



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

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Editorial

Phill Thompson

Well my search for a new Editor has so far not produced the slightest bit of interest – apart from Alfie's usual one word response! Given that we all communicate by email these days I wonder whether the Bullsheet has served its purpose and is no longer a useful means for club communications. Let me or know what you think. One more edition and that's it from me.

Although I once again managed to negotiate a summer without a hill race, I did at least compete in all 6 of the Scottish Six days Orienteering in August, along with Nol Son Matt. Given my lack of fitness and orienteering practice I was pleasantly surprised as to how enjoyable the event was and managed to have 3 good runs with very few major mistakes in the week. Day one was bizarre with me taking 15 minutes to find the first two controls and then scooting round the rest without making any mistakes in a further 20 minutes. The rest of the week was an equal mixture of good runs and bizarre mistakes! What was really pleasing was the knowledge that I could run hard and compete, all be it on a different level than previously, no matter what my fitness level is.

Finally, congratulations to Carl Pryce who won the Speyside Way (50km) in April, but this seems to have gone unmentioned. As far as I am aware he is the first Cosmic winner of this event, although a number of us have done it over the years.

Cheers Phill

Mountain Bike Tour De Cairngorm 2005 - Katy Boo and Peter Ferguson

Want to spend a whole day in the some of the finest and wildest countryside Scotland can offer AND risk having an @rse like a baboon? hen take the TdC Challenge! Katy and I did on 20 August 2005 and completed the round in 14 hours 43 minutes.

Boring Stats :Distance - 121.3 Miles/195km;Riding Time - 12hrs 9mins; Average speed (when riding) 9.97mph; Average speed (overall) - 8.23mph

Having previously been thwarted in June by ghastly weather (we never even unpacked our bikes from the van) we were extremely lucky to pick the best day of the summer for our second attempt. The route itself has been well described in a number of articles so this is merely an account of our experiences. (For details of the route look up www.sheilintor.co.uk).

Starting at 05.15 in overcast conditions, the weather quickly improved to be an almost cloudless and windless day. The first part of the route turned out to be the slowest especially as there was one section just before Tomintoul that we had not recce'd. A couple of wrong turns were soon corrected due to Katy's great navigation skills. Wet feet were the order of the day due to the number of river crossings on this section and there were a couple of pushes as well.

Nevertheless, steady progress was made in the growing light and we stopped at Tomintoul for a bite to eat. My plan for a bacon sarny came to nothing as Tomintoul was well and truly shut! We had not long left when amidst loud screeching, we saw a rabbit hurtling straight towards us, hotly pursued by a stoat. The poor rabbit came to an abrupt halt obviously realising it was now between a rock and a hard place. Luckily, the stoat also saw us and took off leaving the rabbit to make it's escape stage right. Ah, the wonders of nature! (more later)

We headed south following the river Avon (pronounced 'Aaan') along a good fast track. Leaving the river we head past Loch Builg and some rocky single-track to keep us on our toes. It's just here that Katy hits an off-cut of fence wire on track which punctures her back tyre big time No problem until she finds that her 'new' spare

tube is not and has a hole in it. Of course I offer her one of mine then notice it is definitely a funny size and looks a bit small. The other is produced and the change is made. We are now reliant on the patches we brought. What about that meticulous preparation that we pride ourselves in?

Anyway, we're off again and turn along the River Gairn then up the steepest climb of the route to the bealach 'twixt Culardoch and Creag an Dail Bheag. At the risk of sounding smug, compared with the massive climbs in the Transalp, this feels like a pimple and we're soon speeding down towards Braemar. Courtesy of a little short cut recce'd by our mate Ianto we're soon heading along Deeside and past Mar Lodge basked in glorious sunshine.

It's a fast track along by Linn of Dee but I'm starting to feel a bit dehydrated. I learned in the Transalp that my problem relates to electrolyte deficiency and I had not reckoned on the weather being this hot! Was I using an electrolyte drink? Was I hell. Luckily, I had packed one measly Dioralyte sachet and it was amazing how disgusting it tasted but how quickly it worked. I was back on song and I'll never leave home without the proper drink again.

We had just got going again through the Geldie Burn when I noticed something slither across the track. A snake! Not having my 'Observer's Book of Creepy Crawlies', I was at first unsure what type as I know slow worms can be quite big. Katy thought it was an adder and this seemed to be confirmed when it stopped and turned on me whilst I was taking a photo. 'Come on if you're hard enough' was in it's beady eyes! A tactical retreat was needed! From here it was mostly down hill and it being a small world, we met a couple of friends passing through the opposite way to Braemar. Well at least we have some independent proof of our endeavours. Blair Atholl is always a disappointment. Quite a dump if you ask me but eventually we found the shop and stocked up with Coke and crisps. It had taken us nine hours so far and it looked as if our target of sixteen was possible if tight.

However, the next leg was up the old A9 and obviously, our speed on tarmac increased even with a steady climb. We crossed the A9 at Dalnacardoch and we were off-road again towards Loch An Duin and The Gaick Pass. I was having another struggle but again the climb went quite quickly and after passing the derelict

Sronphadruig Lodge (shame) a bit of humping over some peat hags got us to the loch. Here again, was some nice single-track but with the camber from the left I got ahead of Katy to take some photos looking back west. It was still hot and some more pushing is required to attain the track to Gaick Lodge and Glen Tromie beyond.

It's a real whizz down the Glen on a tarmac road and quite a relief for tired legs. As we approached Drumguish we were faced with a choice. Cut east into the forest as per our published route or carry on down to the B970. We were not entirely sure of the route through the forest and some of it was doubling back on ourselves. In the end we headed towards Drumguish but cut north along the Badenoch Way which runs parallel to the road. A very nice track it was too. (The map will be updated to show our route.)

We still came out on the B970 near Feshiebridge and stayed on it until the turn off for Loch an Eilein. From there it was a smooth run through well known tracks in the evening sunshine to Glenmore and our starting point. We hadn't really stopped since Blair Atholl and it was as ell that the end was in site. With the sun setting over Loch Morlich we were relieved and surprised to have beaten our target so easily.

The midges were out in droves when we got back to the van, and we dived in and somehow got changed out of our sweaty gear. Our solar shower provided some lukewarm water and luckily I took Katy's advice to forego a celebratory drink at Glenmore Lodge. Two weary souls headed back home (managing to forget to take the shower off the roof and retrieving it burst from the road).

On the drive back to Inverness, I realised fully that there was considerable wear and tear to my buttocky substances. Once home I threw myself face down on the bed and begged Katy to administer the nappy cream. I swore she was applying it with a Black & Decker but eventually some relief was obtained. Despite Tony and Fiona preparing a hearty meal, I just couldn't get up and slept where I was. This is the first recorded time I have missed my tea! As usual, Katy came through relatively unscathed and is probably planning some further heinous crime against my person!

All in all a great route and a challenge worthy of any biker. I reckon there are a few out there who could do it in under twelve hours. Any takers?

Cosmic Social Events – Quarter 4 Year 2005
Social Secretary's – Elaine Stewart & Peter Larkin

Social Retrospective

See articles on the World Masters in Keswick by Anita Hamilton.

Forthcoming Features

October

Sunday 9th

Day trip away for the Pentand Skyline hill race. The race starts at 11:00am at Hillend, it's 16miles 6200ft and the entry fee is £3.

Sunday 16th

FRA Relays Alva

17th UK Athletics British Fell & Hill Running Championships Ochil Hills – Alva – Clackmannanshire (nr Stirling).

Runners needed to take part in the above event, woman, males and male vets. If you are interested let Dennis or myself know.

Check out for more info on the running legs...

http://www.carnethy.com/fra2005_info.htm

Saturday 22nd

Meal at the Creel Inn, Catterline.

Situated in the historic fishing village of Catterline, perched on cliffs overlooking the bay and harbour, ***The Creel Inn*** is set among some of North East Scotland's most beautiful coast line, yet only 25 minutes drive from Aberdeen (4 miles form Stonehaven).

We offer "*Seafood specialities & much... much... more*", in both restaurant and lounge, prepared to the highest standard from the freshest local produce (our lobster and crab are caught in Catterline Bay), complemented by our friendly team and welcoming ambience, designed to guarantee you a dining experience never to be forgotten and savoured time and time again.

Vegetarians are also catered for on our specials board and starters can also be increased in size to provide alternative vegetarian main courses.

Check out www.thecreelinn.co.uk

Let me know if you want to come, as I will need to book a table well in advance.

November**Friday 4th November .**

Traditional Cosmic gathering at Beer Festival , McClymont Hall
Holburn.

Saturday 5th

Wine tasting party at Peter Larkin's, Peter will supply all the wine, and those participating will be charged a nominal fee to cover his costs. Small number of people only though, so first come first served...Bring along a nibble.

Saturday 19th

Meall a' Bhuachaille Hill Race followed by SHR Annual Do at
Badaguish Outdoor Centre.

The race starts from Glenmore Lodge, nr Aviemore at 12:30pm. The distance is 6 miles, 2000ft and the entry fee is £5.00.

Let me know if you want to stay over for the 'Do' as accommodation & meal will need to be booked prior to the race.

December**Thursday 8th**

Meal at Josephines (Holburn Street), £7.95 for 2 courses and tea/coffee.
More details to follow nearer the time.

Tuesday 20th

You are all invited back to my house after the final training session at Kings. Hopefully we will have some festive party games to keep you amused. Bring along a nibble and your own beer.

Cosmic Xmas Party – any suggestions for this year?

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

World Masters Keswick 10th September 2005 - Anita A Hamilton

Seven jolly Cosmics made the trip down to the Lakes for the 5th World Masters Mountain Running Championships – but where were the rest of you? Given the age distribution of the club, and also that there was an open race on the Sunday for those not yet of enough advanced years to qualify, one would have expected a bigger turnout. And you missed out, as Elaine Stewart, Anne Griffiths, Ashley and Diana Jermieson, David Armitage, Lois Noble and Anita Hamilton all had a brilliant weekend!

The event is organised in 5 year age groups for men and women from over 40 to over 70 with an extra group for over 35 women (this turned out to be an exhibition for Angela Mudge) thrown in. The races for over 55 and older were in the morning over the shorter course (9.5K and 476m); everyone else did the longer course (11.6K and 684m) in the afternoon. There were 1115 entries from 27 countries, including: Italy 25, Germany 17, Ireland 15, Czech Republic 14, Switzerland 5, Slovakia 4, Holland 4, Ukraine 4, Austria 4, Slovenia, Russia, Belgium, France, USA, Australia, Serbia and Montenegro, Japan, Gibraltar, Poland, New Zealand, Nigeria, Croatia - and Scotland 99.

Friday was spent registering, collecting goody bags, some retail therapy – there are lots of outdoor shops in Keswick, and doing a recce of the course. Start was in the Sports Field in Keswick, through another field, short bit of road, then the track over the main road and up towards Skiddaw (quite steep in places) skirt the Skiddaw car park then over a stream where the short course and long course diverged. For the long course you did a couple of long zigzags on a path and a sheep track, then more or less straight up Lonscale Fell (on very narrow tracks) to the highest point. The descent started off on nice grassy paths then joined the steep Jennings path off Skiddaw – horrible shale studded with rocks, eventually back by the car park and down by the outward route. The short course had a very steep climb up a gully to a lower high point, then descended on the uphill route of the long course and again back via the outward route. After our exercise (walk up and jog down) we felt we deserved the first of several Lakeland cream teas.

To be honest the weather played a fairly significant role in our enjoyment. The forecast had been dire for Friday and Saturday – wind and heavy rain, but in fact although the rain fell with a vengeance on Thursday night, it was a bit damp and murky on Friday and the wind blew and buffeted the tents all Friday night, Saturday morning dawned fine and sunny. And it just got hotter as the day went on.

The atmosphere on the day was great. We watched the over 70s men start – most of them seemed to have beards and big moustaches, and there was a lovely wee guy from Stornaway in the field, – and so on down the age groups (the over 60s women looked wonderful) until it was time to send Anne off in the over 55s in the last race on the shorter course. For once Elaine and I were able to look after Anne rather than her doing the mothering! We could sit in the sun watching the various races finish until it was time to get ready and organised ourselves. Anne arrived back looking fresh as anything and pleased with herself. She could confirm that we definitely did not need more clothes than a vest.

We cheered Ashley, Diana and David off in the over 50s then 20 minutes later it was our turn. You all had SPORTident Timing devices attached to your wrist. These had to be “dibbed” in the start pen, at the highest point (so you got a split time) and after the finish. I found it very disturbing to find just Elaine and I in a field with no other familiar Cosmics to follow, but there was the benefit of knowing that everyone was in your age group and there were more women than we usually get in a normal hill race. The Armitage family were out on the course and lots of spectators read the Cosmic logo on the back of our vests and shouted us on. On the narrow track to the top it was difficult to pass anyone without plunging into the heather, though I did take a couple of guys just before the “dib” point at the summit and tried to smile for the camera.

I donned a pair of gloves for the descent – somewhat incongruous in the heat with black Cosmic vest and shorts and dark glasses (see photo and comment on SHR web site), but I was determined not to rip my hands apart yet again. In fact I thundered down the steep path OK and managed to overtake a few people, but we saw several people streaming blood at the finish and one guy fell right in front of me. Once in the field with the finish in sight, I attempt a sprint, and finished in a dead heat with a lady from Tring RC with

whom I had traded places along the way – 12th equal. Over the line you dib the dibber for the last time, and they hand you a paper ticket with your time, position and split and the commemorative coaster. We lounged on the grass in the sun and watched the others finish, consuming tea and flapjacks.

Lois is in the last race and by this time Elaine and I are wearing various items of Ashley's clothing as we can't be bothered to go back to the car to get our own. The first over 40 man is an Italian, Franco Torresani – Elaine (on the basis of him being in the youngest age group and the fastest guy there) says – right that one's mine – then they announced that he is a priest!

The Cosmic results were:

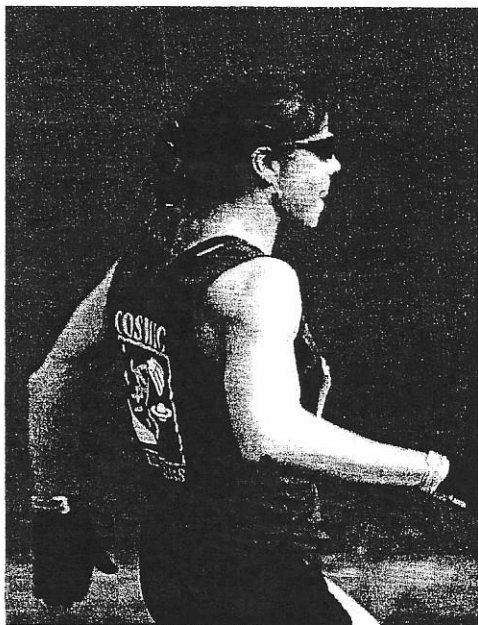
| CATEGORY | POSITION | NAME | HIGH PT | FINISH |
|----------|----------|------------------|---------|---------|
| W55 | 16 | Anne Griffiths | 50.16 | 1.21.32 |
| M50 | 34 | David Armitage | 42.54 | 1.06.05 |
| M50 | 49 | Ashley Jermieson | 45.26 | 1.07.59 |
| W50 | 31 | Diana Jermieson | 1.11.13 | 1.48.22 |
| W45 | 12 = | Anita Hamilton | 50.05 | 1.14.17 |
| W45 | 22 | Elaine Stewart | 53.11 | 1.21.16 |
| W40 | 32 | Lois Noble | 54.18 | 1.20.34 |

To be honest, the pasta party and prize giving held in the marquee could have been better organised – they could have done with a better sound system for a start. However some of us enjoyed it and stayed dancing to the band until the bitter end. For the prize giving, first, second and third in each age group, men and women, were called out, stood on blocks on the podium (occasionally causing the winners some difficulty in climbing up after their earlier endeavours), medals and bouquets were given out and national anthems played. Scottish champions were Angela Mudge (W35)

and Raymond Wilby, Highland Hill Runners (M60), with Colin Donnelly 2nd M45 and Susan Ridley 3rd W35. Full sets of printed results were distributed later in the evening.

Next day Elaine and I briefly contemplated entering the Open race (free if you'd done the Masters event), but it was over the same course and luckily Elaine was persuaded that we should jog up and down Skiddaw instead. The weather was even more brilliant on the Sunday, though perhaps a bit hot for those running the race. We sadly departed finally around 5pm after more retail therapy (except Lois had already bought up all the good stuff in the New Balance factory shop) and another excellent tea.

My thanks go to Elaine for driving us there and back in her car, to Malcolm Stone for his excellent recommendation of the camp site, and to Elaine, Anne, Ashley, Diana, Lois and David for their company for the weekend. We all had a fantastic time and are already planning the trip to the event next year. This will be 23-24 September 2006 in Saillon Les Bains and Ovronnaz in Switzerland. These are small places north of the Rhone between Martigny and Sion and it takes about 2 hours to get there from Geneva by train and bus. The courses are 4K and 8K, UPHILL only. Will any of you be joining us?



COSMICS at KINGS

Training sessions at Kings Pavilion start on Tuesday 5th October.
Warm-up starts 6-15 pm

| | |
|-------------------------------|---|
| 4th October "R" | Acceleration Accumulator |
| 11th October "R" | 3x(400m,jog,1000m,jog) |
| "H" | Seaton for cathedral hill reps |
| 18 th October "R" | 300m,600m,900m,1200m,900m,600m,300m |
| "H" | Hilton for hill reps |
| 25 th October | Compulsory Hills - Seaton for continuous hills White, yellow or reflective tops please |
| 1 st November "R" | 3x(600m,300jog,900m,300jog) |
| "H" | Seaton for cathedral hill reps |
| 8th November "R" | 10x400m jog recovery |
| "H" | Hilton for hill reps |
| 15 th November "R" | 300m,600m,900m,1200m,900m,600m,300m |
| "H" | Seaton for continuous hills |
| 22nd November "R" | 3x(600m,300jog,900m,300jog) |
| "H" | Seaton for hill reps |
| 29 th November "R" | Compulsory Hills - Seaton for continuous hills White, yellow or reflective tops please |
| 6th December "R" | 300m,600m,900m,1200m,900m,600m,300m |
| "H" | Hilton for hill reps |
| 13th December | 3x(400m,jog,1000m,jog) |
| "H" | Seaton for hill reps |
| 20 th December | Acceleration Accumulator |

Anyone is free to join either group on any night – reps group may split.



SATURDAY RUNS AND RACES

All runs meet 9-45am start 9-50am latest

Saturday 1st October – **Green Hill** from White Stone Car Park – NJ654132

*2nd October - **BENNACHIE HILL RACE** (2pm, nr. Oyne)*

*Friday 7th October – **Proms 3K – 1pm Beach***

Saturday 8th October – **Bennachie** Rowan Tree CP - NJ685245

Saturday 15th October – **South Durris** – NO-788892

But remember it's

Sunday 16th - FRA Relays at ALVA, Fife – Teams entered!

Saturday 22nd October – **Kerloch** – NO699917

meet Duthie Park Boating Pond 9-15am or 9-45am there.

Saturday 30th October – **Carn Mon Earn** – NO768924

*Friday 4th November – **Proms 3K** then **BEER FESTIVAL!***

Saturday 5th November – **Mither Tap** from Visitor Centre – NJ698217

Saturday 12th November – **Green Hill** – as above.

Saturday 19th November - **Bennachie** from Rowan Tree C P - NJ685245

Saturday 26th November - **Glentanar** – NO479964 –
(Remember £2 for car park).

*Friday 2nd December – **Proms 3K***

Saturday 3rd December - Back of **Clachnaben** from Glen Dye – NO649868

Saturday 10th December - **Mither Tap** from Visitor Centre as above.

Saturday 17th December – **South Durris** – NO-788892

