

COSMIC HILLBASHERS

BULLETIN NEWS SHEET

ISSUE NO: 1
QUARTER 4 1994

Following on from the O.G.M. which took place on 13 September 1994 (after a well attended training run on the Hill of Fare) when it was agreed that I should be appointed meets and entertainments secretary. Here is the first referenced Bulletin Newsheet which provides details of Cosmic activities for the coming quarter.

Subsequent issues will be issued every three months so watch out for issue No: 2 - Quarter 1 1995 towards the end of December.

TRAINING

*Tuesday 27 Sept 1994

Meet at Hazelhead Academy at 1815 hrs for last Tuesday night run in the hills this year (bring a head torch)!

*Tuesday 4 Oct 1994

Meet at Hazelhead Academy at 1815 hrs- Ewen Rennie is organising a street orienteering night in the Hazelhead area. A compass, pencil and clear plastic bag/pouch are pre-requisite, bum bags and warm clothes are advised.

*Tuesday 11 Oct 1994

Meet at King's College changing rooms at 1815 hrs.

Once again the winter sessions are sponsored by Oilfield Production Support (North Sea) Ltd. Remember we have access to the indoor facilities at King's so bring your swimming trunks and shower gel!

A more organised structure will be in place this year and team coaches will be on hand for consultation (Terry & Ewen). Bring your schedules and your dreams and bring your Cosmic membership card (you will be required to flash it at the desk).

*Every Tuesday night hereafter until further notice is Cosmic Training Night at King's College Playing Fields meet at 1815 hrs.

COSMIC CLUB RUNS

Saturday morning club runs are resuming after the busy summer schedule.

*Saturday 24 Sept 94

Meet at Duthie Park at 0930 hrs-thereafter to Kerloch. (There will be a range of runs available in terms of pace and distance so let's have a good turnout).

*Every second Saturday is the agreed schedule for weekend runs. However, the next run on this basis would be 8 October 1994, and this will clash with 'Pentland Skyline Race'. So if you are not going to this long event in Edinburgh (and lots of Cosmics are), take a weekend off.

Here is the scheduled timetable of weekend runs to the end of the year. The last club run in 1994 will be Saturday 10 December.

*Saturday 22 Oct 94

Meet at Duthie Park at 0930 hrs, thereafter to Fetteresso Forest (good forest tracks).

*Saturday 12 Nov 94

Meet at Beacon Leisure Centre, Bucksburn at 0900 hrs, thereafter to Bennachie (note earlier meeting time).

*Saturday 26 Nov 94

Meet at Duthie Park at 0930 hrs, thereafter to Cairn Mon Earn (good trails).

*Saturday 10 Dec 94

Meet at Hazelhead Academy at 0930 hrs, thereafter to Hill of Fare (Festive run - bring a grey beard (Ian Jollif needn't bother) or some form of xmas decoration.

COSMIC EVENTS

There are still two club championship events on the calendar and some interesting home and away events besides. Here is the schedule to end of December.

*Sunday 2 Oct 94

Bennachie Hill Race - starts at 1400 hrs, back of Bennachie Car Park. 7.25 miles - category A.M. Pre-entry by 28 September 1994 (Brian has forms). Registration from 1200 - 1300 hrs.

*Sunday 11 Oct 94

Pentland Skyline Race - starts at 1100 hrs. Hillend Ski Slope, Edinburgh. 16 miles - category A.L: climb 6200. Entry on the day. Registration from 1000 hrs.

*Sunday 16 Oct 94

Kirkhill Forest Eight - cancelled (race organised by Terry Kerr - watch out for this one next season).

Is anyone interested in the FRA Relay, British Championships, to be held on 16 October 1994 near Halifax? Cosmics are sending a team of six to this prestigious event (if you want to be included in the team or just wish to go and support, speak to Ewen Rennie-326541 or Brian Lawrie - 646873). We should agree a method for selecting teams for similar events in the future-see you at the A.G.M!

*Saturday 5 Nov 94

Meall A' Bhuchaille Race - starts at 1200 hrs. This is a Cosmic away weekend - Glenmore Lodge. Glenmore Car Park (near Aviemore) 6.5 miles : category A.M. : climb 2,000. Entry on the day. Registration from 1030 hrs.

*Saturday 19 Nov 94

Elrick Relays - starts at 1400 hrs. Race organised by Ewen Rennie. South Kirkhill Car Park - 3 x 3.5 miles : category B.S: climb 670.

COSMIC SOCIAL EVENTS

*Thursday 6 Oct 94

Meet at the Blue Lamp at 1915 hrs. Mel Edwards will give a talk on winter training. This should be a useful springboard and an invaluable session for all. Make the effort to attend. Guest speakers deserve good support!

*Thursday 3 Nov 94

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Meet at the Blue Lamp at 1915 hrs. A booking has been made and in due course an interesting talk will be scheduled in. A note will be sent out in time.

*Thursday 1 Dec 94

Meet at the Blue Lamp at 1915 hrs. The A.G.M. and Cosmic anniversary! Any motions for the agenda to Brian Lawrie by 18 November 1994. (This is your chance to input into how the club will be run in 1995).

*Friday 20 Jan 95

Cosmic Disco. 'Outing' Party at the Blue Lamp. Same format as last year.

More from me later!

Steve Pryor
Cosmic Meets & Entertainments Secretary
(Schedules Devised by Brian Lawrie)

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EVENTS BULLETIN

RACES WE SHOULD BE THINKING ABOUT

13th August	Largo Law
21st August	Lomonds Fife
03rd September	Ben Nevis - (pre entry)
10th September	Morven - (Club race)
17th September	Cairn William (organised by Dave Armitage)
02nd October	Benachie - (Club race)
09th October	Pentland Skyline (Club long race)
29th October	Meall O'Bhuachaille

- * We should be thinking about booking accommodation now for Ben Nevis weekend.
- * Meall O'Bhuachaille (Glenmore) may be the centre for the Scottish Championship presentation (as last year). Details when known.
- * It is difficult to fit Saturday club runs into this crowded race programme and the holidays. However, it would be nice to see all your happy faces again so lets have a run on Saturday 24th September to Kerloch. Meet 0915 a.m. at Duthie Park. After the Pentland race on the 9th October we will get going again regularly throughout the autumn and winter.
- * Tuesday nights continue as before Hazlehead Academy at 6.15 p.m.
- * O.P.S. (Steve's lot) have offered to sponsor training again this winter, so free access to the facilities at Kings including the swimming pool once the dark nights set in.
- * A.G.M. Tuesday 13th September after club run - (Hill of Fare - Echt)
- * We are hoping to send a team to the FRA British Relay Champs. on Sunday, October 16th 1994 - West Yorks.
- * Ewan Rennie has been showing off his nice new gold coloured shorts from Viga. They go quite well with the logo on our running vests. Ewan would like to see these as club colours. Quite a few members have bought black shorts and may be reluctant to change. Would a vote at the AGM be the best way to decide? The matter should definitely be put to rest after that.
- * Cosmic comics cost some money to produce this time. Not very much, about 70 pence per copy. Rather than charge for the magazine I feel that we should put up the club membership to cover the cost. (The cost is the photocopying only.) This method is simpler and does away with collecting in 70 pences etc. However, the membership should decide at the AGM. Meanwhile, Brian will accept 70p for this issue, please!