

## Blackpool photo

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Cockenzie & Port Seton Amateur Radio Club is affiliated to the Radio Society of Great Britain and holds the call signs MM0CPS and GM2T which are used for our special event and contest entries.

The Club was formed by Bob Glasgow BEM GM4UYZ in 1984, to help the local amateurs get to know each other.

Far from being just a local club we have members regularly attending from the Borders, Dumfries, Strathclyde, Fife and Newcastle.

We have supported the British Heart Foundation for many years and to date we have raised £20,036 for them.

The Club meets on the first Friday of every month in the lounge of the Thorntree Inn on the old Cockenzie High Street from 7pm till late.

Club email

cpsarc@gmail.com



## Editorial

Welcome to the May edition of the newsletter.

First of all, we were all delighted to hear that Bob GM4UYZ has been sent home from hospital after an astonishing 5 months. He has been ill with gallbladder necrotising pancreatitis which is a horrible disease to suffer from. He's getting care at home which I'm sure will be a relief to his wife and family although still a lot of work for them and the team looking after him.

On to Club news, members of the club attended the NARSA Rally at Blackpool on 13 April, it was good to see Icom presenting their new radios there, a first for many years - even if you do need a mortgage to afford them!

I was approached by Helen from the Stockport club who was asking after Bob, he's been much missed during his hospital stay.

We had a great weekend and thanks go to John MM0CCC for organising it all.

Some Club members were going through to the GMDX convention on 5 April.

Members also attended the LRS Surplus equipment sale on 9 April.

Looking forward into May, we have our Activity week from 10-16 May and our 1st 144MHz DF Hunt on

16th May (Cambell MM0DXC has volunteered to act as the fox as Rickie MM1PLY has decided to retire from that role), thanks to him for the many years he has thought up fiendish places in East Lothian to hide. See later in the newsletter for a map and the rules.

The Braehead Rally takes place on 18 May - see later in the newsletter for more information.

It's planned to go to Berwick Law again as a SOTA activation on 28 May but I don't have much information about that yet.

Last but not least, we hope to see many of you at club night in the Thorntree Inn on 2 May from 7pm. We'll be in the public bar as there's now a regular quiz night in the lounge. Do drop in for a chat if you can.

John  
MM0JXI

# My recent activity

I emailed John a couple of days ago to enquire about where to download the club activity week logging sheets and his reply amounted to "Forget those, you can deal with them later. Write about your activity instead!", so here it is. I'll try to be brief, but I'm not known for my brevity. Except on CW!

I've been licensed since 1975, before I came to Edinburgh. Initially I had an old "class B" licence (G8LHM) but I took my Morse test and obtained my "class A" license in 1978. I have never been particularly active on the bands, preferring, on the whole, to knock up circuits and dabble with equipment mods, antennas etc, although I have had a respectable station since I bought my first big HF transceiver in 1985 (FT200). I have always been passionate about communicating by radio but my on air activity has tended to come in fits and starts of enthusiasm with long periods of radio silence. I met Bobby G on GB3FF in the late 1980s (I think) and became a co-opted member of the CPSARC when it was but a twinkle in his eye.

My enthusiasm picked up when I was taxi-driving my eldest son, Matthew, to Port Seton so he could be taught RAE by his Uncle Bob and Uncle Cambell. That must have been 2005. The thing that stimulated my interest was hearing about, and seeing photos of the annual GM2T jaunt to Tiree for the IOTA contest. I joined the team and found renewed enthusiasm and activity for a few weeks each year, after returning from the trip, plus the vow to improve my CW to make me more useful to GM2T, which always went the same way as my new year's resolutions.

So, retirement has given me a bit more time (though not as much as you may think!) and I have continued to improve my station and to occasionally call an unusual callsign on HF, or someone I know, such as a club member. That is until 3rd November 2024. At 1242 UTC.

On that day, and I can't remember exactly what went on in my tiny mind, I turned on the radio and listened around 10m, finding it open and quite busy. I tuned up the linear and worked a DX station, 5R8WE, which I was quite excited about, and then I did something that I haven't done since my early days as a licensee. I.....called CQ! Yes, I transformed from a licensed listener into a real radio amateur. And I got a reply! Then a follow on call. And another. And, knock me down with a piece of RG58, before I knew it I had a pile up. Little old me in my little station! With no beam too! Just wire! I was buzzing! I made 45 QSOs that afternoon, mostly Europe and USA/Canada although there was the 5R8 (Madagascar), A couple of Brazilians a South African and an Argentinian.

During this session I realised some shortcomings of my station, in particular the paper logbook. I found it difficult to keep up with the logging while managing the pileup.

I know that I'm not required to keep a log but I like to. I decided that computer logging was the way to go and, after a little asking around and trying out, I settled on LOG4OM, which I really like. It did, however, cost me an additional monitor, mouse and keyboard, so as to make logging easy at my operating position. If you try this yourself, use a wireless keyboard and mouse. Ask me why when you see me, if you can't guess.

That unprecedented flurry of HF activity in the GZW shack made me look out the Icom compatible Heil headset which I asked for a couple of years previously for Christmas, but hadn't used in anger yet, and a rather old slippery footswitch which rides around my laminate floor.

My next session was on 7th but was much shorter due to an element of marital disharmony caused by my inaccessibility to deal with mundane household matters while concentrating in a headset. A few short CQ sessions followed, but I have settled into mostly a more settled search and pounce mode.

Early January found me stumbling across the World Wide Activity (WWA) contests. I had never heard of them before this time, but they are known to be a thing. There are activating stations all over the world with callsigns ending in WWA, and we, the hunter stations, collect them. Each counts for points and QSOs can be repeated with each station on subsequent days and different modes. The points can rack up quite quickly and points means prizes! The contest lasts for the whole of January. The best thing about it is that if you log on to the WWA website, you can see which stations are active at any given time, and where to look for them. A search for your callsign tells you who you have bagged and the confirmations appear real-time. You don't need to submit a log as the contacts are all recorded on the website. The prize is a free to download certificate with a ranking. I found it very addictive and made 457 QSOs in the contest through January! There are other similar contests throughout the year, all very similar in principle. Google HamAward.

These activity contests, along with my building a QRPLABS QMX kit (it was CW/DIGITAL only but now does SSB) has spurred me on to improve my CW. In fact a great many of the activity contest QSOs were CW and I have been taking my QMX on holiday. And, yes! I have had QSOs with it (using a wire thrown off a balcony etc)! I also have developed a fetish for iambic paddles. I can't stop buying them! The shinier the better!

So, I have become a real, active radio amateur, changing from a handful of proper QSOs a year to 955 between that fateful day in November to date. I feel better for it. The shakes have gone as has the tic and I feel calmer and more relaxed. I have been really enjoying using my radio

properly, rather than just "having a listen around". My wife, however, repeatedly says "Do you realise how much time you spend in that wee room?" I was a radio amateur when she met me and she married me knowing what I was.

She is a very tolerant "radio widow", despite the comments! She is also somewhat perplexed at recent behaviours. I don't think that she really understands what it is that makes me run into the kitchen fist pumping and yelling "Reunion Island!" or "Indonesia! On CW!! ON two bands!!!" She just doesn't seem excited. Strange.

My advice to those of you who are licensed listeners is JFDI. Pick up the mic (or key) and call. I can't believe the satisfaction that I have gained from operating my modest station in this way.

Now, how can I get a bigger, better antenna up.....

73

Ellis  
GM4GZW

# Activity Week report

## Ronan MM0IVR

I have 24 in the log for this month's activity week - all on 5W CW. I was mostly operating from the car, either at Longniddry car park no.3 or, if that was getting too rowdy, from the junction of the road heading down to Longformacus. There's a handy parking spot right at the junction.

Best DX was with VK3YE (Peter Parker) who was on the beach at Melbourne - almost 17,000 km away. We were both running 5W CW and I was only using an ampro whip on the car roof!. Nice to get him in the log as he's a very good QRP operator. I also managed to get another VK, Chile, Uruguay, and Brazil in the log so I'm pretty happy with the crop this month.



# Club SOTA Activation



## Summits On The Air

North Berwick Law (GM/SS-280) is a fine SOTA peak! The peak is modest at 178 metres high, and the western car park is about 40 metres ASL. So, there is a 138-metre vertical distance to climb. Meet at the North Berwick Law car park; UK Nat Grid NT553843 on the west side of the Law. To get there take the B1347 heading south out of North Berwick. About 100 metres or so after you pass the Community Centre and High School on your right there is a sharp right-hand bend in the road with a narrow road going straight ahead (left) to the carpark. Public transport could be used to North Berwick train station with a walk of about 2km to the car park. From there plenty of well-worn tracks lead to the summit from where there are good views all around over East Lothian and out to some of the islands in the Firth of Forth such as Bass Rock, Fidra, The Lamb, Craigleith and on a good day, out to the Isle of May. Many thanks to Ken (GM0AXY) for this parking information who along with his wife Christine (GM4YMM) were the first people to radio from the summit.

It may be muddy. I suggest boots or stout shoes for walking up North Berwick Law, a warm and waterproof jacket and hat, portable and battery-operated radio kit, something to sit on - a camping mat or even a picnic chair is ideal but remember you must carry it both up and down the hill. Perhaps put everything in a rucksack and use walking poles if you have them, as they can also be used to secure an antenna wire.

We plan to spend a couple of hours on top. Everyone should bring a handie as there have been over one hundred 2 metre QSOs and a few on 70cms. The antenna folk might use for the 144MHz DF Fox Hunt event two weeks before would be portable and easily good enough.

If CPSARC members do not plan to climb North Berwick Law, it would be good if they were on-air that evening on 2m or 70cms so we can make plenty of local contacts.

On the SOTA website (<https://summits.sota.org.uk/activity/GM/SS-280>) there have been 67 occasions recorded when radio hams have broadcast from the top (6/5/2024), so it is a reliable radio summit.

If anyone has any questions, please get in touch; colwyn.jones@hotmail.com

See you on 28th May.

73

Colwyn (MM0YCJ)



# DF Hunt Rules

Cockenzie & port Seton arc 144mhz Foxhunt rules

Date : as per years events calendar

Time : meet at 6:30pm for a briefing prior to a 7:00pm start

Place : the "Old Ship Inn"; car park (bar entrance side), Port Seton Grid ref. NT408 759

Ordnance survey landranger map no.66

Entry fee : £2:00 per person, to be donated to the club funds

Frequency : 145.275mhz, FM, vertical polarisation

Callsign : MM0DXC/M

Hunt area : the fox will be located within the area on ordnance Survey land-ranger map no.66 Bounded by the firth of Forth to the north, the line joining grid ref. NT560728 and NT560855 to the east, the line joining grid ref. NT370728 and Nt370738 to the west. A small map showing this area will be issued to all competitors at the start.

Tx times : transmissions by the fox will be 30 seconds every 5 minutes. The first transmission beginning at 7:00pm, Following transmission times will be 7:05pm, 7:10pm.Etc.

The final transmission will be at 8:45pm and will reveal The location of the fox and that of the post hunt meeting. (Normally the lounge bar in the Thorntree Inn)

Access : the fox will be in a position which is accessible by car (4wd not necessary!)

Tx ban : no transmissions, other than those of the fox, should be made on the hunt frequency at any time during the Event

Vacate : once a team has found the fox they should leave the immediate area and should not transmit on any frequency while in the vicinity of the fox

Equipment : only one set of DF equipment is to be used per team at any one time.

Hunting : during the hunt please try to be considerate to other road users when choosing your stopping points any

Teams found to be breaking the road speed limits in any area will be disqualified immediately similarly, any

Teams found to be breaking any of the above rules will be disqualified

## Club Attire

**The club has a design for Club T-shirts, Polo-shirts, Sweat-Shirts, Fleeces and Jackets and all of these can be obtained from Patricia Bewsey Designs**

**When making an order please quote 'Cockenzie & Port Seton Amateur Radio Club' to ensure that the Club Logo will be placed on the required garments.**

**Cost will depend on garment and should cover the garment and logo, call sign addition will be extra.**

**If you wish to add your call sign to the logo then please ask at the time of the order.**

**Order from:**

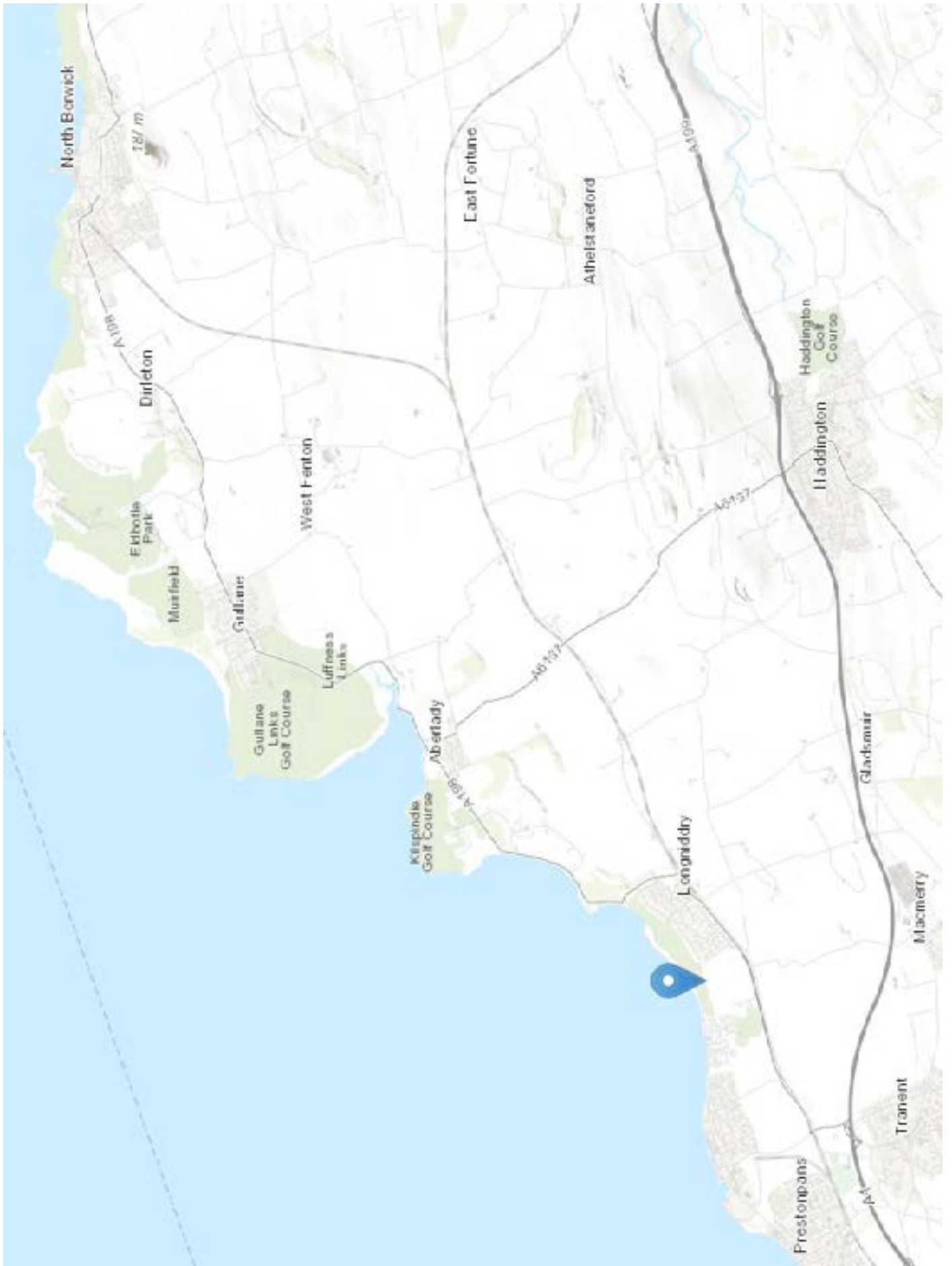
**PATRICIA BEWSEY DESIGNS,**

**Tel/Fax: 01620 850788**

**Mobile: 07970 920431**

**Email: [patricia.bewsey@gmail.com](mailto:patricia.bewsey@gmail.com)**

**Note: the shop at Fenton Barns is now closed**



# Clublog Tables

The 2025 table has now started, please carry on uploading your logs so we can see how you are all doing.

Gordon MM0GPZ is in the lead with 146 DXCC, closely followed by Brian M0RNR on 143.

There's plenty time to join in over the year so if you'd like to see your results in the table please submit your logs

Club members can join in at any time, simply sign up at clublog.org, submit your log and apply to join the CPSARC club there (club members only, random applicants will be refused)

John MM0JXI

Rank	Callsign	160	80	60	40	30	20	17	15	12	10	6	DXCC	Slots	Range
1	MM0GPZ	0	36	0	48	30	74	38	64	41	68	14	146	413	20 yrs
2	M0RNR	0	0	10	27	20	64	46	65	19	98	1	143	350	26 yrs
3	MM0XXW	0	16	0	28	53	86	35	67	86	28	0	132	399	19 yrs
4	MM0DXH	0	0	0	12	3	14	2	7	2	12	0	34	52	22 yrs

## Braehead Rally 2025

Entry cost is **£4.00** per person, payable at the door.  
 Got some kit to sell then then Lomond Radio Club will be running the bring and buy tables on the day (Tables 31 to 34). They will showcase you equipment and sell it on your behalf.



### Info:

- Free parking
- Loading bay access
- Onsite Hotel
- Licensed bar
- Bus terminal
- 45 mins in taxi from Glasgow airport
- Free WiFi

Site address:  
**Braehead Arena**  
 150 Kings Inch  
 Road G51 4BN

Tables are 1.83m long (90) and cost £10.00 each with a max of 4 at initial booking (can be reviewed later to be increased). Tables with power available

Bank transfer payment of tables is available. Please email to be sent sort code and account number.

To book tables please email  
 admin@braeheadradio rally.com

Under and behind table can also be used and if additional back units or display is permitted at no cost.

Tables highlighted in **RED** are already booked.

## Rally Site Location Info

The rally is being held in the Braehead Arena foyer at the Braehead centre, which is a fantastic location and is a prime location for hosting a Ham Radio rally.

Located just outside Glasgow city centre, off the M8 with great public transport links, finding Braehead is easy. Come by car and you'll have no trouble parking with space for 5,800 cars as well as disabled and family spaces available. If you're coming by bus, we have our own Braehead Bus Station with services from across Glasgow, Paisley and Inverclyde. By train, the nearest station is Paisley Gilmour Street and from here it's a leisurely 25-30 minute bus ride to the centre. The centre is also just minutes away in a taxi from Glasgow Airport.

- Sunday 18 May 2025.
- Doors open 10am for all customers
- 4pm doors close to the event.
- Venue will allow set up 12.00-4.00 on Saturday 17 May 2025



# Club Events

2 May 2025	Club Night
10 - 16 May 2025	Activity Week
16 May 2025	1st 144MHz DF Hunt
18 May 2025	Braehead Rally
28 May 2025	Club SOTA Activation - North Berwick Law
1 June 2025	Port Seton Gala Day
6 Jun 2025	Club Night
7 - 13 June 2025	Activity Week
14/15 June 2025	Museums on the Air Weekend (Dunfermline Bus Museum (TBA))
27 June 2025	Club Night (early due to VHF Field Day)
5/6 July 2025	VHF Field Day (Dumfries)
12 - 18 July 2025	Activity Week
26/27 July 2025	RSGB IOTA Contest from Tiree (GM2T)
1 August 2025	Club Night
8 August 2025	Mini Rally (Port Seton Community Centre)
9 - 15 August 2025	Activity Week
16/17 August 2025	Not the Lighthouse Weekend
5 September 2025	Club Night
6 - 12 September 2025	Activity Week
12 September 2025	2nd 144MHz DF Hunt
3 October 2025	Club Night
11 - 17 October 2025	Activity Week
25/26 October 2025	CQWW Contest
7 November 2025	Club Night
8 - 14 November 2025	Activity Week
11 November 2025	Construction Night
5 December 2025	Club Night
6 - 12 December 2025	Activity Week
12 December 2025	Club Xmas Night Out