us (??) together with those dreary plods through the mud and puddles when the only tune in my head was Guns & Roses. Still they were right and "nothing lasts forever ...even Cold November Rain"

Merry Christmas and a Happy New Year to all my readers!!

Phill

## On Championships and Things (Ewen's moans)

This year's Club Championship featured fifty-two different club members (out of a total of about 70) but alas twenty-four of these only did one race.

Only eighteen people did three or more with only Colin Taylor doing sufficient races to have to drop one. (Not that it made any difference in either the overall or veteran's categories where he took third and second places respectively).

Are people no longer interested? The original idea of the Club Championship was both to recognise the Club's strongest runners and to ensure a good turnout in local races. Whilst the first objective was achieved with Carl winning both overall and the 0/40's at least one category was won by default (those who do the most races won generally).

At the AGM it was suggested that the 2003 Club Championship include a mixture of both Scottish Championship and local races (to encourage a turn out in both). If so, which local races? The three most popular local races were Clachnaben, El-Brim-Ick and Bennachie. I have concerns about putting more 'stress' on Clachnaben as it is our highest profile and most official intensive race. (It needs a minimum of at least twelve non-running helpers – Saturday 19<sup>th</sup> April 2003 – put it in your diary now – help or run BUT BE THERE!!)

What do you want? Think about it and tell us (the new Committee).

Similarly the numbers turning up for Saturday runs is down on last year with nearly everyone going direct to the venue rather than sharing cars from Hazlehead or Duthie Park. Don't we want to do our thing for the environment? Do we still want the actual runs? It's your Club.

What do you want? Think about it and tell us (the new Committee).

It's hard for us (the old guard) to keep thinking up

- new venues for training
- new ideas for social events

What can you contribute? It's your Club. What do you want?

*Ewen*

# The 1<sup>st</sup> ELRICK EIGHTSOME HILL RACE

## 3miles, 600 feet

**Saturday 16<sup>th</sup> November 2002– FRA Permit**

With thanks to Forest Enterprise and the Aberdeen Recreation for access and to Bob S. and Helen M for help on the day. Very wet underfoot.

Pos.	Name	Club	Cat.	Time
1	Mark Rigby	Cosmics	MV	22m18s
2	Dave Duguid	Aberdeen AAC	S	23m01s
3	Gair Brisbane	Kings Triathletes	S	23m15s
4	Hayden Lorimer	HBT	S	23m40s
5	John Buchan	Cosmics	MV	23m51s
6	Dennis McDonald	Cosmics	S	24m29s
7	Stewart Barrie	U/A	S	24m55s
8	Jon Yearsley	Cosmics	S	25m05s
9	Ian Peel	U/A	S	25m51s
10	Dave Wilkinson	Cosmics	MV	25m56s
11	David Duncan	Ochils	MV	26m04s
12	Keith Robertson	Cosmics	S	26m10s
13	Stuart Hunter	Cosmics	S	27m53s
14	Ian Morrice	Aberdeen AAC	S	28m54s
15	Julie Stephen	Aberdeen AAC	L	28m56s
16	Colin Taylor	Cosmics	MV	29m00s
17	Graeme Marks	Cosmics	SV	29m09s
18	Phill Thompson	Cosmics	SV	29m14s
19	Alan Fulton	Aberdeen AAC	SV	30m14s
20	Murray Bryce	Garioch RR	SV	30m47s
21	Ron Pratt	Cosmics	SV	31m59s
22	Jon Crowe	Cosmics	S	32m45s
23	Liz Chelling	Cosmics	L	33m01s
24	Elaine Stewart	Cosmics	LV	33m14s
25	Derek Davidson	U/A	S	36m04s
26	Dennis Shepherd	Aberdeen AAC	SV	36m28s
27	Steve Pryor	Cosmics	MV	51m30s
28	Mandy Gilbert	Cosmics	L	58m14s

Apologies for the delayed prize giving due to Steve collecting in markers before Mandy got there. Maybe he should stick to running!! Given his time maybe he should try running!!!!

INCOME - £56

EXPENDITURE – Prizes £38, Permit £10 Juice etc - £1

PROFIT - £7

**BEACH BUM FUN RUN – Tuesday 24<sup>th</sup> December at 10am**  
(Bring GIFT WRAPPED PRESENT value £3+)

**EL-BRIM-ICK DASH – Sunday 12<sup>th</sup> January 2003 at 11am**

**Cosmic Social Events – Quarter 1 Year 2003**  
**Social Secretary – Elaine Stewart**

**Social Retrospective**

**October**

Saturday 19<sup>th</sup>/Sunday 20<sup>th</sup>

'Annual Do' and Meall a' Bhuachaille hill race.

Very poor turn out this year from Cosmics, but thanks to Lois, Shunter and Colin Taylor for making the effort. We all stood on the starting line as the snow blasted our faces and just about freezing to death, luckily though the sun came out not long after and the run was quite enjoyable. Shunter decided not to drink so much this year so that he would be able for a bit of mountain biking the next day.

**November**

Thursday 14<sup>th</sup>

A night out for Cosmics at the Italian café Carmines followed by a trip to the Belmont to see Rabbit Proof Fence. Poor Ron Pratt had a table all to himself and waited patiently for that fair maiden to join him, once he realised it wasn't going to happen he had to squeeze in with the rest of us. Gary took it all very well as he was grilled over his love life or lack of? There's plenty more fish in the sea.

**December**

Tuesday 17<sup>th</sup>

Cosmic social at Elaine's house after training for some food and drink all invited.

**Forthcoming Features**

**January**

**Saturday 18<sup>th</sup> Cosmic Xmas Party**

The Cosmic Xmas Party will be of the same format as last year, to be held at the Grammar FP Club on Queens Road. The party will have the usual fancy dress theme, which gives plenty of scope for any interpretation that you want. If you don't fancy dressing up, come along anyway, it won't be held it against you.

Fancy Dress Theme – "Song Titles"

Venue: - Grammar FP Club  
Bayview House  
86 Queens Road  
Downstairs in the Sports Bar/Function Room  
Ticket price £5 8:00 till 1:00.

## **February**

Saturday 15<sup>th</sup> The Carnethy Five Hill Race  
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 followed by hitting the high spots of Edinburgh if you haven't yet had enough. I will provisionally book Palmerston Lodge for the accommodation, let me know if you want to reserve a bed for the night. Entry forms available from me.

### **Saturday 22<sup>nd</sup>**

Anne Griffiths is having a House Warming Party of which all Cosmics are invited. Bring your own drink and any contributions of food will be greatly appreciated.

Address: 198a Westburn Road, Telephone 639474

Time: 8:00 till late...

## **March**

### **Saturday 22<sup>nd</sup> Taste of Adventure**

For a change of scenery try the Soul and Spice Café Bar for an African and Caribbean Experience. Plenty of veggie & vegan choices and buffet options for large parties.

Table booked for 7:30 at 15/17 Belmont Street.

Book with Elaine ASAP.

**DON'T FORGET..... TUESDAY NIGHT IS PUB NIGHT  
AT THE BOBBIN KING STREET.**

**Crathes Cross Country – A temporary return from injury 25<sup>th</sup>  
November 2002**

**Andrew White**

After my twisted ankle at Morven in September I have been gradually trying to get back to some level of mediocrity. After lots of expensive trips to physios and painful runs I decided to give Crathes cross country a go to see how my re-habilitation was progressing.

The recent bad wet weather had resulted in flooding of a large part of the course so this year saw a new course which avoid the slippery duck boards. They did manage however, to some how add in another hill which more than made up for the course change. The mixed weather and the threat of rain did not appear to have put off too many people, lots of kids enjoying the muddy courses. Most of the top local seniors were away do other things so the men's race was up for grabs.

The usual 3 lap format was kept with slight changes to large loop to avoid the section round the lake and beside the river. Apart from being very wet and muddy in places it was an enjoyable but hard run. Calum Davidson from AAAC won fairly easily, with David Duguid second and me third, under pressure from a triathlete Gair Brisbane who has just returned to the area. Well done to all who ran, good fun. Special mention for Rachel and Hilary Armitage, it is true what they say it is genetic, Rachel won the under 11 girls and Hilary was 3<sup>rd</sup> in under 15 girls.

Well done all who took part and sorry if I missed anyone out.

**Results :Senior Men**

Calum Davidson AAAC 32:59 (1); David Duguid AAAC; 34:06 (2);  
Andrew White 34:18 (3); Keith Robertson 36:29 (7); Bob Sherdian 37:44  
(11); Ian Brown 38:53 (12)

**Veteran Men**

Dave Wilkinson 37:19 (4<sup>th</sup>); John Van Wunnik 39:33 (14);  
Arnie Mouat 40:32

**Women**

Sonia Armitage 1<sup>st</sup>  
Liz Chellingsworth 9<sup>th</sup> senior women.

## WEEKEND RUNS and RACES

**Splash&Dash 5K Handicap** 29<sup>th</sup> December 11am £2-50 present

**Howes Two Miler** 2<sup>nd</sup> January 11am

**Proms 3K** 3<sup>rd</sup> January 1pm

Saturday 4<sup>th</sup> January – **KERLOCH** – meet Duthie Park 9-15am or  
out there 9-50am Grid Ref. NO 699917

Saturday 11<sup>th</sup> January – **HILL OF FARE** – meet Hazlehead 9-15am or  
there 9-50am Grid Ref. NJ 743039

**Sunday 12th January - EL-BRIM-ICK DASH 11-00am**

Seniors; U16 race at 11-05am

Saturday 18th January – **MITHER TAP** – Hazlehead 9-15am or  
Visitor Centre 10am Grid Ref. NJ 698217

Saturday 25<sup>th</sup> January – **DURRIS** – meet Duthie Park at 9-15am or out  
there at 9-50am Grid Ref – NO 762916

Saturday 1st February – **BENNACHIE** from Rowan Tree – 9-15am at  
Hazlehead or 10am at Grid Ref. NJ693244

Saturday 8<sup>th</sup> February – **DEVIL's BURDEN RELAY - Fife**

Saturday 15<sup>th</sup> February – **CARNETHY FIVE** & Social in Auld Reekie

Saturday 22nd February – **CARN-MON-EARN** – meet Duthie Park  
at 9-15am or 9-50am Grid Ref. NJ 768916

Saturday 1st March – back of **CLACHNABEN** from Glen Dye – meet  
Duthie Park at 9-15am or 9-50am at Grid Ref. NO649868

**Proms 3K** 7th March 1pm

Saturday 8<sup>th</sup> March – **GLENTANAR** – meet Duthie Park 9-15am or  
10am out there Grid Ref NO 479964

Saturday 15<sup>th</sup> March – **DURRIS** – meet Duthie Park at 9-15am or out  
there at 9-50am Grid Ref – NO 762916

Saturday 22nd March – **MILLSTONE** and beyond – meet Hazlehead at  
9-15am or out at Donview for 9-50am Grid Ref. NJ672190

Saturday 29<sup>th</sup> March – **CLACHNABEN PREVIEW** – meet Duthie Park  
9-15am or 10am at Race Parking Point at Grid ref. NO648903

## 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!

<b>8th January</b>	4x(400m,jog,1000m,jog)
	Seaton for continuous hills
<b>15th January</b>	Up and down the clock, 300m recovery
	Seaton for hill reps
<b>22nd January</b>	300m,4x(2minutes out/back)
	Hilton for hill reps
<b>29th January</b>	4x(600m,jog,900m,jog)
	Seaton for continuous hills
<b>5th February</b>	Up and down the clock,300m recovery
	Seaton for hill reps
<b>12th February</b>	4x(400m,jog,1000m,jog)
	Hilton for hill reps
<b>19th February</b>	12x400m
	Seaton for continuous hills
<b>26<sup>th</sup> February</b>	300m,(4x2minutes out/back)
	Seaton for hill reps
<b>5<sup>th</sup> March</b>	Up and down the clock with 300m recovery
	Hilton for hill reps
<b>12th March</b>	4x(600m,jog,900m,jog)
	Seaton for continuous hills
<b>19th March</b>	12x400m
	Seaton for hill reps
<b>26<sup>th</sup> March</b>	Up and down clock with 300m recovery
	Hilton for hill reps
<b>2n<sup>d</sup> April</b>	It's KRUNCE Time