



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

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Editorial

Phill Thompson

So after nearly nine years it comes down to my final Editorial of the Bullsheet! Ah, the memories. Back then it was a funny little yellow thing with a staple in the left top corner called The Cosmic Hillbashers Bulletin and Newssheet! Produced by Steve Pryor and sponsored by OPS it was then the poorer cousin of the now sadly defunct Cosmic Comic. (This is the first Christmas for many years that I never even considered resurrecting the Comic in full colour... but maybe one day!)

In those days the copy used to arrive in many forms, usual hand written on whatever scrap of paper was available. Now of course it comes in electronically. Which is a definite blessing for the Editor but does provoke frequent discussion about whether the Bullsheet is still needed with email available. The answer seems to be that people still want the piece of paper, if only to grab hold of it, as they dash out on a Tuesday/Saturday, to find out where the club run is.

So many people who wrote articles then have faded out of Cosmics, people like Steve Pryor, Brian Lawrie and Phil Kammer. Fortunately for me two people have kept going Elaine and particularly Ewen who on some occasions has contributed the whole content of the Bullsheet. Thank you. And somehow the activities seemed to have toned down a bit too as we have all "matured" – the reports on the annual "do" are positively tame by comparison, and we no longer await the annual appearance of the wondrous demi-god Cosmic Rennie and his semi-naked bearers to dish out cosmic goodies. Sigh, times have changed.

But tis time to move on and bid you all farewell as Editor and a Merry Christmas.

Cheers

Phill

The teams were entered, 4 in total, an optimistic pre-entry estimation of Cosmic runners to take part in the FRA relays at Alva. Optimistic it did indeed prove to be. As the captains touted for the fittest and fastest, it seemed that everyone was either, otherwise engaged, on holiday or injured. In a final attempt to even string two teams together, anyone and everyone was hounded the night before the race.

Luckily for the Ladies team Helen Mackie, who openly admits to doing hillrunning, had settled down for the night with a bottle of wine, and, having had a couple of glasses agreed to run. Anne Griffiths "I would have come to training but was just so busy" reluctantly accepted the 6th slot – we had a team!

It was a glorious day down Alva way, and Helen set off on the 1st leg. We cheered her off, then waited, and waited, and waited. The Carnethy boys were setting off on their 3rd leg and still no sign of Helen. We were starting to worry that something had happened to her, when she appeared. Turned out she had taken cramp, and had adopted an novel approach to hillrunning by walking down the hill backward, chatting to the marshall as he collected in the flags.

Anne then set off on the 2nd leg. We had no idea how long she'd be, so decided to cash in the lunch tickets as it would be evening otherwise. Katie was standing on the start line, alone, when Anne returned, while Elaine was scoffing tea and cakes in the hall. Once Elaine has supped up and made her way to the changeover point, she found that Anne had been in for 8 minutes already!

Elaine & Katie finally set off on leg 3 and Anita and I were to join the mass start for the 4th leg. However, Anne being the generous soul she is, had decided to give the map, aka baton away, since she didn't need it any more. So Anita had to use all her charm to chum up the man in the hall for another as a "souvenir". Elaine & Katie had the hills all to themselves as many of the teams had already finished, and Anita & I set off in the mass start with our new map.

Elaine, not surprisingly, was perplexed at the numerous congratulations they received when they completed their leg. Transpired they had been mistaken for last leg runners, when in reality we still had another 1 1/2 hours to go.

Anita & I had a good run, picked off a few teams, but not enough to prevent us coming in last, a good hour behind the penultimate ladies team.

Our tale of woe does not end here. We were refused entry into the lovely, warm showers as they were apparently full of naked men – the woman in charge obviously thought we looked like we had too much energy left!!

All in all, we had a great day out. The weather and views couldn't have been better. Special thanks to Helen & Anne for agreeing to run. Without them, none of us would have had a run at all.



My favourite race of the year dawns and I'm injured...not badly but bad enough to think that descending madly through deep heather with arms flailing might not be the best idea while recovering from a trapped nerve in my back. So a day on the hill spectating with Gary (also recovering from a longstanding ankle injury) was in order. And a fine day it was too! Standing cheering encouragement and nestling in the heather trying to take fantastic action shots was actually pretty good fun.

Gary and I staked out a position where the track emerges from the forest and curves round and up onto the open hill. Cameron Watson from Pitrievie was the first runner to appear with Dan tucked in closely behind. More Cosmics soon appeared with Jason Williamson getting a good position at this stage of the climb. Then the runners came thick and fast, head down grimacing and a few heads up smiling – there was even some posing for the camera!

We waited for the last few stragglers to give a few encouraging shouts and then we took a shortcut across the heather to the downhill slope. Gary climbed higher up the hill for a more scenic angle (not seen any sign of the photos yet though?) while I ducked down to catch some action on the lower slopes.

Cameron Watson soon came bounding down the hill with incredible style carving out a dead straight line to the gap in the forest. He'd gained some distance on the runners behind – Donald from HBT had overtaken Dan while Dave Cummins and Henry Blake were flying down close behind. I was taking photos rapidly after quickly realising that standing anywhere on the downhill slope meant you were a potential target for any out-of-control runner – top marks for ex-Cosmic PJ Borrowman who built up enough speed to leap right over my head!

Dennis had been chasing Jason on the descent while Alice who had been gaining places on the tops looked like she was fighting off competition from Jill Irvine of Highland Hillrunners for second lady. Angela Mudge had passed by earlier on the way to setting a new female record of 55:48!



The descent off the second top of the race certainly sorts the men from the boys – some people were easily leaping over the heathery tussocks gaining places all the way down while others looked like they were more out of breath than they had on the climb. More Cosmics appeared with Ian, Lois and Colin forming a pelaton for the last section (– I think Epic needed a tow home!) But apologies to Sean for not capturing his impressive leaps for the camera on film!

As the last few runners came flying down the track Gary and I walked sedately down, delicately avoiding the icy patches and having the luxury of time to make sure we took the right route back. I think this year's race must have the record for the variety of routes taken back to Glenmore Lodge – as both no tape and extra tape confused runners of all clubs and abilities. Or at least that was Jason's excuse as he followed a sprinting Dennis over the line – surprising Dennis who thought that Jason had put on a spurt through the forest and left him far behind!

A great result for the lads as Dan, Jason and Dennis's fine performances resulted in the men's team prize but a disappointing result for the ladies as mixed up allegiances gave Carnethy the bottles of wine.... On the individual front well done to Alice who claimed second lady and Dan who was third man. And overall I suspect that Cosmics probably fielded the largest proportion of club athletes. I'm already looking forward to next year's event where I might be persuaded to strip down to a yellow vest and race Gary up the hill after lending my camera to whoever has a better excuse!

Chalet was lovely, the grub was good and the end of year bash seemed to go down well with all who stayed – thanks to Elaine for organising it.

Fiona



Cosmic Social Events – Quarter 1 Year 2006
Social Secretary's – Elaine Stewart

Social Retrospective

October

FRA Relays in Alva

See Lois's article...

Creel Inn

A good turn out of Cosmics enjoyed fine food and wine at this seafood restaurant just down the coast. A slight chill in the air kept the girlies from revealing their skimpy tops for some time. Surprisingly enough none of the 18 Cosmics at the end of the day thought it was a good idea to cycle there or back, what woosees!!

Peter's Wine Tasting

Thanks to Peter for once again hosting a wine tasting night in his house and for supplying all the wine. Hopefully no stiletto hell marks left behind.

November

Meall a' Buchaille

Another successful Cosmic weekend away, we had perfect conditions for the run and this year we had a new venue for the 'Annual Do' at the Badaguish Outdoor Centre. On arriving were shown to our luxurious accommodation in one of their large wooden lodges. The caretaker happened to mention if we had known Ronald Pratt, he was actually Ron's brother in law, nice to have had a chat with him.

December

Cosmic Xmas Party

This year we decided to share our xmas party with the Fleet Feet Triathletes and Splash n' Dash in Stonehaven which was most successfully. Thanks should go to Mary Birse for inviting us all round to her house for pre dinner drinks. None of us quite expected to go though 9 bottles of Moet Chandon Champagne before leaving.

Forthcoming Features

January

Still the possibility of going to Glenlivet House for the weekend, to make this work we need a commitment from 23 people, the cost would be about £50 each.

Check it out at... <http://www.glenlivethouse.co.uk/index.htm>



Didn't manage to fit this one before Xmas, so on again...
Meal at Josephines (Holburn Street), £7.95 for 2 courses and tea/coffee.
Date yet to be decided – probably a Thursday late January.

February

Saturday 11th

Cosmic jolly weekend away for the 36th 'TISO' Carnethy Five Hill Race in Edinburgh, 6 miles, 2500 ft of climb and 5 summits!. 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
Race entry is £10(inc meal), ceilidh £5.

March

Mar Lodge Weekend

Date yet to be decided.

Excellent location for running, walking, biking or whatever. Communal meal in the evening.

Further details nearer the time.

Trip to the Art Deco Carron Restaurant in Stonehaven

The Carron first opened its doors to the public on the 24th June 1937. The art deco design throughout the restaurant and the shops caused quite a stir at the time. In more recent years it has been hailed as the finest example of an art deco building in the north of Scotland

I believe that the old owners of the Creel Inn have now taken over the running of this restaurant. A must to be visited!!

Check out...<http://foghs.freeuk.com/thecarron/>

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

Location : Chateau Porte du Roi – Saturday, 05th November 2005

Disparate Cosmic members gathered for the second Wine Tasting on Saturday evening. Instead of the previous year's format which saw punters / tasters bringing their own preferred offering from Bacchus (or Sainsbury's), the wines were pre-selected from a recommended source (?). A couple of cases of wine of global provenance complete with tasting notes that pushed the limits of hyperbole arrived the day before – allowing a certain measure of pre-event scrutiny and verification.

Partakers were asked to supply a variety of 'nibbles'. Fortuitously, it was the same weekend as The French Market. Consequently, a fantastic selection of bread, cheeses and olives graced the nibbles table and provided a perfect compliment for the various Chenin Blancs, Sauvignon Blancs, Viogniers, Semillions, Shiraz, Merlots and Gary's favourites the Cab-Savvs and Shar-donn-ay.

As is customary, the testing commenced in a relatively civilised manner, with an array of adjectives being offered in place of, or to further embellish, the tasting notes. It wasn't until about bottle number 8 that etiquette and tasting protocols were witnessed to wane

A cursory enquiry from Ann Stone as to the functionality of a 'hookah' pipe standing sentinel in the corner saw the host delving into the bottom drawer of a faux-antique middle eastern cupboard as plastic bags of dark, sticky, cloyey organic substances were produced, it was noticed that Ashley's eyes resembled 'organ stops' as he gazed on intently These very 'substances' being no more than 'double' apple and strawberry Egyptian tobacco. Within minutes, the 'hookah' had been stoked up and a variety of folk (except Gary) were sampling the exotic, heady delights Punctuated with varying degrees of coughing and spluttering. Only Omar Sherif and the Backgammon set was missing.

Further delving produced an innocuous looking package of what could only have been Middle Eastern 'sweeties' or so Anne Griffith must have thought. As we were now on bottle number 10 ... or 11, correspondents' accounts have become a bit muddled. One version goes, that the previously referenced Ms. Griffiths inquired to the host as to what one might do with the contents of said package To which (allegedly) the response, albeit in a southern quasi-estuarine 'dropped H' sort of way, was : 'eat it! Obviously meaning ; 'Heat it' – it was Frankincense after all.

However, much to the host's horror and the sound of crunching teeth, it had seemed that Ms. Griffiths had decided to try the 'sweeties', proceeding to ingest the lumps of Frankincense. She was clearly attempting to 'eat it', rejecting the more traditional approach of 'heating it'. To make matters worse, she had liberally offered the 'sweeties' around. The host returned to see, the hitherto, sleek and sophisticated Lois Noble spitting chunks of partially masticated Frankincense into what was left of the hummous.

..... proceedings could only slide further from this point on. As a 'tired & emotional' Ms. Stewart was escorted off the premises by Ashley and Diana to be driven home undertaking a close inspection of the inside of a Sainsbury's 'placcie bag'!

The only oenological conclusion to be drawn from the evening was that pretty much everybody agreed on what they thought were 'good', 'interesting' or 'not so good' wines apart from a certain Stonehaven resident, that is, who succinctly concluded that ; 'they were all 'shyte'!

All in all, a fun evening, with bonhomie and witty repartee in abundance. Hopefully, a third wine tasting will be organised next year – perhaps not the day after the Beer Festival though?!



This article was written by Norman Matthews , FRA Coach , and gives a good explanation of VO2 max and how to work yours out.

There are many factors that go towards assessing a runner's current fitness, from Haemoglobin levels to MVV (Maximal Voluntary Ventilation). This article covers one of those aspects - a runner's **VO2 Max** - which assesses their aerobic ability.

An easy explanation of VO2 Max is that it functionally represents the maximum amount of oxygen that can be removed from the circulating blood and used by working tissue during a specified period. There is as always formulas showing various calculations, one being the energy demand for running, based on sub maximal performance, approx. 1 kcal per kilogram of body weight per kilometre of distance covered, which is not a difficult one to work out, at 64kg you use 640 kcal per 10k race.

Working out the VO2 Max is not as easy, $VO2 \text{ Max} = (\text{velocity} \times 0.2) + 3.5$ So to keep it simple, first the values, which are based on millilitres of oxygen used per kilogram of body weight per minute.

Young Female (20-29 yr) of average fitness	VO2 Max = 35 to 43 ml /kg/min
Elite Female runner, same age group	VO2 Max = 61 to 73 ml /kg/min
Male average fitness, same age group	VO2 Max = 44 to 51 ml /kg/min
Elite Male runner, same age group	VO2 Max = 71 to 84 ml /kg/min

(If you are wondering why the Female athletes can't equal the men, it's just physiological differences, one being the haemoglobin level, Men 14.5 - 15.8 to Women 13.5 - 13.9).

Now you know the values all you need is a treadmill test at about £60, or follow the **BRUNO BALKE TEST** below for free. This will give you a very good idea of your current VO2 Max, and also indicate how much more scope you have in achieving a greater level of fitness.

Bruno Balke Test : 15 minutes run around a track. Metres counted, divided by 15 - $133 \times 0.172 + 33.3$ = milliliters of O2 per kg per min.
 Example 4400m covered , divide by 15 = (293 m) - 133. = (160) x 0.172 = (27.5) + 33.3 = 60.82 . 61 ml/kg/min.

COSMICS at KINGS

Each session will probably split into 2 or more packs.

Some compulsory hill sessions by popular demand!

1 0th January	300m,4x(2minutes out/back)
	Seaton for hill reps
17th January	Up the clock (twice),300m recovery
	Hilton for hill reps
24th January	4x(400m, jog, 1K,jog)
	Seaton for hill reps
31st January	ROAD SHOES and reflective top for continuous hills at Seaton
7th February	12x400m, jog recovery
	Hilton for hill reps
14th February	Up the clock (twice),300m recovery
	Seaton for continuous hills.
21st February	300m,(4x2minutes out/back)
	Seaton for hill reps
28th February	ROAD SHOES and reflective top for continuous hills at Seaton
7th March	Up the clock (Twice) 300m recovery
	Hilton for hill reps
14th March	12x400m
	Seaton for hill reps
21st March	4x(400m, jog, 1K,jog)
	Hilton for hill reps
28th March	Countesswells Wood from Riding School CP



WEEKEND RUNS and RACES

All runs it's meet by 9-45am for a 9-50am start at latest.

Friday 6th Proms 3K – 1pm

Saturday 7th January - EL-BRIM-ICK DASH 10-30am

Saturday 14th January – - DURRIS –Grid Ref – NO 762916

Saturday 21st January - MITHER TAP –Visitor Centre
Grid Ref. NJ 698217

Saturday 28th January– KERLOCH at 9-45ish – NO699917

Friday 3rd Proms 3K - 1pm

Saturday 4th February – GREEN HILL from White Stone Car Park
NJ 768916

Saturday 11th February - SOUTH DURRIS at NJ788892

Saturday 18th February – CARN-MON-EARN – Grid Ref. NJ 768916

Saturday 25th February – GREEN HILL from White Stone Car Park –
NJ654132

Proms 3K 3rd March 1pm

Saturday 4th March – KERLOCH at NO699917

Saturday 11th March – MILLSTONE and beyond –
meet at Donview Car Park -Grid Ref. NJ672190

Saturday 18th March – back of CLACHNABEN from Glen Dye
NO649868.

Saturday 25th March – GLENTANAR Grid Ref NO 479964
Remember £2 for parking

