

SUMMER WEEKENDS

Saturday 2nd April - Kerloch - meet Duthie Park at 9-15am or
GR- NO 699917 for 9-45am

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

Saturday 16th April - CLACHNABEN HILL RACE - 11am
Run or help BUT BE THERE

Saturday 23rd April - Millstone - meet Hazlehead 9-15am or
GR-672190 for 9-45am

Saturday 30th April - Kerloch - meet Duthie Park at 9-15am or
GR- NO 699917 for 9-45am

Saturday 7th May - Rowan Tree - meet Hazlehead at 9-15am or
GR-NI693245 for 9-45am

Saturday 14th May - Mither Tap (Bennachie) - from Visitor Centre - meet
Hazlehead 9-15am or GR-NI699217 at 9-45am

Saturday 21st May - Durris - meet Duthie Park at 9-15am or
GR-NO761916 at 9-45am

Saturday 28th May - Rowan Tree - meet Hazlehead at 9-15am or
GR-NI693245 for 9-45am

Saturday 4th June - Kerloch - meet Duthie Park at 9-15am or
GR- NO 699917 for 9-45am

Saturday 11th June - Green Hill from Pitfichie

Saturday 18th June - Glen Tanar - meet Duthie Park at 9-15 or
GR-NO476957 at 10am remember £1 for parking

Saturday 25th June - Mither Tap (Bennachie) - from Visitor Centre - meet
Hazlehead 9-15am or GR-NI699217 at 9-45am



COSMIC BILLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 42
QUARTER 2 - 2005

Editorial

SBPHing

Phill Thompson

"I hate hill races "I thought yet again, this time it was at the bottom of Brimmond, after being sick for the 2nd time. "This year", I said with steely resolve, "I'll complete my task of finding the Holy Grail - The Worst Hill Race In The Land." Then I can give them up." Glen Clova has long held the title for me but I suspect the true holder must be the Ben Nevis Race.(Entered 3 times, never done it!) Why would any body "run" up the Ben? Actually nobody "runs" up hills I discovered, it's just that nobody admits to it. This makes me feel a whole lot better.

Scottish Hill Runners ? Hat Don't make me laugh! "Scottish Bandoventonbie Puyerhandsonyerknees Hewkasunoveupers." is more like it. Don't believe me? Check out their website photos. Amongst many SBPHs is a photo of Cosmic Wilson "assuming the position" as he leads a group of devotees up a hill at Carnethy. Or sit 10 metres from the top of Clachnaben during the race, ignore the first 10 people or so and concentrate on the elegant styles of the SBPHs coming up. (Not too close, remember the "H" bit).

Fortunately, an 8 week old injury has allowed me to pursue my other Holy Grail (are you allowed to have two?) - to discover a better Calzone than Carmhi's. After years of disappointment in many places around the world I came closest in Rome. Magnificent Italian ingredients, sadly lacking the softer outer shell that Big C manages so well, but a good conversation with the waiter about the quality of "trouser legs"(Calzone translation). Although I must admit my judgement may have been clouded by the euphoria of (yet) another Welsh rugby victory :-).

Sadly, although old age has caused my injury to take far longer than usual to recover from, in a short while I will have to start training again. Sigh, this will probably give me enough time to get fit to at least enter the Ben and do Glen Clova, if only to find if that long drag up to Dreish really is as bad as I remember. I hate hill races!

See you on the hills - I'll be the one waving as you SBPH-ly, probably with the Over 70's Walking group - no attempt to run from them plus a cup of tea and jam piece at the top. I
Cheers Phill

Cosmic Social Events – Quarter 2 Year 2005
Social Secretary's – Elaine Stewart & Peter Larkin

Social Retrospective

See Peter's articles on past events, beer festival, wine tasting and any other gossip....

Forthcoming Features

April

Saturday 16th

Cosmics as usual will be hosting the Clachnaben Hill Race, so a good turnout is required. Shelley and Ian are organising the event and would like to know of anybody who can help out with marshalling. Any master bakers who can come up with after race goodies like cakes would be greatly appreciated.

Friday 22nd to Sunday 24th

A few daring Cosmics have decided to go off with Captain Searle on a sailing trip from Largs to around the coast and beyond who knows where. Ian has chartered a boat and we may even get to Arran to do a bit of running as well. Full report in next quarters bullsheet.

May

Friday 6th May to Sunday 8th May

Last years challenge was the West Highland Way, this year it's the Bob Graham, not in a oner though, 3 marathons in 3 days. About 12 runners hope to complete the 42 peaks with an ascent of 28500ft and an app. distance of 72 miles.

Tuesday 17th May

Balmedie Beach Bash race, approx. 3 mile run up and down the sand dunes followed by a BBQ. Bring your own food and drink.

June

Thursday 2nd

Carnines night and whatever to follow....

Sunday 26th

Ythan Challenge multi-terrain adventure race, starts 11am. You'll run approx. 10k of tough terrain, encounter a river crossing or two, face some awesome climbs and meet a series of wicked obstacles! Entry forms from www.ythanchallenge.org.uk closing date 11th June.
DON'T FORGET..... TUESDAY NIGHT IS PUB NIGHT

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).

5th April - First KRUNCE of season at Rotten O'Gairn,
 GR-NJ851055 then Roos or Bieldside Inn

12th April - Balmedie for downhill practice – meet there at 6-45pm

19th April – NE Kirkhill at GR-NJ845116 at 6-30pm Bucksburn Manor

26th April – Durriss at GR- NO761916, then Old Mill Inn, Maryculter

3rd May – 2nd KRUNCE of season at Rotten O'Gairn,
 GR-NJ851055 then Roos or Bieldside Inn

10th May – Kerloch at NO-699917 then Old Mill Inn

17th May – BALMEDIE BEACH BASH
 at GR-NJ976181 then Barbecue £2 entry fee

24th May – Durriss at GR- NO761916 then Old Mill Inn, Maryculter

31st May - Scotly Preview from NO-686947 then Burnett Arms

7th June – 3rd KRUNCE of season at Rotten O'Gairn,
 GR-NJ851055 then Roos or Bieldside Inn

14th June – Clachnaben from Glen Dye at NO-649868 then Feughside

21st June – Carn Mon Earn at NO-7689924 then Old Mill Inn

28th June – Millstone from Donview at NJ672190 then Grant Arms

Meanwhile Shelley Farrar brings our women in 3rd (and 74th overall) on the first leg. Tracey Brindle runs the 18th fastest leg overall and moves us up 251 places overall at the end of the second leg and up to second in the Ladies standings just ahead of Dark Peak..

The navigation leg and Katy Boocock and Encarna Maturana drop 14 places but worst still Dark Peak take 2m46s out of us. So they start the last leg with a lead of over two and half minutes! Sonia Armitage and Clare Miller are not to be denied however and catch them as they enter the finish field. The Cosmic cheers carry them six seconds clear as we finish **SECOND LADIES** Team.

The old men are not to be outdone! Rab Taylor runs a cautious first leg to see us 47th but Keith Varney produces a stormer to beat Tracey and move us up 261 places (11th fastest overall on his leg) John Buchan and Dave Armitage renew their navigational partnership – at least there's no fight over the map reading! They move us up further three places. Last leg and Phil Cowie and Jonathan Bedford fight valiantly but lose the same three places. We're **FOURTH VETS** Team but Dave Armitage thinks with different team selection we could have caught up the necessary eight minutes for a medal!

In the Open Category we have two further teams – a "B" and a "C". The B-Team finishes 33rd with a team made up of Dennis McDonald, Steve Rivers, Bill Teahan, Dick Hobson, Jerry Hadwin and Bob Sheridan. They finish 33rd just behind Westerlands "A" Team!

The "C" Team of Gary Gutteridge, Ian Jolliffe, Ian Seale, Steve Pryor, Stuart Hunter and Ewen Rennie run honourably for a place in the last three! They are so far behind at the end of leg three that Ewen and Stuart can cheer the Ladies home before they set off!

For strength in depth the Club of these Championships had to be Cosmics. Borrowdale don't even have a Ladies or Vets Team. Carnethy the Lady winners are only 7th in the Open Race and we also thrashed their Vets. Livingsdon the best placed Scottish Club in the Open Race (2nd) don't have a Vets and we beat both their Ladies and "B" Teams.

SO WHAT NOW! The FRA Relays return to Alva for the third weekend in October in 2005. **WE NEED TO CONTEST THEM AGAIN!** Make sure that you are available.
Old Grey Beard

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18th CAMRA Beer Festival : Aberdeen Peter Larkin

What do Schehallion, Black Cullin and An Teallach have in common? Well, that they are all Munros – Yes! But, what else ... ? They were in fact, just three of the one hundred and twenty odd fine real ales that could have been sampled at this year's 18th CAMRA Beer Festival, held at the McClymont Halls back in early November.

CAMRA hopefully should need little by way of introduction to any self respecting Cosmic – being the noble, upstanding body responsible for making sure that proper, indeed "real" ale did not disappear off the innkeeper's map back in the early Seventies. A period when the big breweries were suffocating the smaller local breweries and trying to impose noxious, fizzy ditchwater – masquerading as "beer" on what at the time, was becoming an increasingly less discerning, or perhaps just, tainted / Torremolinos-sized punter..... Anyway, 'nuf of the rant otherwise you might be able to work out where I stand on the issue!

The Beer Fest drew a surprisingly large crowd – amongst which I am proud to report, was a fair smattering of Cosmics. Having paid my money and been handed my "*chalice of delight*" (A Valhalla Brewery sponsored pint glass) at the door, I made my way into the seething throng. I must confess, I had expected to be greeted by a swathe of musty, leather-elbow-patched Corduroy jackets accompanied by stout sensible shoes and a sea of unkempt facial hair. However, I was to be proved wrong. There were, of course, a few extras from "Rent-a-Stereotype" but in the main, I was pleased to a-spy a varied cross section of humanity.

I entered the main hall cradling my empty pint glass. I needed to make adjustments to my "sensory control panel": Dimmer switch – to combat the stark fluorescent lighting; mute button – to deaden the cacophony created by three hundred people in various stages of "earnest discussion" and / or inebriation often difficult to distinguish between. Olfactory recalibration was also required so that I could accept the co-mingling waft of ale, armpit and (leaky) arse or ... beer, B.O. and botty-burps, if you prefer.

Fully attuned, I weaved my way through the melee with the prospect of sampling my first prize ale of the evening. There are no rules (per se) for tasting at a beer festival. However, by way of a hint, the organizers do place a half pint graduation mark on your pint pot to enable one to sample more, rather than less, of the myriad of ales. Most people (if only driven by a survival instinct) opt for the half-pint-at-a-time tasting approach. However, there are others – "Woolly Socks Halenko"

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amongst them who cannot see any logic in holding a pint pot and thereby only half filling it – the concept being completely anathema to them.

Eventually positioned in the front row of the scrum at the bar, I'm thinking "what shall I go for?". Should I work my way along the racks? Select by name? By strength (measured in %ABV). Hell! Does it matter – I went for the random approach, soliciting tips and recommendations along the way. As one can imagine, brewing, let alone consuming these veritable "nectars of the gods" has led to the spawning of some evocative, even peripatetic names: Fruit Bat; Ptarmigan; Black Pig; Summer Lightning; Latitude all suggestive of provider Mother Earth. On the more ominous side, there was: Skullsplitter; Berserker; Cullin Beast; Bitter & Twisted; Thrappledouser and Fast Reactor – make of those what you will.

There was a reasonable Cosmics turn out. Suspects identified included: Ewen, Keith Robertson, Phill Thompson, Derek and Pauline and possibly some others who probably wished to preserve their anonymity. One surprise however, was a guest appearance from Roman Halenko, *CBM (*in absentia*). The Cosmics huddle exchanged opinions on a number of ales. Some members of the assembled coven becoming more animated and voluble with consumption – others decidedly quieter!

Roman did not appear until relatively late in the proceedings and decided to dispense with "all that poncey tasting bollox" and went straight for tactical "catch-up". In practice, this meant hitting the strongest ale first (a pint – not a half thereof) and working back down the list in descending strength order: Skullsplitter (8.5%), Berserker (7.5%), Old Jock (6.7%) and Old Stoatwarbler weighing-in at a mere 6.0% Anything less than 6% was not even considered. The rest of us nursed our pots and looked on in stark bewilderment.

Eventually, it was time to call it a day. Most people trying to leave the hall resembled Thunderbird puppets, their feet partially stuck to the cloying floor. The Beer Fest ran over three evenings but apparently, the beer had mostly been consumed by the Saturday – presumably making the event a success for all concerned.

Next year's festival is billed for 3rd to 5th November. Whereas, it might be a tad premature to promote it just yet, it's something to bear in mind. Maybe it would be good to organise a Cosmics quorum for when it does come around? For any closet "beard-scratchers" out there you can check out: <http://www.camra.org.uk>

or
http://www.groups.yahoo.com/group/CAMRA_ABERDEEN Slainte !!

The *Cosmics'* attention to matters sartorial was very much in evidence too, with spangly-tops, Esslemont's winter collection, SPD's and Waffen SS Stormtroopers' boots being sported. Wine tastings! – Don't cha just luv 'em?

Full marks to our social Secretary in her capacity as M.C. and chief sommelier for keeping our group of (initially) cultured and sophisticated *Cosmics* (... is this not an oxymoron? Ed.) in check and never quite allowing proceedings to degenerate into complete rabble-derm.

A huge "thanks" to all who aided and abetted and, of course, turned up. I think I can say that the evening was great fun and a resounding success. I am now hoping to pick up a lucrative advertising contract with "The Wooden Floor Centre" to promote the durability and red-wine resistance of their products!

Some "arty" (i.e. blurred) photos are available for those who may be interested.

The COSMIC GLORY DAY

On 17th October 1999 Cosmics reached the zenith of our career so far when we contested the British FRA Relay Championships at Alva. Our first venture to this event in 1994 in Calderdale had seen us finish 43rd. Wales in 1995 was a drive too far but the Howgills in 1996 saw the Ladies come in 6th and the Men improve to 29th. Pendle in 1997 saw the Men improve to 26th while a navigational nightmare saw the women drop back to 9th. Cumberland in 1998 and both teams moved in the right direction with the Men 6th and the Ladies 5th.

Roll on the chance to compete on home soil – Alva here we come! The FRA Relays have a standard format of a two solo legs and two paired legs with one of these being a navigational leg – the rest are flagged.

First off for us was Jon Duncan. Right from the start he pulled away from the field up the hill and although Jonny Bland caught back some ground for Borrowdale on the descent Jon held on to 'win' the first leg for us. Then it was Dan Whitehead's turn. Despite only running the sixth fastest time Dan handed us over in second place. Now for the navigation leg!

Greg Barbour and Tim Griffin charge off fighting for control of the map (Poetic licence – Greg would never let anyone navigate for him!). They hold on to second despite being only fifth fastest. It's all on Andy White and Tom Bracegirdle. Only 11th fastest but only Livingston manage to catch them – we're THIRD in the Open Competition.

The cast of "usual suspects" assembled – some people even, much to my surprise, clutching their change of shoes. I didn't think the "wood floor sympathetic shoes" request would be particularly heeded (... Big thanks there, by the way).

Our Social Secretary doubled as M.C. and chief sommelier introducing the wines numbered 1 to 21 with a few randomly numbered bottles (69 ... Gary's?, 99 and 180) thrown in.

The wines were sniffed, sipped, slooshed, gargled and gulped and views were animatedly exchanged. On more than one occasion, Anne Griffiths was spotted sliding out into the kitchen to *Quel Horreur!* throw her wine down the sink! *Qu'est-ce qui ce passe?* *Pourquo?* Anne had decided that the liquid-incumbent residing in her glass was "gut rot". However, a clever bit of forensic oenology (i.e. I checked the label) revealed that the wine being used as a domestic drain-pipe descaler was none other than a fine '98 A.C. Chardonnay. As Michael Moore would say: "Shame on you, shame on you". Fortuitously, I was on hand to intercept future sorties to the kitchen and dispatch the offending wine myself.

Other miscreants were observed and their activities noted: "La *Comptesse du Vin*" – Marie, sorted the wheat from the chaff or perhaps the "Blue Nun from the Chateau Lafite" so-to-speak at a very early stage. Calling on her Gallic oenophile genetic inheritance, she decided what was worth drinking and then formed a breakthrough "resistance" group in the corner. Herself and other members of the "maquis" continued to sup away on the finer wines whilst, more shockingly, letting on to others that they were "not so good".

As the bottles emptied so the throng became more animated and imaginative with their evaluations. I managed to gather up our experts sampling notes the following morning the content of which, I have to say, was verging on the seditious. Thus explaining the arrival at my front door the following morning of an MIS Agent. I guess it will mean await of 30 years and a visit to The Public Records Office in Kew before we get to see them.

It must be said that the range and quality of wine was considerable, in terms of geography, type and vintage. So much so that Gary G. as-is-his-wont, came out with the classic one-liner: ".... never mind this *tasting murrakey* – you show me the bottle and I'll tell you exactly who brought it!"

Year to date

Bob Sheridan

Just thought I would write a few lines to let everyone in the club know what has been going on in the first 3 months of the year.

January started with the El-Brim-ick Dash which saw 56 people finish this short but bumpy race. Top marks went to Dan Whitehead again in the mens race, and Claire Ward of HBT in the womens.

At the end of the month was the Devil's Burden Relay which saw 2 mens teams and a womens team compete. There was a record entry for the race with over 70 teams running in near perfect conditions. No navigation problems could possibly happen on such a clear sunny day, but Lois still missed the control at the top of Bishop Hill. Disqualification was avoided as the next leg runners punched the control for her on their way past.

February saw the usual turnout of club members for a windy Carnethy Hill Race.

March saw the start of the 2005 SHR championships with the first race at Bishop Hill in Scotlandwell, Fife. A hill familiar to all who have done Legs 2 or 3 of the Devil's Burden relay. A small contingent of club members turned up for this short but steep race. Recent snow made for deep drifts on the summit, but again glorious weather on the day.

Dan again led the way for the club, but had to settle for 4th on the day. Dennis and I battled it out on the climb, but his superior descending gave him a 28 second win. Showing how close the racing is I was actually 10 places behind him.

Lois made a late decision to run and it was worth it for the bottle of wine she got as first veteran lady.

Looking ahead to next month there will be the start of the Krunce series and a return to running in the hills on Tuesday nights. Also there is the Clachnaben Hill Race with Shelly and Ian organising this year. Any offers of help will be much appreciated for the day, and cakes for competitors on the day.

CLACHNABEN HILL RACE

Saturday 16 April 2005 11am, by Strachan, South Deeside, Aberdeenshire

With thanks to Fiasque 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.

Entry on the day: £6/£4 SAL members

Postal entries to be received by 1st April: £5/£3 SAL members. Payable to 'Cosmics'. Post entries to: I Wilson, 2 Barnyards of Drumnaheath, Leylodge, Kintore, Aberdeenshire, AB51 0YE. Enquiries epicwilson@onetel.net or tel. 01330 860311.

Prizes 1st, 2nd, 3rd male, female, 1st, 2nd mv, fv, 1st sv, team 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 SAL Permit

Name.....
 Address.....
 e-mail.....
 Tick as appropriate

Male senior
 Male over 40
 Male over 50

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| <input type="checkbox"/> |
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Female senior
 Female over 40
 Female over 50

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Club..... SAL No.....

Tel.....

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Comic Winos : Wine Tasting Evening Peter Larkin

Thursday, 9th December heralded the inaugural gathering of the *Cosmic Winos* for the much vaunted *Cosmics* wine tasting evening held at *Chateau Pierre's*. The location was chosen for a number of reasons. First and foremost, it was the *château*'s birthday. It also coincided with the first anniversary of his arrival in Aberdeen and as 'oily rag' to the Social Secretary, it was clearly imposed as some kind of trade-test to host a *Comics* do.

A lot of faith, or perhaps more correctly, credibility had been lost over the hosting of this event in recent months. Dates printed in the *Bullsheet* had not once, but twice been and gone. The eleventh hour cancellations were for various reasons but that old chestnut; "work" was the always the clincher. The event simply *had* to happen this time To have witnessed and survived the Social Secretary's glare twice in reasonably short succession should perhaps be committed to annals of *Cosmics* derring-do - the glare that can stun a charging Rhino at 1,000 paces!

I was still offering some feeble resistance, claiming that "I wouldn't have the place straight", "I'm still leap-frogging my way around a house worth of gear crammed into a not-so-large flat", ".... but what about my wood floor?" The Social Secretary was having none of this pathetic Sassenach obfuscation. "Look - the date and venue's set I'll be round at Seven". That was it - best just get on with it

The idea of the tasting was that the participants were to bring a bottle of wine of their choosing (it could be plonk, cru or whatever was on offer in Sainsbury's that week) and cunningly disguise the bottle. *Un gout* would then be served for people to comment on accordingly.

So, flat sorted-ish, candles lit, nibbles waiting to be nibbled, the door bell rings. Elaine arrives clutching among other things the surprise wine quiz (full marks for initiative - Ed.). This was a clever ploy to keep the restless natives occupied until things got into full swing. No sooner had Elaine arrived, then everybody else seemed to follow suit. The entry phone got more use in the following fifteen minutes than it had in the entire year passed!

Such was the vigour and enthusiasm to get on with the tasting that the bottles were not correctly catalogued on arrival. *Ce ne faire rien* as the Uzbeki's say. It didn't really matter. What was to matter were the antics of the "tasting panel" in reaction to the wines proffered.....

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