



## ***COSMIC BULLSHEET***

The Bulletin News-Sheet  
of Cosmic Hillbashers

**ISSUE No 41**  
**QUARTER 1 - 2005**

**Editorial**

**Phill Thompson**

It is always a bit disconcerting typing in a new year for the first time – how quickly the year has flown by! As ever it has been a hectic year for me with nearly all of my personnel goals achieved, well after I run another 51 miles this year anyway! Cosmically orientated highlight for me was of course the West Highland Way run, and it was interesting the different perspectives we all put on the event. I particularly liked the references made to the female walkers passed on the hill out of Bridge of Orchy. As I passed they'd stopped to take a photo, so I stopped too, had a bite to eat, a quick chat and took the photos for them with them both in it, and a superb highland backdrop. My good deed done off I set on the trail again and as I left I'm sure I heard one of them remark, "Who was that Cosmic stranger, who eats, shoots and leaves?"

I must agree with Ewen though that as a club we have stagnated somewhat, and maybe we can rectify that in 2005. A repeat long distance run is surely on the cards. But maybe we should look closer to home for some long distance runs. Ewen and Phil Kammer did a long "Deeside Skyline" run many years ago, which needs repeating. Or how about Mark Rigby's Cairngorm Munros run in 24 hours? Again this was many years ago, and while few in the club could come close to it maybe a "36 hour traverse" starting from say Derry Lodge in June/July could be achieved by a group of relatively fit supported cosmics.

Well we certainly need to do something exciting again as a club, so if you have any ideas bring them forward or better still Organise IT!

Have a good holiday and the usual Seasons Greetings to all my readers

Cheers

Phill

## 12<sup>th</sup> AGM of COSMIC HILLBASHERS 23.11.04 in the Blue Lamp

Meeting was attended by fifteen members with apologies tendered by a further eight. The minutes of the meeting held on 25.11.03 were read and approved as a correct record.

In his report the outgoing Secretary felt that the Club was stagnating rather than progressing and welcomed the fact that there would be new blood on the Committee. He felt that whilst the female members had kept the Club's name to the fore at various races, the failure of the Club to contest either of the major relays or the Scottish Championship as a male team was regrettable. It was pleasing to note that Mike Stone had begun to take some coaching qualifications. Socially the Club continued to provide a variety of opportunities. There had been an excellent turn-out of Club members for the unfortunate event of Ron's funeral and a thank you card from his partner (Elaine Kivlichan) was read to the meeting.

The outgoing Treasurer noted the healthy surplus from Clachnaben as a Scottish Championship event and that even at £5 for the whole winter the Kings' training charge took in almost double the cost to the Club. He suggested that the new Treasurer may wish to investigate a high interest account for some of the Clubs funds. The new Committee might wish to look at membership and training fees.

In the absence of the Membership Secretary it was reported that membership remained relatively stable ( although there was the usual turnover of members). The following Committee members were elected:-

Secretary	- Bob Sheridan;	Membership	- Ian Searle
Treasurer	- Colin Larmour;	Social Sec.	- Elaine Stewart
(assisted by Peter Larkin);			
Male Capt.	- Dennis McDonald;		
Female Capt.	- Ann Stone;	Ordinary Mem.	- Peter Larkin,
Gary Gutteridge & Phill Thompson.			

In relation to goals for next year it was noted that the FRA Relays will be at Alva in October (3<sup>rd</sup> Weekend) and this had been the scene of the Club's finest day in 1999 when we showed ourselves as the best overall Club in Britain. Other targets for the year would be the World Masters at Keswick in September (2<sup>nd</sup> weekend) and possibly a Lakeland Classic.

This year's Club Championship had seen a tie in the Open Category between Keith Robertson and Carl Pryce (with Carl winning the 0/40s) and a victory to Elaine as both Open Ladies and W0/40's. It was agreed

to add Clachnaben to last year's races and make it 5 from 8 for the 2005 Club Championship.

It was noted under any other business that Shelley Farrar and Ian Wilson were taking on the organisation of the Clachnaben Hill Race and would be looking for considerable assistance from Club members. There was also some discussion regarding insurance, race permits and the SAL/SHR situation.

*Ewen Rennie Secretary*

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Thank You Card received from Ron Pratt's girlfriend/partner.

I know it is six months since Ron passed away but I am writing to you, to thank you for the donation of £100 from the Club, in of Ron. We collected £444 in total, which was split between Aberdeen and Braemar Mountain Rescue Teams.

I know Ron would have appreciated the tributes paid to him by the Club. He valued his membership of Cosmics very much and was always very proud of the achievements of the members.

Ron also particularly enjoyed the wild social scene that went along with Club membership, and even if he couldn't run during his post-op recovery, he could also fit in a party or two. Certainly being part of the Club paid an important part in helping him get back to his normal way of life.

Of course I worried about his level of activity but when I spoke to his GP he said that in his view, it was his high level of fitness that kept him going as long as he did. So Ron was right to keep doing the things he loved, which he did right to the end.

Once again Ewen, thanks for the donation and the support the Club has given to Ron's memory - he would be very proud of that.

Elaine Kivlichan

**Cosmic Social Events – Quarter 1 Year 2005**  
**Social Secretary's – Elaine Stewart & Peter Larkin**

**Social Retrospective**

**October**

Pentland Skyline hill race, 16 miles, 6200 feet, Cosmic results...

22 <sup>nd</sup>	Carl Pryce	2:53:40	77 <sup>th</sup>	Gary Gutteridge	3:17:19
39 <sup>th</sup>	Keith Varney	3:03:39	91 <sup>st</sup>	Steve Helmore	3:25:18
52 <sup>nd</sup>	Scuz Wingrove	3:07:31	147 <sup>th</sup>	Elaine Stewart	4:06:06

**November**

Friday 5<sup>th</sup>

Beer Festival...

Unfortunately our new addition of Social Sec (Peter) has been taken away unexpectedly to work in Norway for a bit, but he promises to give you an update in the next bullsheet.

Saturday 20<sup>th</sup>

Meall A' Buchaille Hill Race and 'Annual Do'

9 Cosmics turned up for this annual event, it was a typical winter wonderland with glorious sunshine and blue skies, check out the pictures at [www.shr.uk.com](http://www.shr.uk.com). The Cosmic woman of Clare, Alice and Lois took the ladies team prize. Back at Glenmore Lodge the party started with us all congregating in Gary's bedroom drinking Lois's winnings, a bottle of sparkly stuff and other wines bought in Aviemore earlier. An excellent buffet and disco followed this.

**December**

Thursday 9<sup>th</sup>

Wine Tasting Party at Peter Larkin's house...

Thanks to Peter for hosting his first Cosmic social, his new oak flooring seems totally intact, no sign of those stiletto heel marks.

See the next bullsheet for the full gossip...

Peter has retrieved from his living room floor all those bits of paper with the comments that you lot made about each wine...all to be published next time!!

**Forthcoming Features**

**January**

Saturday 15<sup>th</sup>

## Cosmic Xmas Party

Nothing as yet definitely planned but thought of looking into doing either a Burns night with Ceilidh, or disco at the Blue Lamp (where we could possibly provide our own catering).

Does anybody have any preference?

## February

Thursday 3<sup>rd</sup>

Pizza & Pasta at Carmine's for 6:30, bring your own booze.

Saturday 12<sup>th</sup>

Cosmic jolly weekend away for the 35<sup>th</sup> 'TISO' Carnethy Five Hill Race in Edinburgh, 6 miles, 2500 feet. The same format as previous years, run starts at 2 o'clock, followed by a free meal at the school and the compulsory "Carnethy Five Ceilidh", followed by hitting the high spots of Edinburgh if you haven't yet had enough. I will have a look for some suitable accommodation, so let me know if you want to stay over. Entry forms available from me or off the Carnethy website [www.carnethy.com](http://www.carnethy.com). Race entry is £10 (inc meal), ceilidh £5.

## March

**Mar Lodge Bunkhouse Weekend**

Friday 25<sup>th</sup>/26<sup>th</sup>

I have provisionally booked the bunkhouse for the above weekend mentioned. The bunkhouse is part of the former Stable Block, its situated 4 miles west of Braemar, offering easy access to the Cairngorms. There is 4 bedrooms providing sleeping accommodation for twelve people. A kitchen, common room, dining room, toilets, showers, laundry and drying room are provided.

Communal meal on the Saturday night, everybody bringing a nominated dish.

Cost £10pppn, book with Elaine ASAP.

## Scottish Hill Runners 2005 Wall Calendar

Order your Calendar for Xmas – an ideal present.

Each month displayed on an A4 page with all the races. Colour action pictures from the races (you're probably in one of them).

A perfect planning tool for next year on the hills.

Cost £4 (£5 by post) send a cheque (payable to Scottish Hill Runners) to SHR, c/o 11 The Meadows, Peebles, EH45 9HZ.

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

# CLUB CHAMPIONSHIP 2004

NAME		ElBrim	Scolty	BenR	TapO'M	C.Will	Morven	B'chie	TOTAL	Best 5
Keith R	s	24	29	0	31	28	31	27	170	146
Carl P.	mv	28	31	0	0	27	29	31	146	146
Colin L	s	20	25	27	27	0	24	0	123	123
Colin T	mv	0	22	0	20	20	22	17	101	101
David W	mv	19	0	0	26	26	0	24	95	95
Stuart H	s	21	0	23	23	24	0	0	91	91
Elaine S	fv	8	20	24	19	17	0	0	88	88
David A	msv	0	0	0	0	29	28	28	85	85
Dennis McD	mv	29	28	0	0	0	27	0	84	84
Ashley J	msv	22	26	0	25	0	0	0	73	73
Lois N	fv	13	0	0	21	21	0	16	71	71
Anne S	fsv	0	0	22	18	16	0	11	67	67
Mike S	mv	16	0	0	24	0	0	23	63	63
Dan W	s	31	0	0	0	0	0	29	60	60
John Y	m	0	0	28	28	0	0	0	56	56
Scuz Wingrove	f	0	0	29	0	0	0	25	54	54
Sonia A	fv	0	0	0	0	0	26	26	52	52
John R	mv	23	0	0	0	0	25	0	48	48
Gary G	msv	0	0	26	22	0	0	0	48	48
Alastair B	s	0	0	0	0	23	23	0	46	46
Graeme M	msv	0	23	0	0	0	23	0	46	46
Shelley F	f	9	0	0	0	18	0	13	40	40
Alice M	f	17	0	0	0	0	0	22	39	39
Derek J	mv	14	0	25	0	0	0	0	39	39
Chris McMI	s	0	0	0	0	19	0	20	39	39
Alf Mck	msv	0	0	0	0	15	21	0	36	36
Arnie M	msv	0	21	0	0	0	0	14	35	35
Willie W	msv	11	0	0	0	0	0	21	32	32
Tim G	mv	0	0	0	0	31	0	0	31	31
Keith V	mv	0	0	31	0	0	0	0	31	31
Steve R	s	0	0	0	29	0	0	0	29	29
Eugenie V	fsv	0	0	0	17	0	0	10	27	27
John B	mv	27	0	0	0	0	0	0	27	27
Rob C	msv	0	27	0	0	0	0	0	27	27
Tim N.	s	26	0	0	0	0	0	0	26	26
Clare W	f	25	0	0	0	0	0	0	25	25
Ian W	s	0	0	0	0	25	0	0	25	25
Diana J.	fsv	5	19	0	0	0	0	0	24	24
Bob S	s	0	24	0	0	0	0	0	24	24
Roman H	msv	0	0	0	0	22	0	0	22	22
Gordon S	mv	0	0	0	0	0	0	19	19	19
Rob M	mv	18	0	0	0	0	0	0	18	18
Ian Jew	s	0	0	0	0	0	0	18	18	18
Peter Law	mv	15	0	0	0	0	0	0	15	15
Anita H	fv	0	0	0	0	0	0	15	15	15
Margaret S	fv	0	0	0	0	0	0	12	12	12
Ian Jol	msv	12	0	0	0	0	0	0	12	12
Peter Lark.	mv	10	0	0	0	0	0	0	10	10
Ian S	mv	7	0	0	0	0	0	0	7	7
Keith G	msv	6	0	0	0	0	0	0	6	6

## COSMICS at KINGS

Each session will probably split into 2 or more packs.

Some compulsory road sessions by popular demand!

<b>11th January</b>	300m, 4x(2minutes out/back)
	Seaton for hill reps
<b>18<sup>th</sup> January</b>	Up and down the clock, 300m recovery
	Hilton for hill reps
<b>25th January</b>	4x(400m, jog, 1K, jog)
	Seaton for hill reps
<b>1st February</b>	ROAD SHOES and reflective top for continuous hills at Seaton
<b>8th February</b>	12x400m, jog recovery
	Hilton for hill reps
<b>15th February</b>	Up and down the clock, 300m recovery
	Seaton for continuous hills.
<b>22<sup>nd</sup> February</b>	300m, (4x2minutes out/back)
	Seaton for hill reps
<b>1st March</b>	ROAD SHOES and reflective top for continuous hills at Seaton
<b>9th March</b>	Up and down the clock with 300m recovery
	Hilton for hill reps
<b>16th March</b>	12x400m
	Seaton for hill reps
<b>23rd March</b>	4x(400m, jog, 1K, jog)
	Hilton for hill reps
<b>29<sup>th</sup> March</b>	Countesswells Wood from Riding School CP

## **WEEKEND RUNS and RACES**

**Friday 7<sup>th</sup> Proms 3K – 1pm**

**Saturday 8th January - EL-BRIM-ICK DASH 11-00am**

Saturday 15th January – - DURRIS – meet Duthie Park at 9-15am or out there at 9-45am Grid Ref – NO 762916

Saturday 22<sup>nd</sup> January - MITHER TAP – Hazlehead 9-15am or Visitor Centre 9-45ish Grid Ref. NJ 698217

Saturday 29<sup>th</sup> January– KERLOCH at 9-45ish – meet Duthie Park 9-15. NO699917

**Friday 4th Proms 3K - 1pm**

Saturday 5<sup>th</sup> February – HILL OF FARE – meet Hazlehead 9-15am or out there at 9-45am

Saturday 12th February - **CARNETHY FIVE & Social** in Auld Reekie or **FETTERESSO** at 9-45am

Saturday 19<sup>th</sup> February – CARN-MON-EARN – meet Duthie Park at 9-15am or 9-45ish Grid Ref. NJ 768916

Saturday 26<sup>th</sup> February – GREEN HILL from White Stone Car Park – meet Hazlehead 9-15am or 9-45pm at NJ654132

**Proms 3K 5th March 1pm**

Saturday 5<sup>th</sup> March – KERLOCH at 9-45ish – meet Duthie Park 9-15. NO699917

Saturday 12<sup>th</sup> March – back of CLACHNABEN from Glen Dye – meet Duthie Park at 9-15am or 9-50am at Grid Ref.

Saturday 19th March – MILLSTONE and beyond – meet Hazlehead at 9-15am or out at Donview for 9-50am Grid Ref. NJ672190

Saturday 26<sup>th</sup> March – GLENTANAR – meet Hazlehead 9-15am or 10am out there Grid Ref NO 479964 Remember £1 for parking