

Cosmic Bullsheet



The News Sheet of

The
Cosmic
Hillbashers

<http://www.cosmics.org.uk/hillbasher/>

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Q3 : (July – September) 2006

Editorial : Peter Larkin

Greetings Fellow Cosmics,

Welcome to the Q3 (July – September) Bullsheet and my second as editor The clicking of tongues resonates and is interpreted to mean ` A bit late isn't it ? Well, Yes – it is and I do apologise. I won't bother to offer excuses ... but rather hope the sheer quantity (and hopefully quality) of the copy is enough to silence those same clicking tongues and have you purring with delight instead!

Once again, there has been some experimentation with content / format ... hopefully to make it for you, the readership, more fun, though still retain all the essential information on runs / races / social events etc.

I would like to thank all those who have contributed – this is a bit of a bumper edition – So, thank you everybody for your contributions. It's my intention to try and cover all the races and main events if only with a paragraph or two with accompanying pic or two (interestingly the spellchecker wanted me to insert Pict there!).

Personally, I think a brief, light hearted, yet factual, illustrated account of a race / event provides as Flashman would say with a 'rollicking good read'. So, I'll maybe start soliciting race participants / spectators for a few words through the rest of the season.

As I mentioned in my first editorial, I'm open to suggestion and receptive to criticism, in a bid to try and optimally tailor the Bullsheet for the masses. I've been fed a couple of 'interesting' ideas already!

I'd like to also thank Sean & Fiona for the excellent work they've put in setting up and maintaining the blog spot. I urge those of you who haven't visited the blog spot to do so – it's informative and fun.

Fiona has also put a 'Blogging for dummies' guide together which will be distributed either simultaneously or shortly hereafter.

Thanks, as always, to stalwarts Rennie & Stewart and the other Committee members for their support and assistance over the last three moons.

Vos omnis couratis similis ventus!

Ireland in May – A tale of beer, incompetence and Dubs

by Derek Johnstone

Is it really essential or just handy? If it's the former – take it, if it's the later – don't. I can't remember who first gave me this piece of advice but it's a question I always ask myself when packing my bags, whether it's for an overseas backpacking trip, a weekend away, or when filling my bumbag before a hill race. On the day in question, I was actually packing for all of the above and perhaps the combination of requirements made me push a few things into the "handy" section that on another day may have been deemed "essential".



And so I headed off to meet Colin and Anne for the "Ireland trip" without the hat, gloves, long-sleeved running shirt and studded shoes that would normally be considered essential on even the most sedate of Cosmic runs. After all, this was Ireland, more or less in summer, on hills only just reaching Munro height and a good bit further south than I would normally run. Surely the only things to worry about in these southern climes would be sunburn, dehydration and how many pints of Guinness it was safe to drink the night before a hill run?

On the day of the race, we arrived in good time (thanks to prior organization from Colin and the generosity of a local runner who gave us a lift down from Dublin) and, although it was overcast on the high tops, it was mild enough down in the car park and I tried (unsuccessfully) to convince Colin that anything other than shorts would be too warm for the day's conditions.

The start of the run was pretty similar to a race in Scotland except that I noticed there were some runners with nothing but a bottle of water in hand and a few who appeared to be carrying nothing at all. However, nobody seemed too concerned and we set off up on the initial section which consisted of a steep climb on a rough track which zigzagged on up the hill. Within five minutes it had started to rain and after ten it had come on so hard that I had to pull on my waterproof top. Fifteen minutes into the run and the rain was thinking about turning to sleet and I was regretting my decision to run in shorts.

We headed up into the mist with the rain teeming down and the wind picking up speed with almost every step. I was now in the unprecedented position of running hard uphill and really feeling the cold. Let's just say that my outer extremities were taking the full brunt of it (the guys will know what I mean!). I could have stopped and put on my waterproof trousers but decided to keep going and try and catch the ghostly, silhouetted (and trousered) figure in front. I eventually did and was glad to find that it was Colin as two runners are less likely to get lost than one. We carried on up to the summit in very poor visibility and met up with some other runners.

After a few seconds discussion one of the guys headed off down the

hill. "Are you sure it's the right way?" shouted one of the Irish runners. "It's as good a direction as any" came the reply and we looked at each other not quite sure whether he was serious or not. A quick check on the bearing from Colin and we were off once more. A sign warning of "Danger - Artillery" concentrated the mind somewhat on the next section before we came down out of the mist and rain and onto one of the muddiest sections of track that I have ever encountered. A small climb and steep descent followed before the final long steady downhill on Land Rover track to the finish post.

We crossed the line together at around two hours and ten minutes and maybe it's an Irish thing, maybe it's because we were at a foreign event and in "holiday mode" or maybe it was just a relief to be out of the bad weather but somehow the time and placing at a race has never seemed so unimportant.

A quick wash in the burn to remove the worst of the mud and it was off to the inevitable nearby pub for a few pints of Guinness, something to eat and a heat in front of a roaring peat fire. Needless to say, most of the people who had done the race turned up and much discussion about the race, weather, life and the universe followed helped along by the obligatory dose of Irish blarney.

All in all, it was a fantastic weekend and one that has COSMIC written all over it. The atmosphere at the race was, as you would expect at an Irish event, informal and friendly. The only problem is trying not to stay out too long on the Friday before the race. At £32 for my flight and less than five hours from my front door to that first pint in Dublin it's no more expensive in time or money than a weekend on the west coast and if you need me to tell you why Dublin compares favourably with Fort William then there really isn't any hope. Check out details of the race on www.imra.ie (click on events then on Circuit of Glenmalure) or ask Colin, Anne G or me for further info. I would ask everyone to think seriously about going to it next year as it would make for a great Cosmic weekend.....In fact, you could say - it's essential.



A recent attempt on The Bob Graham Round. A synopsis of what happened...

By Steve Helmore

Saturday 10th June 2006, 0800 Rob Coles & I start from Keswick Moot Hall, going for an anti clockwise attempt. No pacers or bag carriers but roadside support from Anne & Margaret.

A little warm (27°C and melting tarmac in Wasdale). Decided on the option to abseil at Broad Stand (Anne's brother Peter in support).

Parted company with Rob on Pike O'Stickle, crossed road at Dunmail Raise at 2215. This effectively heralded the start of the night section along Helvellyn a little surreal in drizzle with no moon.

Left Threlkeld at 0350 but developed knee problem on Blencathra. Unfortunately this forced me to eventually stop on top of Great Calva at around 0600. The 'problem' left me unable to walk, but I eventually hobbled down to Keswick..... 'Close one but no cigar this time'.

Stuc a Chroin

By Peter Larkin

Saturday, 29th April 2006 was Stuc a Chroin down at Strathyre. This event, I have noticed, tends to engender hushed tones and

reverential bended knee when spoken about. 'Doing' it for the first time this year, I now know why by the end I certainly knew that I'd been out for more than a jog around Hazlehead. Salt encrusted eyelashes was a bit of an indication to the conditions ; warm, sunny day with plenty of snow on the tops.



Dennis and Keith Robertson (2 37 53 and 2 50 17 respectively) ran well and finished 13th and 29th in a strong field.

Lois (3 14 48) and I (3 26 50) vied for position through the first two thirds of the race only for Nurse Noble to pull away and strengthen in the final third.



Fiona ran seemingly quite comfortably clocking 3 19 39 and Elaine completed unfazed and having barely broken sweat in 3 45 18 and was ready to go off and do a 90 mile cycle before supper.

All in all a great day out and a humbling experience for me.

Cosmic Men Defeated At Glen Rosa

By Lois Noble

On Friday 9th June, an intrepid bunch of Cosmics left the haar of Aberdeen looking for sunnier pastures to trample with their Walshes – destination Arran and the Glen Rosa Hillrace. We fought our way through the haar of Dundee to meet up with Colin, who thought he was well behind schedule as he'd had one of Peter's infamously bewildering texts offering to buy him an ice-cream at Visocchi's in Broughty Ferry. However, Peter & Cosmics were not on the same mission that weekend, as we were subsequently to find out – he'd told us he'd like to come but his sister was visiting, (watch this space!).

Finally, just before Glasgow the sun began to peep out. We pushed on towards Ardrossan, with Colin ignoring all Elaine's pleas to stop for food as Ardrossan was all "boarded up" and there would be nowhere to eat – sure enough, it was and there wasn't, so we headed towards Saltcoats and found a lovely hotel – the only hotel and, upon stepping out of the car, were engulfed by the heat. Too hot to sit outside, we went in and sat at a table near the lit fire!

We met up with Bob & Helen at the ferry terminal, and after the obligatory photo shoot were on our way to Arran. The cars heaved their heavy loads up the steep, narrow and windy road to the bunkhouse, at one point we thought we'd have to get out & push. Having developed an aversion to snorers after an episode at Tulloch Station, courtesy of Keith "it couldn't have been me, I was awake all night and you don't snore when you're awake" Varney, Elaine kindly promised me a snore-free environment, only to have that blissful silence broken by what could only be described as a pneumatic drill, every time a tap was turned on or a toilet flushed – bring back snoring!

The evenings debate was kit. In the aftermath of an incident at Ben Lomond the organisers had stated, no kit, no run. However the

word "waterproof" had been listed and this sparked a GoreTex versus Pertex debate, the latter deemed by some, as inappropriate.

It was blazingly hot the next morning, the GoreTex / Pertex saga was forgotten, the quandary now was how much fluid to take given that the streams en route are few and far between – literally. All kit was checked, and passed, at the start, Pertex was acceptable. Photos were taken, water was drunk and sunscreen applied, then we were ready for the off and indeed it was hot.



For anybody who is not familiar with this race it is long, rugged, unmarked course which has 3 climbs of almost 2000ft, these being linked by fast descents and contours over rough ground. The final climb up North Goatfell & Goatfell can involve scrambling if you're not quick enough, (or too quick) to spot the bypassing paths. There is a long, stony run (my favourite!) off Goatfell, followed by a seemingly endless run through forestry before the finish at Brodick Castle. I managed to fall only once, and having learned by experience managed to hurl myself at a grassy patch, therefore only a little stunned this time.

Bob had called it a day earlier, Keith was overcome by the heat and I passed him walking down Goatfell. I finished, then Colin, then Rob. Elaine, who obviously felt the race hadn't been gruelling enough for her, decided to add a bit of her own and finished from the opposite direction! We waited for Anita, worried about her on the rough ground as she had hurt her ankle at Scolty the previous week. However being the compassionate souls we are, we needed her to finish to keep the ladies team in the championship – and finish she did, bruised ankle and all – well done Anita.



With the day's torture over, we enjoyed a great evening with the Deeside contingent who were sharing the bunkhouse. The meal was fabulous, and as we lazed outside, sipping our wine, enjoying the sea views, taking (more) photos and swiping the odd midgie, Elaine was heard to say "how do you get your nails like that?" Turns out it wasn't Anita's manicure she was referring to but Colin's battered toenails.



Just as we were all feeling relaxed, and me smug at having beaten the Cosmic men (I had to get that bit in) and won a bottle of whiskey, word of Peter's activities were leaking back from the Cairngorms and were set to deflate my ego. It transpired he'd been stealth racing at the Corgarth Picnic, normally the preserve of Alan Smith's pot-hunting ground, but as Alan was in Arran the title was up for grabs, and indeed grabbed by Peter, along with £25 and a

bottle of port and a cup, all for less than 30 minutes effort!! Ever our hero, he then gave the youngest competitor £10 of his winnings to encourage him to keep up running. Good on you Peter and good on the rest of us for finally getting Cosmic bodies to races, albeit different ones!!!



The ultimate accolade in 'Stealth' racing
(Article in Q4 by Derek Johnstone)

Mither Tap : Mid Summer Series

By Jason Williamson

The Cosmics agreed during their 2006 AGM that a summer series of 4 races would be held in the Cosmic run area. The Balmedie Beach was the first, second up was Mither Tap which took place on Tuesday June 20 and next two are to be announced. The Mither Tap results are available on the (newly rejuvenated) website (Ed. see later section).



A big 'thank you' goes out to the race organiser (Carl Pryce and family) and to the fantastic marshals who had to brave the delights of a mid summer race of Bennachie's Mither Tap in strong winds, thick mist and driving drizzle and Yes – it was a 'mid-summer' event!

The Ythan Challenge 2006

By Ashley Jermieson

Every new year deserves a new challenge and as a 'super vet' or 'has been' who has tried his hand at most sports, be it ice skating marathon running, skiing, cycling, hill running etc. it maybe actually *is* a quest to find one that is either easy or one that you seem to be able to do well at with little effort.

This year the Ythan challenge reared its head and as the organiser was a Cosmic (Eugenie) I thought it should be good fun – especially, when she said hill runners normally do quite well or else she just wanted to keep the numbers up! Race day loomed nice and clear - even sunny.

The story went something like this ; you got wet, muddy, more muddy and wet and it was steep (sounds like the average hill race and could it be steeper than Glamaig?). It turned out there were a few more obstacles just for fun. At the start line a few other cosmic vests were obvious. Anne (Stone), Kevin (Bruce) and Colin (Weir) were all there to show their abilities at some one else's sport. Peter

Larkin was there doing community service or so I thought - I actually think a bribe was passed so he could assist the girls down the scaffolding obstacle - don't mention the fireman's pole but he was insisting that he had to help the girls down who were too scared to jump (**Ed. only enforcing strict race HSE policy, Ashley!**).

Anyway, the start was fast and furious with about 2 to 3 Km on tracks and path before the obstacles started. Hay bales to be jumped over, tapes to be jumped, nets to be crawled under and, of course, the river crossing – oh! my mistake it is not a crossing but a navigation up steam for about 50 metres out over a high bank then straight up a muddy mess (thankfully I wore Walshes) and down the other side to end up in mud up to your knees! I can now see how people had said they lost shoes in previous years. So, more of the hay bales the nets and the mud with the army contingent looking out of their depth here - strange!

Then on to a decent little track that would eventually lead back to the sports centre and hot showers.



Funnily enough the legs would not respond on this piece of good track so perhaps the obstacles had done their job of sapping the strength out of them. I could see Kevin in front but knew I was not going to catch him. I made it over the line in 51 min 40 secs which gave me 18th place and first old man i.e. Super Vet.

Anne got first lady Super Vet and we all got excellent goody bags for our troubles. So, next year if anyone fancies a different day out

give it a try. If we had entered a team we would have got 2nd so next time we'd better be organised. Many thanks to Eugenie for organising such a brilliant and well run event.

Highland Cross 2006-07-06 By Anita Hamilton

The Highland Cross involves about 20 miles of off-road run (or walk) from Morvich in Kintail to Glen Affric, followed by 30 miles cycle (on-road) to Beauly – basically sea to sea by one of the shorter routes. The event has been run since 1983 and raises huge sums for charity every year. This year 220 teams of 3 took part. I was lucky enough to be invited by Elaine to join her "Chiffons" team (I think Elaine has done the event every year since 1996).

Our final line up for the Chiffons was Elaine, myself and Keith Robertson, a late replacement for Helen Mackie who had to pull out due to a back problem. This meant that the overall performance of our team was boosted but we were no longer eligible for the Veteran Ladies team prize that the Chiffons have often won in past years – Keith refused to dress up as an old wifey! Cosmics Colin Larmour (team of Dentists) and Jason (Garioch team) also took part.

Thinking about it afterwards, I probably haven't run 20 miles (as opposed to run/walk/climb hills for 20 miles) since my last marathon in 1984. And I have never ever done bike race. So my 20 year old touring bike was fetched out greased and dusted off, and, along with Elaine, I joined the slow group for some of the Fleet Feet Triathletes training runs of a Wednesday evening. Everyone laughed at my bike – after all it has mudguards and a pannier rack, doesn't have the skinny racing wheels and tyres, and is undoubtedly much heavier than everyone else's streamlined machines – but it does have an alloy frame (Reynolds 531), wheels and 10 gears. And, I could just about keep up!! The normal hill training had to suffice for the running part – no time for more – but things would undoubtedly have been better if I hadn't gone right over my ankle

jumping off a rock on the last descent in the Scolty race – it was still very swollen.

Race weekend arrived and Keith Varney, who had very kindly agreed to be our back-up man and driver, fitted 2 bikes inside his car, mine on the back and all the assorted luggage plus the team inside, then drove us to Inverness. Here we deposited the bikes, plus a bag each of kit (helmet gloves, spare clothes, drink, food), both duly labelled with our event numbers, to be transported to the changeover site. The organisers really do a fantastic job, transporting 660 bikes and kit bags across the country, and managing to unite the correct ones along with the numbered bib for the bike section in the correct order at the changeover site.

Our Pasta supper, for which Colin joined us, took rather longer than expected, so we were late arriving across at Ratigan Youth Hostel. Luckily the warden let us in the hordes of midges were less welcoming.



Race day dawned wet and murky. The other occupants of the female dormitory (there was not a lot of youth about) gave Elaine and I very strange looks when we dressed in our black lycra shorts and Cosmic crop tops (Ed. I hope you've got some 'promo' photos for GG)! After breakfast (Alpen and bananas for Keith R and I, beans on toast for Elaine) and only a modicum of pfafting, Keith V drove us to the start.

Finally we were all lined up, the gun was fired (a real gun!) and we were off along the rough track. Elaine and I had started fairly far forward, so we got to chat to a few people as they passed and admire the view of various young guys clad in brightly coloured skin-tight lycra suits (what is it with these cyclists?). As we warmed up and the sun came out the long sleeve tops and Pertex were shed. Jason and Keith ran together (in matching Cosmic vests) and Elaine and I were together in our new Cosmic crop tops, so there were lots of comments (and encouragement) at the water stations and so on about Cosmics doing well and the guys being well to the fore. We were taking a little water and maybe some Gatorade at each water station, but possibly this was not enough on a warm day.

While not a hill race, the track is rough and narrow in places, undulating with about 300m height to be gained. I was being very cautious especially when descending on the stony bits. Despite the dry weather recently there was quite a bit of water to go through though not above knee deep. The halfway point at Altbeithe youth hostel was reached in reasonably good shape (one of the numbered wrist bands was removed here), then the Athnamulloch bridge, where the "Fire Ladies" were giving out tea and refreshments to those who wanted, as well as water and Gatorade. Here, we saw one person (in the walking division) fishing as he went along, and also someone with bagpipes. At the next water station they said it was only 4K to go – they must surely have meant 4 miles! Not sure quite why this bit is referred to as the "Yellow Brick road" – it did not seem very yellow, but I was tiring rapidly and had to watch Elaine go away from me.

On the last stage through the forest we were attacked by midges, even the bit on the road seemed to go on forever. I was extremely relieved to finally see the changeover place. The second band removed, the marshals were calling out your number with a race helper immediately locating and presenting your bike for you. This was almost too helpful, even though I wasn't planning on doing a lot of changing of clothes, I still need time to collect myself, drink and reorganise some things before setting off again. I saw Elaine exiting the changeover on her bike and hurried after wondering if I could catch up.



I was disappointed to see that the start of the bike section was actually uphill, though it wasn't too bad and soon we started the promised descent. I wasn't sure how fast to ride the first section on the single track road – there are dire warnings in the route details about steep downhill and bends as well as many Beware and Danger signs posted en route (one of which created it's own hazard by falling into the road). It didn't seem too bad at first, but I decided that braking was probably a sensible option when I saw a guy standing at the side with a completely buckled front wheel, so I managed to get to the junction by Fasnakyle Power station unscathed.

I was also hampered by having cramp in both legs which never resolved itself the whole way – spinning faster in a lower gear didn't help, you had to keep pushing, but not TOO hard. I was worried that everything would completely seize up and I would fall off! I also realised that there was no hope of catching Elaine, and resolved to push on as best I could and hope to make it to the finish. In fact, as I rode into Beaully there were still young guys in lycra suits on very fancy bikes coming up behind, I had a minor overtaking battle with a lady on a racy looking machine and managed to finish just inside 5 hrs. Of course you have to stop abruptly at the finish to avoid piling up, then they give you your glass memento and tea ticket and cup of water and a medal is put round your neck.

I saw Keith V waving from the crowd and was struggling to push the bike and hold all this when Keith R (already showered and changed and had his tea) kindly took the bike off me. Elaine had finished 6 minutes in front – she said her calf felt a bit tight but otherwise had no problems. Keith R had done really well finishing in 9th place – he had been 5th after the run, but had also got cramp on the bike - in one leg - so had to cycle one-legged for a while! Also Keith said he might have finished 9th in the race, but he was first in the hall for his food!

Elaine and I made our way to the Ladies changing room; the Home team quarters for the Shinty team. In addition, Elaine discovered our own private facilities in the referee’s quarters where we luxuriated in the hot water. The guys complained we had been in there for over an hour when we emerged! Next, the hall for our tea – I was starving and ate it all. Next up was the prize giving. David Rogers had won, despite coming off his bike on the Fasnakyle bends and having to ride the rest of the route with a buckled front wheel – another person who crashed at the same place said he disconnected his front brakes to allow him to continue. There are a lot of awards, and it seemed a shame that many of the people due to receive them had not been able to stay for the ceremony. The very last person was finishing while this was going on (at about 6pm). Meanwhile, while we were sitting down, Keith V had ferried our kit back to the car, reorganised and loaded the bikes and everything. He then drove us to Inverness, where we went to Pizza Express – I was still hungry and ate all mine, then all the way back to Aberdeen.

Name	Time	Position
David Rogers	03.40.29	1
Keith Robertson	03.48.13	9
Jason Williamson	04.09.24	31
Colin Larmour	04.32.24	88
Elaine Stewart	04.52.23	170
Anita Hamilton	04.58.10	202

Would I do it again – yes I think so, if invited. Apparently next year Elaine and I would get special mementos awarded to all the over fifties! The whole event has a fantastic atmosphere, the organisers do great job with the logistics of it all, we got wonderful support

along both the run and the cycle route from the many volunteers at the water stations and so on. What would I do differently? More long distance training for the run, maybe try to work out how to eat en route better, and Keith will say that I should get a new high tech bike!

I would like to thank Elaine for organising the whole team. She had it all sorted from the accommodation to booking meals for both before and after, and most of all, I thank Keith Varney for giving up his time and driving us about, organising us and our kit, and giving all the support and encouragement that made it all possible.



Cosmic Social Events – Q2 Year 2006
Cosmic Social Events – Q3 2006
Social Secretary's Report – Elaine Stewart

Social Retrospective :

April

Thanks to Shelley & Ian for their huge effort in organising the Clachnaben Hill race and making it a great success. It is also greatly appreciated that some gave up their time and volunteered to marshal, the home baking at the end made it all worthwhile.

May

Thanks to Lois for inviting us all round to her house for a BBQ to celebrate her birthday.(and for Ashley and Gazza for doing the 'man's work' and tending the barbie)

Ramsay Round

The Ramsay Round long weekend turned out to be a great success with about 10 Cosmics all doing different variations of a theme. Some were out for 4 days others 3 days but we all did manage to meet up for a bit of a social on the Friday night at Tulloch Station. Thanks to Anne Griffiths for helping with backup, buying food for our sandwiches and driving out gear round to Mamore Lodge. Amazing **achievement** by Linda Smith for doing most of it, camping out and sticking with Steve Helmore and Rob Coles for a couple of the days. Photo's available from the following web site.

<http://cosmicphotos.blogspot.com/> (Ed. See section on the blogspot)

What will next year's challenge be?

Forthcoming Features

July

Tuesday 11th

Stuart Hunter is celebrating his 40th birthday and would like to invite everyone back to his place after the next Krunce. Bring along some food and your own drink.

Saturday 15th

Cosmic Weekend Away - Glamaig Hill Race, Skye
Still some bed space left in the Hotel if anybody is interested, or the alternative is camping.
The race is 4.5 miles, 2400ft, entry fee £3 on the day which includes a free drink and a hot meal in the Sligachan Hotel afterwards, race starts 3:00pm.
Possibility of doing a mountain bike ride up the Bealach-na-Ba on the Sunday, good training for those participating in the 90 mile race.

August

Saturday 5th

Creag Dhubh Hill Race – British and SHR Championship Race

Good turnout of Cosmics needed for this one, gains plenty of team points.
The race is 4.5 miles, 1225ft, entry fee of £2 and starts at 3:15pm from Newtonmore, should be quite a spectacle as it's part of the Highland Games.

Weekend of 12th/13th

Cosmic Bike Ride

Route yet to be decided – any ideas? We can start discussion and try and move things on a bit.

September

Saturday 2nd

Cosmic Weekend Away - Ben Nevis Hill Race



For those who have entered the race, let me know if you require accommodation and I will book somewhere for the Friday and Saturday nights.

Saturday 9th

Trip to the 'Carron' Art Deco Restaurant in Stonehaven.

<http://carron-restaurant.co.uk/>

BBQ's

There will be a BBQ after the Forvie Sands run in Newburgh and also at Shelley and Ian's some Tuesday night after the run. Dates yet to be decided.

House Warming Parties...

There is the possibility of three house warming parties coming up in the next couple of months.

The following Cosmics have just bought new houses...

Sean & Sarah O'Sullivan,
Fiona Dahl & Dennis McDonald
Margaret Stafford.

We wait with anticipation!!

**Don't Forget.....
Tuesday Night Is Pub Night**

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Miscellany & Trivia

Clearly the following announcement comes under the heading of miscellany and not trivia :

"Congratulations to Cosmic couple Katy Boo and Peter Ferguson who tied the knot on June 24th at Badaguish. Peter pedaled Katy, in her elegant bridal attire, up the aisle through lines of well wishers holding colourful umbrellas - on a bicycle made for two! (Wait for the photos!) Luckily the sun came out for the ceremony held outside against the splendid backdrop of Meall a Buichalle. Then the horn was blown, the champagne corks were popped and the midgies chased us indoors for Peter's photo extravaganza. Great nosh was followed by some hilarious speeches, a whirling celidh and a fantastic firework display ignited by Wilson, Tony & Co. A great time was had by all and we wish them both lots of fun-filled biking and running together in the years to come."

10 Years Ago Today :

Bullsheit Q3 1996

- Featured recognition of Steve Pryor's successful completion of the Pembrokeshire Coastal path (Stats for those who consume such information : 180 miles, 31,500 feet of climb, completed by SP in 77h 13m 21s). A detailed account was featured in the November Cosmic Comic.
- Ewen, Elaine and Ann (Anderson) all competed in the 1996 Highland Cross with the ladies (and an acquired vagrant triathlete) picking up the Ladies Veterans prize.
- Brian Lawrie took early retirement to set up a boutique (?)
- It was noted that Ewen was trying to sell off a duff batch of Cosmic pens for 50p a chuck and threatening to order Cosmic Car Stickers (Ed. I remember this point being raised at this year's AGM but being poo-pooed).



5 Years Ago Today :

Bullsheat Q3 2001

- Phill T's editorial referenced the fact that a significant sum of money had been raised by the Cosmics for the Mercy Ships charity. Tim Griffen and Catherine Mangham seemingly being instrumental in the process.
- Ann Anderson managed to get stranded in Kathmandu ... a witty article ensued which basically boiled down to a whinge. She did however, prophetically point out the following : "if this country does not have a political uprising soon, I shall be amazed"
- Rear Admiral Searle took the opportunity to enlighten fellow Cosmics of his nautical exploits. Ian sent his dispatch of the arduous Singapore-Hong Kong - China leg of The San Fernando race from a luxury condo in Singapore.
- Foot and Mouth was still ravaging the land - the Cosmics running programme was effected as a consequence. However, "Socially Correct Cosmic" (as quoted by the Master himself) was in the business of devising alternative cycle trips as an alternative.
- Climbing trips in the Pamirs were being touted by Rick Allen and his Company - The Great Game Travel Company (Ed. That free plug's got to be worth something, Rick ?) Were there any Cosmic takers ?
- Doug Gantenbein was promoting the definitive "treatment of blisters" in a (succinctly ?) headed article entitled : "An Ounce of Prevention treating Blisters On and Off the Trail"
- A missive by Sarah Yang who was making the case for whether or not it's advisable to exercise with a cold or flu

Cosmic's Website Update and the art of Blogging

By Fiona Dahl

As some of you will know Sean (with a small amount of help from me) has been working hard on a new version of the Cosmic's website. We just have to sort out a few technical hitches before it goes live. The updated Cosmic website will be available at the original address www.cosmics.org.uk once it is up and running and at first glance you probably won't notice much difference...but we have decided to opt for a slightly different approach this time to enable more people to become involved with keeping the website up to date in the future.

The new approach involves 'blogs' and a number of the pages on the new site will be linked to blogging pages on the website www.blogger.com. This means that anybody that is given access (by Sean Ed. See note in red below) will be able to upload information to a particular page. A number of you will already be aware of these blogging pages as they are up and running on blogger.com.

Race Reports

<http://cosmicsreports.blogspot.com/>

Race Results

<http://cosmicsresults.blogspot.com/>

Photos

<http://cosmicsphotos.blogspot.com/>

Ewen's Tips

<http://www.cosmicsewen.blogspot.com/>

Social News (not updated yet)

<http://cosmicssocial.blogspot.com/>

If you're feeling brave you can contribute to discussion and debate by adding comments to a blog. Just click on the 'Post a comment' link at the bottom of the blog and selecting the anonymous option (unless you have signed up to the blogger.com website).

Important : The main thing is you need to register at www.blogger.com and create an account. Once you've done that email Sean with your username and he'll give you access to the Cosmic Social news pages and then you're away!



If anyone has any photos, training tips or social items please email them to Sean or myself and we will add them to the appropriate blog. Tips on how to upload photos to the web to follow in the next Bullsheet!

Please do send us feedback either now or once the new website is up and running but bear in mind we're not IT whizzkids (specially me!) so we probably won't be able to meet everyone's expectations straight away!

(Ed. In addition, it seems demand is such that the Bullsheet is still a popular medium and so therefore still needs to be fed with articles and information. So, any articles / information should be forwarded to Peter Larkin too. On the Blogging front - Fiona has put together a series of slides which pretty much forms a guide to blogging - 'Blogging for Dummies' you might say. It's quite a hefty file and blows the 1 MB Yahoo threshold (even if Zipped or Win RAR'd).

Tuesday Night Venues			
Date	Location	Grid Ref.	Apres Ski
4 th July	KRUNCE 4	NJ 851055	Roo's Leap
11th July	CAIRN WILLIAM	NJ 683152	Grant Arms
18 th July	FORVIE SANDS	NK 003270	Barbecue at Hackley Bay
25th July	KERLOCH	NO 768924	Old Mill Inn
1st August	KRUNCE 5	NJ 851055	Roo's Leap
8th August	MILLSTONE	NJ 672190	Grant Arms
15th August	SCOLTY	NO 691949	Barbecue?
22nd August	DURRIS	NO 762916	Old Mill Inn
29th August	KERLOCH	NO 768924	Old Mill Inn
5th Sept.	KRUNCE 6 (Presentation)	NJ 851055	Roo's Leap
ALL the FOLLOWING WILL START at 6-30pm			
12 th Sept.	NE KIRKHILL	NJ 845116	Bucksburn Manor
19 th Sept.	COUNTESSWELLS	from Riding Stables	Bielside Inn
26th Sept.	RIVERSIDE	Run from Duthie Park Winter Gardens CP	TBA

Note (i) : Meet at Hazlehead at 6-15pm or venue for 6-45pm approx.(depending on distance from Aberdeen). For Krunces go straight to venue (GR-NJ851055 - remember number and £1)

Note (ii) : Late summer : The 3rd Tuesday of July and August will be a 'Summer Series' race - watch the Yahoo Newsgroup e-mails for details.



RACES and Saturday Runs			
Date	Location	Grid Ref.	Time
Sat. 1 st July	GREEN HILL	NJ 654132	0945
Sat. 8 th July	KERLOCH	NO 699917	0945
Sat. 15 th July	Glamaig HR <i>(not local but usual trip)</i>		1500
Sat. 22 nd July	BENNACHIE from Rowan Tree	NJ 691224	0945
Sat. 29 th July	Ben Rhinnes 5 Tops	Dufftown HG	1200
Sat. 5 th Aug.	Aboyne Hill Race	Aboyne HG	1600
Thur. 10 th Aug	Ballater Hill Race	Ballater HG	1500
Sat. 12 th Aug.	SOUTH DURRIS	NO 788892	0945
Sat. 19 th Aug.	Tap O'Noth Hill Race	Rhinnie HG	1400
Sat. 26 th Aug.	Lonach Hill Race	Lonach HG	1500
Sat. 2 nd Sept.	Braemar HR (or Ben Nevis Hill Race)	Braemar HG	TBA
Sat. 9 th Sept.	MILLSTONE	NJ 672190	0945
Sat. 16 th Sept.	Cairn William HR		1500
Sat. 23 rd Sept.	Morven Hill Race		1300
Sat. 30 th Sept	KERLOCH	NO 699917	
Sun. 1 st Oct.	Bennachie HR		1400

