

Cosmic Bullsheet



The News Sheet of

The
Cosmic
Hillbashers

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

Issue No. : 49

Q1 Jan – Mar 2009

and profiles in the Fellrunner and have attempted my first Cosmic interview. This issue it features Peter Larkin – previous Bullsheet editor, social sec and wine taster extraordinaire – and yes Wilson - I've even included some photographic evidence of him running up hills!

Sarah has now updated the Cosmic website so if you have any shorter race reports you're welcome to contribute to the blog and do check out the calendar for 2009's hottest races.

2008 had some great Cosmic successes including Ian Wilson and Lois' success at the Scottish Island Peaks, Elaine's 11th place in the W50 race at the World Vet Mountain Running Championships as well as lots of local achievements some of which are included in a summary of Anita's report from the AGM. Hopefully 2009 will be another year to remember - enjoy your running and good luck for your 2009 races.

Fiona

Cosmics survive the World Mountain Running Long Distance Challenge 2008

by Anita Hamilton

The 54th Three Peaks Race was nominated as the World Mountain Running Long Distance Challenge for 2008. Online entries opened in November and were full (apart from Overseas runners) by a day and a half later.

The race is billed as 24 miles and 5000ft; it starts at Horton in Ribblesdale and takes in Pen Y Ghent, Whernside and Ingleborough, finally returning to finish in Horton. The classic route has only varied slightly over the years.

Editorial : Fiona McDonald

Greetings Fellow Cosmics,

Welcome to the Q1 2009 Bullsheet and my first as editor.

I thought we should resurrect the Bullsheet as I had really enjoyed previous issues with tales of derring do, general witticisms and ravings from mad Cosmics. Although I follow on from a number of erudite editors the last recruit might be a slightly easier act to follow!!

I would like to thank all those who have contributed to this issue. The Bullsheet largely depends for its content on all those of you who take the time to recount your exploits so please think about sending in a report after your next race, weekend trip or social gathering.

For those of you who are FRA members and get their glossy magazine through your door every few months (I'd highly recommend joining just for the mag!) – the Bullsheet is but a poor relation. However, I have been inspired by some of the interviews





Seven Cosmics (Elaine Stewart, Bruce Manning, Dennis McDonald, Colin Larmour, John Colegrave, Rob Brooks and Anita Hamilton) managed to grab a coveted place, and after doing not nearly enough training travelled down to Yorkshire with Peter Larkin, Ann Griffiths and Fiona Dahl in support. Race day dawned rather damp, but not

too windy or anything. We walked down to the Start field in the village, which was full of marquees and Portaloos. All too soon we were lined up behind the big inflatable gantry at the start, then off into the lanes leading to Pen Y Ghent.

Because it was an international event the course was extremely well marked with flags every few yards, no need to navigate with the compasses we were all carrying. Luckily the weather remained fine too – apparently it rained a few miles away at Kirby Lonsdale - so no need for the regulation full body cover. One surprise was the amount of extremely boggy slippery ground, I saw a couple of guys fall headlong in the mud (on the flat) and at one point I ended up thigh deep! Perhaps we should all have chosen to wear our studded shoes rather than trail shoes after all. For myself (and I think the rest of the Cosmics, especially poor John with sore feet still from the Highlander) the problem was not the three big hill climbs, but the long stretches of running in between. Also the fact that there were 2 timed check points in the valleys between Pen Y Ghent and Whernside and Whernside and Ingleborough. I was definitely relieved to pass the last of these with over 15 min to spare, so I could relax a little as I headed over to the last peak. Our Yorkshire friends, Michael and Andy, were there to encourage us on the climb up Ingleborough and offer drinks and jelly babies. The final descent went on for ever and ever, sections of limestone pavement were particularly cramp-inducing, but there to support us were Peter and Cher, and Fiona, Anne and Rob – who unfortunately had had to retire on Pen Y Ghent due to an upset stomach but still made it across to cheer on the rest of us. At last I arrived down at Horton, through someone's garden (that's where the route went, honest) across the road and round the field to finish. I dibbed the dibber for

the last time and got given a slate medal (nice but cold against the skin) and a printout with all the split times.

Jethro Lennox put in a fantastic run to win the championship for Scotland in 2.53.29. He was only about 10th on the descent off Pen y Ghent (the last time us plebs saw the elite) so obviously did well on the 2nd and 3rd hills. Fiona and Anne took a good pic of him literally “frothing at the mouth” on the last descent. Thomas Owens (running for England) did an amazing descent of Ingleborough storming through to take 2nd, leaving Slovenian Mitja Kosovelj (who had been in the lead off Whernside) in 3rd.



First woman was Anna Pichrtova (Czech Republic) and she broke the Women's record which had stood since 1996 by two minutes (3.14.43). Angela Mudge unusually had to settle for 2nd in 3.20.53. Cosmics were led home by Dennis (3.51.04) followed by Colin (4.28.29), Bruce (4.39.17), Anita (4.50.50), John (4.59.52) and Elaine (5.01.53). Detailed perusal of our SportIdent printouts (with the aid of Bruce's laptop) showed that if the race had gone on for another peak or three, Elaine would probably have overtaken all of us except Dennis.

The overall statistics were: 902 entries, 759 starters and 685 finishers (74 retired or timed out). There were 21 under 3.10, 124 under 3.45, 378 under 4.45 and 162 under 5.45. The event was well organised with a great atmosphere - enough Portaloos and tents for shelter at the start, drinks provided at 4 places on the course and you could have your own personal drinks taken to 2 of these (when I arrived at the Chapel le Dale checkpoint a marshal was holding out my bottle for me!), and lots of support from folk around the course. A great Cosmic weekend!



Larkin about in the Hills

- an interview with Peter Larkin by Fiona McDonald

How and when did you start running?

At school. I competed in the South London Schools Cross-country Championships when I was about 14. The major risks were not getting lost or getting hypothermia; in South London the stakes were higher. While out training in a local park I was shot by rivals from another school with an air pistol! Later on I took to trail running through the deserts and mountains while working out in Dubai, in the Middle East.

What is your favourite run?

Definitely Clachnaben from Glen Dye (*no surprise that he requested this for his last moonlit run then - Ed*) because you have the granite tor in your sights for most of the way and it's an easy distance. One of the longer runs I really enjoyed was the Gordon Way from Sluie Hill to the Bennachie Visitor Centre.

What is your favourite race?

Stuc a Chroin because it brutalised me.. (*but after a quick pause for a mouthful of chips this was quickly changed to*) - no, Glamaig - for all the well-known reasons!



Stuc a Chroin 06

What was your toughest race?

Carnethy with a hangover!

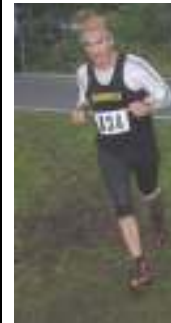
Who has been your greatest adversary in races?

Derek and Gary although in longer trail races, my best discipline, I would try and give Colin Larmour a run for his money.

What are your most startlingly running achievements?

I'm not often a prize winner but I do cherish the memories of the trophy I won at the Corgarff Games Race. My cunning plan to head for Corgarff while all the other local runners headed south for the Glen Rosa championship race, including many times winner Alan Smith, left the field wide open! Mind you I did donate half my winnings to the youngest competitor. My other claim to fame is that I introduced Rob Brooks to hillrunning and

taught him everything he knows!!



Ben Nevis

What is your best bit of kit?

Montane windcheater 'comfort ball' - best value £ for £.

(*A personal recommendation for the new Cosmic Montane tops Rob is ordering...*)

What are your favourite running shoes?

Adidas Swoops - they've got the best general purpose grip and are pretty tough - they've survived a Ben Nevis race!

What do you prefer to eat pre-race?

Nothing - if essential would opt for banana or dried apricots

What do you prefer to eat during a race?

Jelly babies or Cliff bars.

..and post-race?

Favourite all-time post-race nosh is the home-made soup at the end of the Devil's Burdens Relays.

What is your ideal training week?

Tuesday - Cosmic training (*Of course! Ed*)

Wednesday - Circuits at lunchtime

Thursday - Run & gossip with Lois at Countesswells

Friday - Swim at lunchtime

Saturday - Cosmic run

Sunday - A gentle cycle to the Marine in Stoney

Monday - Fish & chips at the Ashvale followed by Spooks!

(*Funnily enough we're at the Ashvale doing this interview!*)

What do you do when you're not running?

I also like playing rugby, white water canoeing and sea-kayaking. And believe it or not I spent 5 years competing in triathlons, swimming every day. This was mainly when working in sunnier climes when the training did seem a bit easier. (*Is that why he's heading down south to get in some proper training in time for the Olympics? Ed*) From my new abode 'The Bothy' I'll be able to

cycle commute to work and run into the fields straight from my front door.

What do you do for a living?

I'm an engineering geologist but more recently have been a discipline manager. I used to work aboard cable laying ships – outside the North Sea it was quite relaxed. I used to keep fit by running up and down the stairway – every one thought I was stark raving mad! When I go down south I'll be co-ordinating a team of geoscientists and other disciplines such as geologists, meteorologists, oceanographers and environmentalists to do various marine studies.

Do you have a favourite Scottish hill?

Ben Loyal with Suilven a close second.

What is the most exotic hill you've climbed?

Highlights include the Al Borz Mountains in Iran, Mount Toubkal in Morocco, Mount Fuji, Jebel Acthar in Oman and Kelimetu in Indonesia.



Where would you most like to go now?

Patagonia.

What is your favourite tippie?

Wine of course - my penchant stems from an academic interest in complex interactions with geology! First choice would be a Sauvignon Blanc from the Loire Valley – the vines are grown on chalk or limestone soils - but I do like the sparkling wine from Denby's Vinyard outside Dorking in Surrey – it's very like champagne...

Do you have a hero/heroine?

Paula Radcliffe, I admire her resolve, the way she has come back to try again despite various upsets like the Athens marathon. Also ex-Cosmic Roman Helenko who has the most amazing scree descending technique! (and an amazing ability to survive on mainly beer! Dennis)

Any favourite Cosmic memories?

I enjoyed the Bob Graham expedition we did a few years ago in the Lakes. The funniest incident has to be the first wine tasting that I held at my flat, when Ann G and Lois ate the frankincense!! They thought it was some kind of sweet - I told them you had to 'heat it' and they thought I said 'eat it'!!



What will you miss most about Aberdeen?

(The beautiful scenery, his wonderful Cosmics pals? - Ed)

Derek's rantings and the Ossian beer that you get in Under the Hammer.

Which club will you join when you head south?

Probably Winchester.

Are you planning any particular races next year?

Clachnabnen, Glamaig, The Two Breweries - in a respectable time...

Two trail marathons – the South Down's Way and the Clarendon Way ...or the Mendip Muddle ... or maybe even the Three Peaks...

A little bird told me that you have a big birthday coming up – do you have anything special planned?

Yes, I'll be 50 in December 2009. I have thought about a '50 miles in 50 hours drinking 50 pints challenge' – a guy in Forfar managed 60!! On second thoughts a 50 mile route near Stoney would be good... some kind of 'summit to sea' event with mountain biking, running and road biking....any takers??



WMRA 06

A Mincing Fiasco

**Shocking News – Cosmic Compo organisers to be investigated!!
...BBC Governors “not amused”**

By Mike Stone

Yes, in only the second year of competition the Cosmic Mince Pie extravaganza event is to be investigated by regulators following complaints from viewers over potential fraud and vote rigging. The organisers have so far failed to respond to allegations but an announcement is expected soon. The BBC are said to be 'spitting feathers' (or was it crumbs?).



According to well known sauces (yes, that's the correct spelling for this lot) complaints arose following the viewing public's outrage at not having their votes accepted during the live competition – it seems that amongst the Chief Judges; Simonetta Cowbell (also known as Margaret the Queen of

Bakers) comes in for most criticism for clear bias in her 3rd place award to friend and one time Strictly Come Dancing partner Ian d'Sergent with his clearly unusual (and illegal) cheese additions. The BBC has vowed to investigate this issue thoroughly. Following questions in the Houses of Parliament earlier today, it is thought that a special government commission may be set up under the chairmanship of Dame Delia Smith with a remit to start its work early in the New Year (or at least when the Sales have finished in January, or February, or March or April sometime – credit crunch allowing).

In this year's highly charged event; twelve entries fought very hard for the top place in this international event which was won by



relative newcomer to hill running circles Gillian (I'm A Teachers Pet) with a novel idea on what a mince pie should be – she presented three beautifully made but **topless** comestibles complete with unique Cosmic runners adorning the tops (photos on p3 of today's Sun for those of you interested in such smut

(Derek)). Again, controversy wasn't far behind when the judges were forced to reach for the rules book for the definition to discriminate between a pie and a tart – however, part-time judge and hooverer-upper of pie samples; Lois (the Crumb) said she knew what a tart was and these didn't count under that category.

Second place this year went to 'Bob – B' as opposed to someone who looked very like him entered as 'Bob – A'. However, it was clearly the unusual use by 'Bob – A' of a horse's insemination syringe-tool-device during pie filling that put the judging team very much more in favour of the second of the doppelgangers efforts.

As if this wasn't enough entertainment for one event, there was controversy to be observed in just about all the entries this year; it is believed that the Delia Commission may be consuming evidence for a very long time next year (well until her next book release has to be promoted around the middle of next October). Local sources confirm that the Treetops Hotel has offered a spare ball room following the recent completion of another sort of (by-pass) enquiry.

An orthodontists' near perfect submission by Cosmics' fastest dentist, Colin Zesty (orange for the technical amongst you) was spoiled by the flagrant use of the newly presented Pie Shield as a platter – bad form and he lost a few points on that one.

Secret Special Agent Matt Mulder (see later for explanation) put forward a commendable entry which although it did look like a gravy substance seeping out of the sides (it was in fact part of his

interesting design innovation) found favour for his clear hard work and effort especially given that he admitted he isn't usually allowed to use the oven, ever, ever – newly married life is clearly bringing on some new skills.

Another zesty entry came from Kevin the Red who stuck by a traditional, rustic, and probably more authentic North East Scotland pie; but sadly this year the judges were looking for a more contemporary presentation to suit the new breed of viewing public, or so the judges thought.



Controversy raised its head again when Judge Dennis (Chief Taster of the team) was also presented with his new spouse's entry – could he continue in his honorary role for the night? If he did would he be biased? If he wasn't biased and said he didn't like them, then what would the domestic scene in the new household be like? No one crosses Fiona the Pharmacist and gets away with it – allegedly. As it was, a sound but slightly technicoloured (the judging team's words and not your reporter's) entry was found to be very good, but not in the first rank this year, due mainly to a technical problem with a thermostat. So honour was restored on all sides and Judge Dennis knows what he will be doing with his electrical screw driver this weekend.

Chief Cosmic Chair-woman-person Anita, although lower on the entry card did manage to amuse and stimulate the tiring taste buds, especially those of the by now nearly sozzled judges Gary (Structural Consultant to the panel) and Judge Rob The Bike (trainee bon-viveur, following on from the recently relocated and probably worn out and missed Peter L). The use of mango and extra, extra, extra brandy did go down well; and in the Man On The Streets' opinions would have scored well in the public vote, hence all the hullabaloo at present.

The much discussed and anticipated Jenny entry was marred by an admission to skipping training to make her pies (no Cosmic skips training to cook - ever – note from Chief Coach Lumberjack Ewen)

and the lack of alcohol, any alcohol at all, made it an unlikely winner. However, coaching objectives have been set for next season.

Finally, the international entry came from our globetrotter Ashley 'I'd rather go to Goa yet again than go running in the hills', who having returned from his latest 5 month Beano was heard to say he'd managed to find some leftovers from before they went. It's not often you have a stunned silence from our row of esteemed judges or the participating audience for that matter.

There is some talk for a special award next year for services to espionage. Agent Mulder, clearly unhappy at his reception from the panel was seen to harangue the judges, argue over rules on what defines 'home-made' and making the best use of pie makings equivalent of football's 'tripping up in the box'. We can see with so much passion a very strong entry in the 2009 event.

Well done to all and Elaine for another excellent evening (I've missed out a lot of what went on with Ewen's quizzes and the tons of great food), apologies to all offended, again.

Happy Running in 2009,

M

KIMM 2008 – the story behind the headlines!

By Sean O'Sullivan

This year the OMM was forecast to have bad weather - so what? It's always at the end of October and every year a bunch of people get too wet or cold to carry on, so what more can we get? As you may have noticed from the national news reports at the time, the Lakes threw everything it had at us, at 80mph!

Having said that, the weather wasn't as bad as the reports

suggested...

My partner (my sister, Clare) and I were fortunate in dossing on someone's floor in Kendal on the Friday night, so we set off early to Seathwaite and eventually joined the queue of cars trying to get into an already muddy field, which was getting chewed up with every new car. Dashing round at the last minute, it was only when we were 20m from the start with 5 minutes to go that we got to look around at the hills and the weather - it all seemed normal for October, so I stuck with plan A: shorts, windproof, hat and gloves.

As we set off from the start, we found out what the bad weather alternative was: a reduction in length of the B course from 23km to 10km and now mostly on paths. This wasn't a huge problem for us, as we had moved up a class and were quite happy to 'perform' at this level so easily!

Getting higher up the hillside before the first control we started to feel the wind, then we noticed folk coming down the hill - surely a strange route choice? Another 100m higher and the rain really began to make its presence felt as it stung my legs, so out came all the waterproofs... Then, another 100m higher it was obvious that the waterproofs weren't enough as my arms were being pummeled through the fabric.

We discussed the options and decided that we had come this far, so it would be churlish to turn back until we were beaten, so we carried on, now picking up the first control and contouring round to the excellent path at Styhead Tarn.

By mid morning we had the wind on our backs and were racing downhill with half the course completed - a pretty weird feeling. As we ascended the other side of the valley Clare's legs began to show their disapproval as I coaxed her up the hill with promises of electrolytes and energy drink at the finish. When we made it higher up, again buffeted by strong wind and rain, the path flattened out and we had to cross a few swollen streams, which didn't really prepare us for the control (Stream Junction) that literally had water flowing through the kite. I lowered Clare down to punch the control and dragged her back up to plod over the crest of the ridge and make out final descent to camp.

This last stage proved to be the most fun with an excellent path from the top and lots of teams fussing and trotting down the hill, as we raced past (perhaps they knew the race had already been cancelled?). We discovered a new skill in overtaking teams on river crossings. Conveniently other teams turned away from the usual crossing points to where the streams were narrower, while Clare and I linked arms and ran through. Lower down though, we did see one team up to their waist in water on a bridge that only covered the middle 50% of the swollen river!

NEW COSMIC BUFFS FOR SALE

1 for £8 or 2 for £16!!

Contact Rob Brookes - can do mail order!



PLUS COSMIC BUFF COMPETITION

Take plenty of crazy photos of Cosmics in Cosmic buffs in 2009 and send your best ones to me to enter the Cosmic Buff Photo compo. If we get enough decent photos we plan to create a Cosmic Buff Calendar for 2010.

Amazing prize for the winning cover photo!

At the finish it was disappointing to be told the event was cancelled but we made the most of it, getting a hot drink in a barn before heading over Honister Pass back to the car and event centre. This proved to be the biggest challenge of the day with

gale force winds blowing rain, rocks and cars down the hill with such force that frequently progress was impossible. It is just a road though, so it was never in doubt that we'd get to the top, where there was a convenient rest point: a tea shop! Braving the rain again, we ignored the advice of the cafe owner and headed down the hill, fording the waist deep puddles on the road, getting cramp half way across etc. After half a dozen cups of tea or soup and a bowl of Wilf's chilli in a marquee pitched on a stream we finally made the choice to spend the night in the car. The only problem with this plan was that the car in question was a Micra, so we didn't really sleep much. When daylight broke the rain had stopped and with a helping push we drove out of the field and over the hills to Keswick, only to find out that the world and his dog had already texted Clare to see if she was 'alright'. Perhaps the only conclusion to be drawn is that it helps if you are already 2 cans short of a six pack before you set off to do the OMM!

Update from Down Under

- **emails from Bob Sheridan & Helen Mackie**

To Cosmics

Just to update you all on what we are up to now we are settled in Auckland.

We have decided to do more swimming and the attached pics show Helen sticking to her resolution this afternoon (that is early Friday morning to you in the UK) doing lengths of the pool.

Life here is good. We are now living near the centre of Auckland, having tried living by the sea but finding it too isolated. We live within 20 minutes of the CBD here and have many dormant volcanoes to walk up. Cycling and running are coming along and we are even toying with the idea of doing a triathlon with an open water swim. Only because the sea looks so good and they don't do pool swims here.

We wish everyone well for the New Year and look forward to many visitors.

Bob, Helen, Chris and Isla



Hi Ewen, Janet and Cass

Happy New Year to you all. We decided that the pool was 10 metres so 160 lengths to the mile and actually it is not ours but the neighbour's pool but they are on holiday and allowed us to use it. We are looking for a house with a pool to buy (we are just renting just now) as it can get really hot and sticky here. The CBD is the Central Business District or downtown Auckland. I have never lived in a city but it is fantastic here. We live so close to so many superb parks and beaches and shops if you like that sort of thing but we are so busy cycling, swimming and running that shopping is not an option! This morning we were at the most fantastic mountain bike park with Chris (he is here living with us now) and on Sunday we are learning to kayak down in the harbour. The harbour is very sheltered with many islands so it is quite safe and you can kayak over to Raingitoto (the volcano in the harbour) climb it and kayak back.

We have both joined the Auckland Joggers, a running club that has been going since 1962. It is mainly long distance road running but good fun. Average age is about 50 though so Bob is one of the babies and one of the fastest. We run for 90 minutes on Tuesdays and an hour on Thursdays with routes all over Auckland. It certainly helps you get to know your way about the city and amazing how much ground you can cover, we seem to go miles.

Isla is also having a ball here enjoying all these great parks and



enjoys being an only dog I think, being spoilt by all and not having to compete with anyone.

Bob & Helen

(Thanks for passing on the email Ewen – Ed)

Summary of Secretary's Report for 2008

By Anita Hamilton

Cosmic Hillbasher's organized races were well attended and went well – Beach Bum (48 runners), El Brim-ick (45 runners and 5 Juniors), Clach na Ben (63 runners), Cairn William (31 runners plus 8 juniors) and most took place in pleasant weather. For the Krunce series 2008, 106 people did at least one race with an average turnout of 40-50 (the highest was 57), and was won by Rob Brookes, with Elaine Stewart 2nd and Kevin Morrice and Barry Ingram tied for 3rd. The Cosmic Summer Series, which took place on the 3rd Thursday in the month, attracted a total of 99 entrants with 24 people completing the series by doing 3 out of 4 races and 11 people doing all 4. In the Cosmic Championship, 44 people did at least one race.

Prizes for the Summer Series races and the Cosmic Championships were presented at the AGM in November.

Summer Series Winners 2008

1st Male: Dan Whitehead (Cosmics)
1st Male V40: Alan Smith (Deeside)
1st Male V50: Bruce Manning (Cosmics)
1st Female: Briony Curtis (Edinburgh University)
1st Female V40: Gillian Clunas (Cosmics)
1st Female V50: Anita Hamilton (Cosmics)

Cosmic Championship Winners 2008

1st Male: Jason Williamson
1st Male V40: Dennis McDonald
1st Male V50: Murray Bryce
1st Female: Fiona Dahl
1st Female V40: Elaine Stewart
1st Female V50: Elaine Stewart

New Cosmic Committee for 2009

Secretary: Anita Hamilton
Treasurer: Colin Larmour
Membership Secretary: Matt Brettle
Social Secretary: Elaine Stewart
Men's Captain: Dennis McDonald
Ladies' Captain: Fiona McDonald (& Bullsheet)
Website Master & Mistress: Sean & Sarah O'Sullivan
Assistant Coach: Mike Stone
Assistant Social Secretary & Kit Meister: Rob Brookes

Welcome to New Members

There seem to be lots of new people turning up for Tuesday night training at the moment – hope you are all enjoying the pain – come along to our next social and get to know us all a bit better. Hopefully for the next issue I'll have more details about some of our new recruits but here's a bit about Neil for starters.

Neil Dewhurst

Neil lives with his family in Broughty Ferry but works at Fairfield Energy in Aberdeen during the week. Alistair Dodds who also works at Fairfield Energy first encouraged Neil to come along to the Tuesday night sessions. Neil first got into running when he worked in Houston, Texas. He previously played a lot of rugby but found that running didn't give him quite as many injuries. When he lived in Houston he joined a sociable running group that went out in the



early cool(ish) mornings which he enjoyed. He's no amateur runner though as his time for the Edinburgh in May this year demonstrates - 3.08 is pretty respectable.

Cosmic Social Round Up – 2008

There were several "away" trips. 12 Cosmics (and friends) ran the Glamaig Race on Skye, this trip also included Rob's 30th birthday celebrations. 14 Cosmics (and friends) did the Two Breweries race Traquair to Broughton, this event being part of Matt's Stag party weekend. We also had 3 teams in the Devils Burden Hill Relay and 2 female teams in the Comrie relay - this was part of Fiona's hen weekend and fortunately she ran carefully and kept the white tutu, veil and gloves in good shape for Matt to wear for the Two Breweries a few weeks later. And of course there were weddings to celebrate - Fiona (Dahl) and Dennis (McDonald) beat Marjon (Van der Pol) and Matt (Brettle) by one week in October, but Margaret (Stafford) and Steve (Helmore) got there first by marrying in the February snow at Mar Lodge.



Margaret & Steve Feb 08



Fiona & Dennis Oct 08



Matt & Maryon Oct 08

Cosmic Social Events – Q1 2009 Social Secretaries – Elaine Stewart & Rob Brookes

A Curry night and a weekend at Mar Lodge are a couple of social events planned for sometime in February/March - more details will be emailed soon. Look out for the Moonlit runs - see later pages.

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

Tuesday Nights (meet at Kings at 1800 for 18.15 start)

- | | |
|------------------------------|--|
| 27th Jan | Up the clock (twice), 300m recovery
Hill reps with Mike Stone - ROAD SHOES and reflective top |
| 3rd Feb | 12x400m, jog recovery |
| 10th Feb | ROAD SHOES and reflective top for continuous hills at Seaton |
| 17th Feb | 4x(400m, jog, 1K, jog) |
| 24th Feb | 300m, (4x2minutes out/back)
Hill reps with Mike Stone - ROAD SHOES and reflective top |
| 3rd March | Up the clock (Twice) 300m recovery |
| 10th March | 12x400m
Hill reps with Mike Stone - ROAD SHOES and reflective top |
| 17th March | 4x(400m, jog, 1K, jog) |
| 24th March | ROAD SHOES and reflective top for continuous hills at Seaton |
| 31st March | Countesswells Wood from CP at NJ 8700 0453 |

RACES AND SATURDAY RUNS

Date	Location	Grid Ref.	Time
Sat. 31 st Jan	KERLOCH	NO69879165	0945
Fri 6 th Feb	PROMS 3K		1300
Sat. 7 th Feb	SOUTH DURRIS	NJ7886 8930	0945
Sat 14 th Feb	MITHER TAP from Rowantree CP	NJ69222448	0945
Sat 21 st Feb	DURRIS	NO761915	0945
Sat. 28 th Feb	MILLSTONE from Donview CP	NJ67221904	0945
Sat 7 th Mar	KERLOCH	NO69879165	0945
Sat 14 th Mar	GREEN HILL from White Hill CP	NJ65391320	0945
Sat 21 st Mar	CLACHNABEN – not the usual venue!!!	NO 647902	0945
Sat 28 th Mar	MITHER TAP from Visitor Centre CP	NJ 69802170	0945

MOONLIT RUNS

Date	Location	Grid Ref.	Time
Mon 9 th Feb	KERLOCH	NO 698 916	1845
Wed 11 th Mar	MITHER TAP (Rowan Tree CP)	NJ 692 245	1845
Thurs 9 th April	CLACHNABEN (to mark race route?)	NO 64908 86705	1845

Note: If you would like to share lifts check out the Cosmic Yellow Pages for details of other members who may live near you and check the Cosmic yahoo email group for last minute messages.

COSMIC CHAMPIONSHIP RACES 2009

Sat 10 Jan	El-Brimick	NJ 848109	1100
Sun 7 Jun	Scolty		1400
Sat 25 Jul	Ben Rinnes		1200
Sun 9 Aug	Glen Shee 9	NO 138781	1200
Tbc	Tap O Noth		
Sat 19 Sep	Morven		1300
Sat 26 Sep	Cairn William		1500
Sat 26 Sep	Two Breweries		1200
Sun 4 Oct	Bennachie		

Note: **Clachnaben** will not be a *Cosmic* Championship race in 2009 as it will be an SHR championship race so more marshals than usual may be required. Ian & Shelley have handed over the organization to Rob & Matt who I am sure will be delighted with any early enthusiasm from 'would-be' marshals.

SUMMER SERIES 2009

Thur 21 May	Durris Mast	NO 761914	1900
Thur 18 Jun	Balmedie Beach Bash	NJ 976181	1900
Thur 16 Jul	Mither Tap	NJ 699216	1900
Thur 20 Aug	Cheyne Hill	NO 843883	1900

KRUNCE SERIES 2009

Rotten O'Gairn NJ 851044

1st Tuesday of every month April to September.

7th April, 5th May, 2nd June, 7th July, 4th August and 1st Sep

For more details about Cosmic races or runs see the website www.cosmics.org.uk and for other races see the SHR website www.shr.uk.com.



STOP PRESS....

Cosmic 'Kings & Queens' Party

My prize for best dressed would have to go to Bob who made a fine queen and was quite a sight dancing round his handbag. Her Majesty (Gillian) kept us in order wearing her best hat and gloves. Representatives from the animal kingdom included a King Penguin, a few Queen Bees, a King Charles Spaniel, King Kong and the King of Jungle. Boadicea, Robert the Bruce and Cleopatra brought some historical royalty to the party while a touch of magic was added by the Fairy Queen and the Ice Queen. There was even a Queen of Puddings! Plenty of fun was had with the usual party games. Here are a few photos for you to chortle at but there are more at http://www.flickr.com/groups/cosmic_hb/.

