



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 38
QUARTER 2 - 2004

Editorial

Phill Thompson

Phew, that's Kings over with for six months! How disappointing it must be for Coach Rennie to witness all that hard winter training being translated into 1st Krunce times 2 mins slower than what people did last October!

I must admit to a huge panic a few weeks ago as I committed to running the West Highland Way with nine other Cosmics, and realized that my longest run of the year until then had been 7 miles! The prospect of running 26 miles, 26, 28 and 14 in four consecutive days to complete the run was an interesting one. Only thing to do was to discard all my old rules for marathon running like building up slowly, increasing distance gradually, and just get after it.

So began a process of slow runs and huge leaps in distance. Three weeks later and I was plodding around Durris /Kerlock for 3 ½ hours, all be it with more pain and ache than I can ever remember and watching Gary and Margaret disappear into the distance. Ah there aint no substitute for them thar hills and the Saturday runs – which I haven't done for years! Time to be philosophical and realize that this was going to be painful but no excuses. You do what you do, is an old saying of mine, Sydney or the Bush as the aussies say, Go hard or go home as JD reminds us.

And to think I started off the year with three "hard" goals – Clachnaben, Ben Nevis and The Rings of Fire in Galloway. I'm still not sure how the WHW crept in but barring illness and injuries which always seem to be present look out for a full account in the next Bullsheet.

Cheers, Phill

ELRICK JUNIOR HILL RACE

2.2K, 90m climb

Saturday 10th January 2004

1	Siobhan Prise	Aberdeen AAC	F14	12m22s
2	Freyja Prentice	Chapel Cheetahs	F13	12m23s
3	Cameron Keel	Chapel Cheetahs	M11	12m32s
4	Duncan Leel	Chapel Cheetahs	M14	12m45s
5	Kerry Prise	Aberdeen AAC	F11	13m54s
6	Emma Wood	Chapel Cheetahs	F11	15m08s
7	Skye Gordon	U/A	F10	15m09s
8	Murray Fyfe	Chapel Cheetahs	M11	15m09s

The 14th El-Brim-Ick Dash 3miles, 800 feet Saturday 10th January 2004– FRA Permit

With thanks to Forest Enterprise, Aberdeen City Council and the Agricultural College for access and to Bob Sheridan, Helen Mackie, Neil Proven, Douglas Elliot, Ron Pratt and John Crowe for help on the day. Quite mild and nice underfoot.

Pos.	Name	Club	Cat.	Time
1	Dan Whitehead	Cosmics	S	21m08s
2	Ronnie Gallagher	Westies	MV	22m30s
3	Alan Smith	Deeside RR	MV	22m51s
4	Hayden Lorimer	HBT	S	22m57s
5	Dennis McDonald	Cosmics	S	23m25s
6	Dave Hirst	Deeside RR	MV	23m33s
7	Carl Pryce	Cosmics	MV	23m39s
8	Jason Williamson	Garioch RR	S	23m45s
9	John Buchan	Cosmics	MV	23m48s
10	Stewart Henderson	U/A	S	24m02s
11	Tim Nash	Cosmics	S	24m05s
12	Clare Whitehead	Cosmics	F	24m11s
13	Keith Robertson	Cosmics	S	24m13s
14	John Reeve	Cosmics	MV	25m56s
15	Ashley Jermison	Cosmics	MSV	26m00s
16	Kevin McKellar	U/A	S	26m04s
17	Stuart Hunter	Cosmics	S	26m08s
18	Colin Lamour	Cosmics	S	26m16s
19	Eddie Harwood	Moray RR	MSV	26m20s
20	Graham Milne	U/A	MV	26m22s
21	David Wilkinson	Cosmics	MV	26m51s
22	Rob Mills	Cosmics	MV	26m57s
23	Gavin Calder	U/A	S	27m13s
24	David Blane	U/A	S	28m00s
25	Alice Miller	Cosmics	F	28m40s
26	Ian Cran	Garioch RR	S	28m52s

27	Mike Stone	Cosmics	MV	29m06s
28	John Kennedy	Three Peaks	S	29m06s
29	Murray Pryce	Garioch RR	MSV	29m10s
30	Peter Lawrance	Cosmics	MV	29m12s
31	Derek Johnstone	Cosmics	MV	29m32s
32	Lois Noble	Cosmics	FV	29m44s
33	Ian Jolliffe	Cosmics	MSV	29m48s
34	Colin Kynaston	U/A	MSV	30m09s
35	Alan Fulton	AAAC	MSV	30m23s
36	Willie Watson	Cosmics	MSV	30m41s
37	Peter Larkin	Cosmics	MV	30m46s
38	Shelley Farrar	Cosmics	F	30m58s
39	Elaine	Stewart	FV	31m27s
40	Les Fraser	U/A	MV	31m29s
41	Ian Searle	Cosmics	MV	32m51s
42	Monique Keraudran	U/A	FV	33m54s
43	Trish Prise	U/A	FV	34m03s
44	Sue Buchan	AAAC	FV	34m10s
45	Ian Davidson	Maroc	MV	34m37s
46	Sian Greenwood	U/A	F	36m26s
47	Keith Greenwood	Cosmics	MSV	36m26s
48	Diana Jermison	Cosmics	FSV	38m51s

Despite the clash with the East District Cross Country there was a good turnout of youngsters thanks to the Inverurie Club. Hopefully some of them may be inspired by the free entry and chocolate prizes to try more hill races.

In the seniors race Dan Whitehead broke away early but never threatened his own course record. Behind him vets Ronnie Gallagher and Alan Smith showed former Scottish Champion Hayden Lorimer that he won't find it easy when he joins their ranks.

Clare Whitehead showed that the only problem with motherhood is finding a baby minder as she beat several good senior males. Older sister, Alice Miller, was just pleased to manage to run all of this tough little course and take second lady while Lois Noble continued to show her strength as a female vet as she finished third lady.

Forthcoming events:-

Krunce Series starts Tuesday 6th April

(Rotten O'Gairn – first Tuesday summer months
3.5. miles, 500 feet plus shorter Junior Race)

Sign up at NEScotland-Events-subscribe@yahoogroups.com for all the local news.

HILL RUNNING HEROES (Part 3)

Time for an Aberdonian (well Aboyne actually). FALLING STONE aka as FAT JACK MAITLAND was British Champion three times. Starting life as an orienteer he was introduced into hill running at Aberdeen University by Colin Donnelly (another hero).

A prolific racer Jack raced anywhere and every where and amongst his many victories was a win in the Karrimor Elite in 1982 and Sierre-Zinal in 1985. In 1985 he reckoned to do over 100 races but he became bored with fell running and moved on to triathlons qualifying for the Scottish Team for the demonstration event at Auckland.

Jack is a demon descender but it is his orang-utan walk uphill that is more famous. Swinging his arms for momentum he could walk faster uphill than most folk can run.

Like Carol Haigh, Jack is a vegetarian but he also likes his drink and is rumoured to have taken a bottle of whisky to the overnight camp at the Karrimor.

Of course my finest memory of Jack is not at any famous race but as my partner in Aberdeen Veggies at the Dearne Way Relay. A seventeen mile race intended for teams of three, Jack and I teamed up with him doing the first two legs (2x5 miles) and me doing the last leg (seven miles). Jack came back in second place and while I caught back time on the leader the third place man caught me to relegate us (competing against the best local teams) to third place!

Another memory of Jack is giving him a lift back to Leeds after a race in the Lake District when we came across a car crash. Jack jogged off to the local farm while my brother and I directed traffic and my sister-in-law (fresh from assisting at the Commonwealth Games) tended to the injured. In the pre-mobile phone days Jack reckoned that going to another house rather than breaking the window at the first empty farm was a better bet!

Trained as a teacher Jack found working for Dave Smith Sports more suited to his life style and was very comfortable living out of a rucksack – as he put it he had several! So how did he always seem to have a gorgeous female with him?

Old Grey Beard

COSMIC QUIZ

This quiz, devised by Ewen, appeared on the internet and as far as I am aware there was only one entry. Steve Rivers got two right, I won't say which ones, but the questions and his answers are printed below.

To make things a bit easier (!) I have persuaded Ewen to give me the proper answers but to avoid contentious litigation etc I've jumbled the answers around. So you still have chance to match the names with the questions – but a bit easier this time!.

QUIZ - Name these Cosmics WHO'D NEVER SAY

1. It's my round - Anyone from Carnethy
2. I think I'll do the short run today - Jon Duncan
3. I won't manage the next Cosmic Social - I have a date - Gary Gutteridge
4. I just want to be alone - Ewen
5. Mine's a small one - Steve Pryor
6. She's too young for me; she's too old for me - Gary
7. I don't have an excuse for missing training tonight - Steve Rivers
8. I have successfully completed the Ramsey round - Phil Kammer
9. I won't manage Saturday's run; I'm off to see the latest collection from Armani - Ron Pratt
10. I can't be bothered with the run: I'm going to stay in and watch TV - Dennis
11. I'm a one woman man - Willie
12. I've been training really well, I'm running well and I expect to do well - John Buchan

So Steve's answers are shown above, here are the full answers, jumbled up: Derek, Willie, Lois, Gary, Anne G, Elaine, Dave A., Ewen, Dennis, John B. Margaret, Ron P.

Cosmic Social Events – Quarter 2 Year 2004
Social Secretary – Elaine Stewart

Social Retrospective

January

Quite a number of Cosmics got together for this year's Xmas Party, the format being a little different we had a meal at the African Caribbean restaurant Soul and Spice. After a few drinks we were dancing to what seemed to be 'Brown girl in the ring' followed by the challenge of limbo dancing, not much flexibility seen by the Cosmics but Cheryl and Sarah showed us how to do it, these young things!

February

The usual run and festivities of the Carnethy Five Hill Race.

March

Cosmic weekend away to Mar Lodge, Braemar...what happened? Details in the next quarters bullsheet.

Tuesday 30th

Thanks to Anne and Mike Stone who invited Cosmics back to their house after the last winter training session at Counteswells.

Forthcoming Features

April

Tuesday 6th April

If people are interested in a drink and a bite to eat after the Krunce I will book a table at Roo's Leap. If you don't want to eat, come along and join the rest of us for a drink.

Saturday 17th April

Clachnaben Hill Race, this year it's a Scottish Championship race, since its organised by the Cosmics it would be nice to provide some cakes for afters to our fellow competitors, so any donations would be greatly appreciated.

Friday 23rd - Monday 26th

About 10 Cosmics will attempt to run the West Highland Way in 4 days, the total distance is about 95 miles, 3 days running 26 miles and 1 day running 15 miles. Report to follow on how they all got on...

May

Saturday 1st May

Cosmic Jolly Weekend Away.

Stuc a'Chroin Hill Race, Strathyre, nr Callander. 14miles, 5000ft, race starts at 1:00pm and the entry fee is £5 on the day. If enough people are interested in going and staying over on the Saturday night, I will try and find some suitable accommodation. There is usually a ceilidh after the race in the village hall.

Tuesday 18th

Balmedie Beach Bash

Following the race will be the usual BBQ, so bring your own burger and drink with you.

Saturday 29th May

Possibility of a Cosmic trip away for the Isle of Jura Fell Race at Craighouse, Jura. The race is 16miles, 7500ft, starts at 10:30am and the entry fee is £6 by 1st May.

June

Thursday 10th

Pizza and pasta at Carmines, I will book a table for 6:30, let me know if you want to come.

Saturday June 12th.

As part of the club's centenary celebrations Shettleston Harriers are organising a West Highland Way relay consisting of 10 people. This could be a good social outing...if interested in taking part let me know.

Wednesday 23rd June

Its Alf MacKay's birthday, drinks are on him!!

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

It would be nice to see some more faces turning up at the pub for the social get-together.

COSMICS ORIENTEERING CHAMPIONSHIP
18th January 2004

								"O" Exp.	
Name	Club	Class	Time	Points	Pen.	Total	Correction	TOTAL	
1 John Reeve Martin	GRAMP	M35	55.32	200	0	200		200	
2 Snodgrass Jonathan	COSMICS	M21	44.55	150	0	150	40		
3 Crowe Phill	COSMICS	M21	57.32	130	0	130	50	180	
4=Thompson	COSMICS	M50	58.24	170	0	170		170	
4=Michael Stone	COSMICS	M40	58.58	120	0	120	50	170	
6Tim Nash	GRAMP	M40	60.47	180	16	164		164	
7=Bob Sheridan Liz	GRAMP	M35	58.14	150	0	150		150	
7=Chellingsworth	GRAMP	W21	60.31	120	10	110	40	150	
9Kenny Milton Peter	GRAMP	M35	61.34	170	31	139		139	
10Lawrence	GRAMP	M40	63.07	190	62	128		128	
11Buchan Trio	AAAC	?	63.15	140	65	75	50	125	
12Elaine Stewart	GRAMP	W45	56.09	80	0	80		80	
13Ian Searle	GRAMP	M40	64.55	170	98	72		72	
14Ann Stone	Cosmic	W50	64.06	100	82	18	50	68	

COSMIC CAPTION COMPETITION



While his presence has been sorely missed (!?) while in Algeria , Keith Varney has obviously kept Cosmics high in his thoughts and his appear to be the only entries for the caption competition

Lois looks down with a mixture of surprise and alarm at the bald patch in her crotch.

Gary, the alpha male, ruthlessly patrols his territory and confidently selects his latest mate. The subordinate males look helplessly on with a mixture of envy and frustration.

Gary gets down to enjoy his xmas present from Lois. The other guys look on with envy having just un-wrapped socks and handkerchiefs.

Always looking to challenge the social norms, Gary skips a peck on the cheek for a more intimate greeting.

In the stress of the moment, Gary forgets he has only to get down on one knee.....(I hope they will be very happy together).

CLACHNABEN HILL RACE

*Saturday 17 April 2004 11am, by Strachan, South Deeside, Aberdeenshire
Scottish Championship Race*

With thanks to Fasque Estates for access

Please support our sponsors - the Running Shop & Powerhouse

Directions

Car Parking is off road at NO647902

Actual Start and Registration is at NO644902. Registration from 10.00am.

Postal entries to be received by 12th April - fee = £4. Payable to 'Cosmics'

Entry on the day - fee = £5.

Post entries to: S Farrar, 2 Barnyards of Drumnaheath, Leylodge, Kintore,
Aberdeenshire, AB51 0YE.

Prizes 1st, 2nd, 3rd male, female, male vet, female vet, 1st supervet, 1st local
man, 1st local woman, team prizes, plus spot prizes

Route Distance = 10.5 miles, ascent 3500feet, category AM. Follow forest track to flags at NO624889, then down side of fence and over burns to go over side of Threestane Hill and pick up path to Mount Shade (NO627870), follow path to Clachnaben Tor at NO616865, then follow flags down shoulder of hill to Marshall before crossing to Miller's Bog (NO632860), proceed up side of wood to top of Mount Shade (NO627870) and then go straight across and down to pick up path in valley from outward journey. Follow flags back to start - going right at Y-junction (different way back!).

Under FRA Rules

✂.....

NAME..... Tel.....

ADDRESS.....

..... CLUB.....

Categories - tick as appropriate

Male

Senior

Over 40

Over 50

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Female

Senior

Over 40

Over 50

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

SUMMER WEEKENDS

Saturday 3rd April - **Glen Tanar** - meet Duthie Park at 9-15 or
GR-NO476957 at 10am remember £1 for parking

Saturday 10th April - **Clachnaben Race Preview** - Duthie Park at 9-15am
Or 9-45am at NO-646903

Saturday 17th April - CLACHNABEN HILL RACE - 11am
Run or help BUT BE THERE **Scottish Championship Race**

Saturday 24th April - **Millstone** - meet Hazlehead 9-15am or
GR-672190 for 9-45am

Saturday 1st May - **Kerloch** - meet Duthie Park at 9-15am or
GR- NO 699917 for 9-45am

Saturday 8th May - **Rowan Tree** - meet Hazlehead at 9-15am or
GR-NJ693245 for 9-45am

Saturday 15th May - **Mither Tap (Bennachie)** - from Visitor Centre - meet
Hazlehead 9-15am or GR-NJ699217 at 9-45am

Saturday 22nd May - **Durris** - meet Duthie Park at 9-15am or
GR-NO761916 at 9-45am

Saturday 29th May - **Rowan Tree** - meet Hazlehead at 9-15am or
GR-NJ693245 for 9-45am

Saturday 5th June - **Kerloch** - meet Duthie Park at 9-15am or
GR- NO 699917 for 9-45am

Saturday 12th June - Shettleston Centenary Relay or **Hill of Fare**

Saturday 19th June - **Glen Tanar** - meet Duthie Park at 9-15 or
GR-NO476957 at 10am remember £1 for parking

Saturday 26th June - **Mither Tap (Bennachie)** - from Visitor Centre -meet
Hazlehead 9-15am or GR-NJ699217 at 9-45am

TUESDAY NIGHTS

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

6th April - First KRUNCE of season at Rotten O'Gairn,
GR-NJ851055 then Roos or Bielside Inn

13th April - NE Kirkhill at GR-NJ845116 at 6-30pm Bucksburn Manor

20th April - Hill of Fare at NJ743039 at 6-35pm then Cowdray Arms

27th April - Durris at GR- NO761916 then Old Mill Inn, Maryculter

4th May - 2nd KRUNCE of season at Rotten O'Gairn,
GR-NJ851055 then Roos or Bielside Inn

11th May - Kerloch at NO-699917 then Old Mill Inn

18th May - BALMEDIE BEACH BASH
at GR-NJ976181 then Barbecue £2 entry fee

25th May - Scolty Preview from NO-686947 then Burnett Arms

1st June - 3rd KRUNCE of season at Rotten O'Gairn,
GR-NJ851055 then Roos or Bielside Inn

8th June - Clachnaben from Glen Dye at NO-649868 then Feughside

15th June - Carn Mon Earn at NO-7689924 then Old Mill Inn

22nd June - Millstone from Donview at NJ672190 then Grant Arms

29th June - Durris at GR- NO761916 then Old Mill Inn, Maryculter