



## ***COSMIC BULLSHEET***

The Bulletin News-Sheet  
of Cosmic Hillbashers

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### **Editorial**

**Phill Thompson**

A rather poor response from Cosmics for this edition, which has meant that of the material that Ewen sent to cover three editions, I've used up two thirds in one go! At the time of writing the sun is shining gloriously and the end of winter is in sight, with thoughts of digging out my studs from the garage high on my list. Although my planned excursions to actually do two hill races in April has fallen apart due to injury. Still a good start to the year, not the end of March yet and already I've nearly done TWO races.

Best wishes go to Dan and Clare as they prepare to tie the knot. Hopefully there will be some suitable pictures in the next Bullsheet. Although it will take some going to match the "Aberdeen Airport" series of photos which came out of Greg and Encarna's wedding!

Look out for some extra races that Coach Ewen has dreamed up for this summer to add to the usual Krunces and Balmedie Beach Bash.

Cheers,  
Phill

## TRAINING TO BE A WINNER (Extracted by Ewen)

If you want to reach your peak level of performance and be a winner, especially in an endurance sport, you must accomplish five tasks:

1. Raise your lactate threshold as high as possible, so that intense efforts can be maintained with a minimum of fatigue
2. Fortify yourself psychologically, so that the changes in training and competing can be handled more easily
3. Maximise your aerobic capacity ( $V_{O2max}$ ) so that more energy is available to sustain your exercise
4. Become more efficient at carrying out the exact activities required in your particular sport, so that less energy is wasted during competition and hard exertions feel less stressful
5. Learn how to rest, so that your hard training is perfectly balanced with adequate amounts of recovery

**Lactate threshold** Lifting lactate threshold (the exercise intensity above which lactic acid begins to increase appreciably in your blood) is fairly straightforward. If you improve your  $V_{O2max}$ , you will usually raise your lactic threshold as well, since lactic threshold is often a fixed percentage of aerobic capacity.

However, it is also possible to raise lactic threshold independently, which is lucky in those cases where  $V_{O2max}$  refuses to budge. Training continuously at about 85- 90 per cent of max heart rate for 20- to 25-minute periods will generally have a profound effect on lactic threshold. If you don't own a heart monitor or hate checking your pulse, a good lactic threshold raising intensity is one which feels as though it would be impossible to sustain for longer than 30 minutes during a workout.

**Fortify yourself psychologically** Compared to the physiological requirements of a winning performance, the exact psychological needs of the top-level athlete are less clear. It is certain that superior performers are able to concentrate almost totally on their bodies during workouts and competitions, blocking out extraneous thoughts and negative information which might impede their performances.

The best athletes also tend to be somewhat self-critical, but not overly so, and they often engage in "positive self-talk", giving themselves encouragement both during exercise and throughout the course of an average day.

Supreme competitors also have the ability to let bad performances roll off their backs; in fact, they tend to regard poor outings as opportunities to learn more about themselves and to make necessary changes in both their physical and mental preparations for competitions.

The best athletes also seem to form mental images of themselves moving powerfully and quickly, and they tune in these images before major competitions.

Finally, almost all top athletes have the apparently paradoxical ability to both relax and remain somewhat tense. Their muscles are relaxed and ready for maximally powerful efforts during competition, yet within their minds keen fires burn, which are ready to ignite almost superhuman physical exertion.

**Maximise aerobic capacity** Improving this is probably the easiest of the five tasks, since just engaging in your sport for extended periods of time can heighten your V02max. If you're a runner, for example, and currently training 40 miles per week, you can earn a nice V02max upgrade simply by expanding your weekly schedule to 50-60 miles, without increasing the actual intensity of your workouts.

However, beyond a certain point, increasing your quantity of training no longer boosts V02max. Once that point is reached, intensity of training becomes the key factor: you'll have to cycle, run, row or swim at speeds which lift your heart rate to at least 95 per cent of maximal in order to push V02max as high as possible.

To make things more difficult, attaining such high heart rates for brief periods of time won't work. If you're really interested in sending V02max to the stratosphere, your "intensity needle" will have to point to 95 per cent of maximal heart rate for four-to-five minute stretches several times during selected workouts.

**Efficiency** The key to improving your efficiency of movement is to recognise that each muscle in your body is composed of collections of individual muscle cells.

If you make a particular muscle stronger, then fewer of the individual cells within that muscle will be required to sustain a certain level of effort. In other words, more muscle cells within the strengthened muscle are allowed to rest while you're engaging in your sport, and other muscles, which assist your power-boosted muscle, are less likely to be called into play.

Since you'll need to activate fewer individual muscle cells to pedal a bicycle at 20 miles per hour, swim at 1.5 metres per second or row a boat at a particular velocity, your overall energy demand will be lower and you will be more efficient!

As a result, you'll be able to step up to higher than expected intensities of exercise, or else conserve large quantities of precious muscle fuel if you prefer to remain at your traditional work rate.

**To get more powerful, and therefore more efficient, you'll need to carry out some training at levels of effort which are actually higher than your usual competitive intensities.**

Obviously such exertions can't be sustained for long, so the, usual plan for the endurance-oriented athlete is to employ 30 to 90 second intervals at close to top capacity. The recipe for the correct recovery interval during such workouts is, a bit ambiguous.

Utilising recoveries that are equal in duration to the work intervals can be good, because it helps an athlete's muscles to develop "lactate tolerance" the ability to control increases in acidity and sustain high power outputs for longer periods of time.

On the other hand, longer rest intervals allow more work to be done during each work interval, so it's probably best to have some workouts with short recoveries and others with more extended rest periods.

Sprinters, of course, usually won't want the 90 second work intervals; for a 400m sprinter, for example, 10 and 20 second intervals at faster than 400m pace would be ideal. An additional way to become more efficient is to make use of an esteemed tenet of training called the "specificity principle". There's no special magic here; the idea is simply to do some training at the exact intensity one hopes to use during an important competition.

For example:

- the 10k competitor shooting for a 30-minute race should carry out 2000 m intervals in six minutes

The bottom line is that competition is not just a muscular event; an athlete's nervous system must learn to control muscular activity at the precise exertion level required for the race. Specific training allows the nervous and muscular systems to come together in a coordinated way.

### **Learn how to rest**

Although severe workouts are necessary to get to the top, rest is equally important, but is all too often missing from a potentially great athlete's schedule.

Attuned to the idea that high-level workouts produce winning performances, the majority of athletes go overboard, pushing themselves to the brink of fatigue and overtraining. Top athletes have learned that optimal training involves exercising and resting; it's not possible to reach supreme performance levels unless fierce exertions are balanced with restoration and recovery.

Even the seemingly fatigue-proof Kenyan runners take two-month respites each year during which they do very little training. As they put it so simply: "Our bodies need to take a rest, so that we can train hard the rest of the year". All competitive athletes should have at least one annual six- to eight-week period in which very little training is done, and should avoid the temptation to carry out too many high-intensity workouts during the training year.

Extract from the SPORTS COACH Issue No. 1

**Cosmic Social Events – Quarter 2 Year 2003**  
**Social Secretary – Elaine Stewart**

**Social Retrospective**

**January**

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

The Cosmic Xmas party went well as usual although a bit lacking in numbers. This year would definitely have given Hayden a bit of competition as both John Duncan and Ron Pratt decided to come dressed as women. Jon came as 'Killer Queen' with size 9 high heeled shoes, fish net tights, the short skirt, a blonde wig and of course the tiara, the fake boobs were the best bit, balls of silicon jelly with life like nipples. Ron on the other hand was 'Pretty Woman', not quite so pretty with x-trainers and a hairy chest, Ron needs a little more fine grooming and practising walking on stilettos. I have the pictures that reveal all. Thanks to everyone else who made the effort to dress up and come along.

**February**

**Saturday 15<sup>th</sup> Carnethy Five Hill Race**

It was the perfect day, blue skies warm weather followed by drinking and ceilidh dancing at the Brewery.

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

Thanks to Anne Griffiths for inviting us all to her house warming party, she made a lot of effort in preparing food with the help of lovely Leslie (Derek's new girlfriend) which was appreciated by all. The three bad boys who arrived late will remain nameless, as the night wore on and drink was consumed Anne got into dancing mode and was teaching them either salsa or ceroc, one did comment, that she was up and down his leg like a fireman's pole!!

**March**

**Saturday 22<sup>nd</sup> Soul & Spice**

Cancelled

**Saturday 29<sup>th</sup> Clare & Dan's wedding**

Details of how it all went, in the next edition of the Bullsheel.

The plan on the Sunday was to go mountain biking after the wedding. If anybody is interested in coming along get in touch with me. Will probably do a circular route from the Allurgue Arms via Corndavon Lodge then Inchrory, or something like that.

## Forthcoming Features

### April

#### Tuesday 1<sup>st</sup> 'Roos Leap'

After the first Krunce of the season, if anybody fancies a bite to eat at Roo's Leap ( the old Waterwheel Inn), 203 North Deeside Road, Peterculter. They do good hamburgers, burritos etc... I will book a table for 8 o'clock. Email and let me know if you want to come.

#### Saturday 19<sup>th</sup> 'Clachnaben Hill Race'

This race is organised by the Cosmics so it would be good to accommodate our visitors with a good spread of home baked for after the race. So if some of you could put your baking skills to the test this would be greatly appreciated.

How about a curry afterwards at the KURY place in Kingstreet, let me know if you want to come, table booked for 7:30.

### May

#### Cosmic Jolly Weekend Away – Saturday 3<sup>rd</sup> May 'Stuic a' Chroin'

This year Stuic a'Chroin is a British, SAL and SHR Championship Race, its at Strathyre, nr Callander, distance is 14 miles and 5000ft ( a real tough hill race). The race entry is £5 and is accepted on the day only.

The records for this race are 1:59 by Ian Holmes and 2:22 by Angela Mudge but for me a all of 3:32.

If you are interested in doing this race and want to stay over, I will try and book some hostel accommodation nearby, the locals usually lay on the traditional ceilidh at the village hall in the evening.

### June

Ah!! Nothing socially happening. Too many things on.

#### Wednesday 25<sup>th</sup>.

There is an orienteering event on at Balmedie beach followed by BBQ if anybody is interested.

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

## HILL RUNNING HEROES (Pt1)

The blank expressions for some of the hill running greats when we played charades at Elaine's before Christmas prompts me to start sharing some memories from my twenty plus years following in the Walsh marks of the best.

The best ever was surely KING KENNY, otherwise known as Kenny Stuart. One year having run the Burnsall 10 mile road race earlier in the afternoon I strolled up the hill with my camera to take some pictures of the fell race. It is only a short race (1.5 miles and 900') and rather than go right to the top I stationed myself at the fell gate to capture the runners on the way up, hoping to move across and capture them crossing the wall on the descent. The gun went off and I started watching through the lens – right from the start a skinny little fellow pulled away from the field AND this was a British Championship race! By the time they got to me (~800m) he was at least 50 yards clear and jogging totally unaffected by the slope.

There was better to come! The fell wall at Burnsall is about five feet high on the upper side but with a drop of about seven feet on the downslope! King Kenny thundered down the heather, jumped up putting one foot on the top of the wall and hurdled off it. Regrettably I was too gob-smacked to take a photo. I did run against him but this was the closest I ever got to seeing the great man in action. After winning several professional guide titles, he 'became' an amateur and won the British Championship three times before being persuaded to try his hand at marathon running. What a waste! (Note – As a professional in 1981 he won 30 of 32 races and won £687 in total!) AND he won the World Trophy Short Course in 1985!

Someone I was able to get closer to was TRISH CALDER. No crop tops or vests for her – no, she frequently raced in a bikini top. British Champion in 1990 and 1991 (as an 0/35) she was introduced to running by Hayden's dad. Trish's finest moment in my eyes came when she joined the boys for a wash at the sinks after the Two Breweries Race – lets just say there was more on display than I've ever seen of any Cosmic (and that includes the time my partner mooned me in a mountain marathon!).

*Old Grey Beard*





## DEVIL'S BURDEN RELAYS 2003    **Stuart Hunter**

The 2003 Devil's Burden Relay took place on the 8<sup>th</sup> February and 54 teams competed in this popular event. Fife, the host club, had an amazing 12 teams, Westies had 6 while Carnethy had 5. The weather was reasonable for the time of year – overcast with a little rain but not too cold.

The Cosmics team consisted of Bob Sheridan & Keith Robertson in leg 1, Alistair Blain in leg 2, Mark Rigby & Dan Whitehead in leg 3 and myself in leg 4. The course is partly marked and runners are required to stamp their maps at various points on the course. Legs 1 and 3 are the main navigational legs but legs 2 and 4 can be tricky also.

Bob & Keith raced off at the gun and handed over in 8<sup>th</sup> place in a time of 41:03. There's no official time or placing for Alistair's leg for some reason but he handed over to Mark and Dan who then finished leg 3 in 7<sup>th</sup> position in an overall time of 2:03:52. I lost a couple of places in the final leg coming in at 42:23 giving us an overall finishing time of 2:46:15 and 9<sup>th</sup> position.

As per usual, Fife laid on a magnificent spread of soup, cakes and tea in Falkland village hall post race.

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### **HOUSE FOR Sale**

**Ian Jolliffe**

Some of you will know my house - in Collieston, out-of-the-door onto the Forvie Nature reserve. A loop from the house to the end of the estuary and back (beach, dunes, heather etc.) is about 10 miles of great running.

Sadly the house is now on the market and would be ideal for another runner, or two, or three ... You can find details at <http://www.aspc.co.uk/ASPC/byarea/index.htm>

Ian

## HILL RUNNING HEROES (Pt2)

Having concentrated on a great male, now it's time for a female – our CAROL, nee HAIGH, then GREENWOOD, now ?

I use 'our' to denote the Yorkshire connection as when I ran for Longwood Harriers, Carol ran for the lot up the road – Holmfirth. Whilst we'd frequently meet at local races one of my finer memories of her is driving 250 miles from Yorkshire up to Criffel for the first Scottish Championship race of the year. I climbed stiffly out of the car and who was the first person I saw but Carol. Unlike me she'd raced the day before but with no races available locally she'd persuaded her dad to drive her up to do Criffel (and she wasn't even qualified to compete in the Scottish Championship!). Carol finest hour was to come with winning the World Championship in 1986.

Carol was a good enough runner to be invited to do the Gaymer's Cider 5K series which used to be shown live on a Sunday night on Channel 4 (before they showed Kababi – but that's another tale).

When racing against Carol the prime consideration was not to get too close to her on the start line. She had the knobbliest pair of elbows ever and ran with her arms sticking out at 45 degrees!

Even today a flick through the FRA Calendar shows her to be holder of many course records including Winter Hill, Rivington Pike, Pendle, Saddleworth and Snowdon.

Another Yorkshire personality was ANDY STYAN. Andy was British Champion back in the days when it was all the A's that counted but his prowess was descending. I remember standing watching Saddleworth one year; it's one of the classic Short races. A line of runners came off the top of the hill and then a yellow streak stepped outside them and passed them all.

Andy used to run in a shapeless yellow Holmfirth vest with a sign "Speed Kills" on the back. Even in a blizzard at Kentmere one year that was all he wore (well plus some shorts) which inspired my first article in Fellrunner.

*Old Grey Beard*

## SUMMER WEEKENDS

Saturday 5th April - **Glen Tanar** - meet Duthie Park at 9-15 or  
GR-NO476957 at 10am

Saturday 12th April - SCOTTISH CHAMPIONSHIP at KNOCKFARREL

**Saturday 19th April - CLACHNABEN HILL RACE - 11am**  
Run or help BUT BE THERE

Saturday 26th April - **Millstone** -meet Hazlehead 9-15am or GR-672190  
for 9-45am

Saturday 3rd May - SCOTTISH CHAMPIONSHIP at STUC A'CHROIN

Saturday 10<sup>th</sup> May - **Kerloch** - meet Duthie Park at 9-15am  
or GR- NO 699917 for 9-45am

Saturday 17th May - **Mither Tap (Bennachie)** - from Visitor Centre -meet  
Hazlehead 9-15am or GR-NJ6999217 at 9-45am

Saturday 24th May - SCOTTISH CHAMPIONSHIP RACE on JURA

Saturday 31<sup>st</sup> May - **Millstone** -meet Hazlehead 9-15am or GR-NJ672190

Saturday 7<sup>th</sup> June - **Durris** - meet Duthie Park at 9-15am or GR-NO761916

Saturday 14th June - Folk away at Lowe-Alpine MM

Saturday 21<sup>st</sup> June - **Mither Tap (Bennachie)** - from Visitor Centre -meet  
Hazlehead 9-15am or GR-NJ699217 at 9-45am

Sunday 22<sup>nd</sup> June - SCOTTISH CHAMPIONSHIP at DURISDEER

Saturday 28<sup>th</sup> June - - **Kerloch** - meet Duthie Park at 9-15am  
or GR- NO 699917 for 9-45am

## TUESDAY NIGHTS

It's meet Hazlehead at 6-15pm (sharp) and then it's off to the hills for a 6-45pm start with a Pub thereafter (not compulsory).

**1<sup>st</sup> April - First KRUNCE of season at Rotten O'Gairn,**  
GR-NJ851055 then Bielside Inn

8th April – **NE Kirkhill** at GR-NJ845116 and then Bucksburn Manor

**15<sup>th</sup> April – CARN MON EARN RACE**  
from Car Park at NO 780909 then Old Mill Inn

22nd April – **Mither Tap** from Visitor Centre at GR-NJ699217  
then Monymusk Arms

29<sup>th</sup> April – **Durris** at GR- NO761916 then Old Mill Inn, Maryculter

**6th May – 2<sup>nd</sup> KRUNCE of season at Rotten O'Gairn,**  
GR-NJ851055 then Bielside Inn

13<sup>th</sup> May – **Millstone from Donview CP** GR – NJ 672190  
then Monymusk Arms

**20th May – BALMEDIE BEACH BASH**  
at GR-NJ976181 then Barbecue **£2 entry fee**

27th May – **Clachnaben** from Glen Dye at GR-NO649868 then  
Feughside Inn

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

10<sup>th</sup> June – **Cairn Mon Earn** at GR NO768924 then Old Mill Inn

17<sup>th</sup> June – **MILLSTONE RACE from Donview Car Park** at  
GR – NJ 672190 then Monymusk Arms

25<sup>th</sup> June - **Durris** at GR- NO761916 then Old Mill Inn, Maryculter

1st July – **4th KRUNCE of season at Rotten O'Gairn,**  
GR-NJ851055 then Bielside Inn