



COSMIC HILLBASHERS BULLETIN NEWS-SHEET



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HILLBASHERS

That's another winter almost over and done with - it wasn't really a severe one - my Grandad reckons that's down to the atom bomb! The onset of spring heralds the start of an action packed season full of racing, with the club growing from strength to strength. We hope to see a cosmic representation at most of the Scottish events and all of the Championship races for sure.

New members this time are Bob Hickling, Rab Taylor (who finally saw the light and moved from Metro), Christine Mouat, Malcolm Cunningham, Laura Mahady and Maria de la Torre (who moved from Spain just to run with the Cosmics). Dick Hobson is the latest recruit. A warm welcome to each of you.

One notable departure was Sigi Sporer who has taken up a post in the Department of Psychology at the Justus-Liebig University of Giesen in Germany. Good luck to you Sigi and best wishes from us all. (Sigi's contact details are included in the Contact List).

Not only have we Cosmics won the Scottish Championships (Ladies '96), but we must easily be the most social of all the running clubs. The last quarter was packed with fun and frolics. The Christmas disco held this year at Belmont Social & Sports Club was a hoot with all guests being treated to a visit by Cosmic Rennie who handed out the club awards and crowned our Club Champions Dave and Sonia Armitage. Thanks again to Shona for co-ordinating the grub and to Brian for creating Cosmic Rennie!

The ceilidh following the 'Carnethy 5' hill race in Edinburgh was a great success and the pilgrimage thereafter to the Mambo Club is set to become a tradition. Margaret Stafford looked for commitment whilst Cheryl Buchan didn't!

The Cosmic Ceilidh at the end of February was well attended and a good time was had by all. Thanks to Elaine Stewart and the Stocket Hill Walking Club for organising the event and for throwing down the challenge. Let's do it again some time!

COSMIC TRAINING - TUESDAYS

The **Oilfield Production Support** sponsored Tuesday night training sessions at Kings College Playing Fields will discontinue soon and we will revert to running in the hills on these midweek nights. The last Tuesday night session at Kings will be 25th March 1997.

Our grateful thanks to coaches Rennie and Kerr for their invaluable input throughout the winter

Two important notes re training

- 1) **Scottish squad week-end** - April 12 -13 - Comrie (near Crieff). All details were provided in the January edition of the '**Scottish Hill Runner**'. Are you a member? Why not join and support the national body representing our sport. Subs £6 annually. Details of the weekend and SHR now available from Ewen Rennie or Brian Lawrie.
- 2) **Cyling** - A number of our key runners have unfortunately been out with injuries. Dave Armitage who is himself unable to run owing to a damaged cartilage, will be organising a mountain bike session for anybody who wants to give it a go on Tuesday nights and some Saturday runs. He has planned some routes for bike around the regular Cosmic training haunts. Speak to Dave.

With effect from Tuesday 1st April 1997 and until further notice the following meet instructions will prevail on **Tuesday evenings**.

Training runs Meet 18:15 hours Hazlehead Academy

Krunce series Meet Rotton'o' Gairn car park at specified time.

Coach Rennie is planning the option of either a hard session or a nice run in the hills. The harder option will be built around a time trial, hillreps or parlauf type intervals depending on the venue. Pub venues are nominated for each post session.

1st April 1997 **Krunce** meet 18:15 hrs for 18:45 hrs start. Unsure how to get there? Call Ewen Rennie/or meet at 18.15hrs the Bielside Inn. Someone will be there to meet you.

8th April 1997 **Brimmond Hill**/Four Mile Inn

15th April 1997 **Hill of Fare**/Pub in Echt

22nd April 1997 **Cairn Mon Earn**/Travellers Arms

29th April 1997 **Millstone Hill**/Grant Arms, Monymusk

6th May 1997 **Krunce**. Meet at 18:30 hrs for 19:00 hrs start/Beildside Inn

13th May 1997 **Kerloch**/Travellers Arms

20th May 1997 **BAR-B-Q**/see social events. Orienteering Theory at the Social Secretaries' Lodge. Meet at 18.15 hrs Hazelhead.

27th May 1997 **Cheyne Hill and Fetteresso** - Orienteering/Lairhillock
Greg and Tim will supervise Cosmic efforts at finding the way in the woods as a follow up to the theory session.

3rd June 1997 **Krunce**. Meet at 18:30 hrs for 19:00 hrs start/Beildside Inn.

10th June 1997 Millstone - Orienteering/Grant Arms

17th June 1997 **Durris**/Travellers

24th June 1997 **Mount Shade**/Feughside Inn

COSMIC CLUB RUNS - SATURDAYS

Safety First - remember to bring your bum bags and full body cover for Saturday morning hill runs.

12th April 1997 Meet at Hazlehead at 09:30 hrs thereafter to BENNACHIE (Donview car park).

- 26th April 1997 Meet at Duthie Park at 09:30 hrs thereafter to KERLOCH
- 10th May 1997 Meet at Hazlehead at 09:30 hrs thereafter to MORVEN
(Race route incorporated into pleasant round trip).
- 24th May 1997 Meet at Hazlehead at 09:00 hrs thereafter to LOCHNAGAR up and down 2
hours for faster runners - all comers catered for, shorter runs may be
organised. See Social Events.

COSMIC EVENTS

- 20th April 1997 OPS CLACHNABEN HILL RACE
(Cosmic Championship
event)
Starts at 12:00 hrs
Near Strachan, Aberdeenshire
Category A.M. Climb 3,500 ft, 10.5 miles
- 3rd May 1997 STUC A CHROIN, 5,000 HILL RACE
Away jolley 'see social
events'
Starts at 13:00 hrs
Strathyr, Perthshire
(British, Scottish and
Cosmic championship
event)
Category AL, Climb 5,000 ft, 14 miles
- 1st June 1997 SCOLTY HILL RACE
(Local race)
Starts at 14:15 hrs
Banchory, Aberdeenshire
Category BS, Climb 800 ft, 5 miles

* Early notice 12th July 1997. Away jolley on the Isle of Skye for the Glamaig Hill Race. Ceilidh after the race. Put it in your diaries. Other races! Need information? Speak to Steve Pryor, Brian Lawrie or Ewen Rennie.

1997 CHAMPIONSHIP DETAILS

COSMIC CHAMIONSHIP RACES

- 2 Feb **El-Brimmick**
20 April **Clachnaben**
3 May **Stuc a Chroin**
12 July **Glamaig**
6 Oct **Bennachie** (date to be confirmed)
13 Sept **Cairn William**
20 Sept **Morven**

SCOTTISH CHAMPIONSHIP RACES

- 2 March **Bishop Hill** (Fife)
-
3 May **Stuc a Chroin** (Locheanhead)
12 July **Glamaig** (Skye)
16 Aug **World Trophy Trials** (Edinburgh)
27 Sept **Two Breweries Hill Race**
1 Nov **Meal a Bhuachaile** (Cairngorm)

GENERAL

Please find enclosed with this bulletin the following items:-

- 1) Minutes of the A.G.M. held on 10 December 1996.
- 2) Copy of Scottish events in the 'Tiso' calendar for 1997.
- 3) Rev 10 of the Cosmic Contact List.
- 4) Details of racing weekend as proposed by Ian Joliffe - anyone fancy this in 1997? Contact Steve.

Phil Thomson has agreed to take a spell as editor of the bulletin and has plans to combine the Cosmic and newsletter. If you have worthy items or simply information you wish to share, give Phyl a call.

COSMIC SOCIAL EVENTS

3rd May 1997 Away jolley at Stuc a Chroin - limited places booked for this championship event. 14 beds booked at the Ben Sheann Hotel in Stratheyre.
Dinner in the hotel and then ceilidh- remember this is a Cosmic/Scottish/British Championship event. Book now with Steve Pryor

13th May 1997 After work race. Trip to Kinoull Hill Race, Perth starts 19:00 hrs, 4 miles. 8001. Speak to Ewen Rennie.

20th May Orienteering Theory Session and **BAR-B-Q** back at the Social Secretary's lodge. Meet at Hazelhead 18.15 hrs then trip to Udney.

Soup and sauna available followed by barbecue. Salad and bread etc. laid on but bring your own bottle and meat (or veggie burger).

Choral activity and dancing for the hard core - live music (possibly)!

27th June 1997 After work race.

Trip to White Tops Hill Race, Dundee. Starts at 19:30 hrs, 6 miles, 900'
Dinner in Dundee.

EVERY TUESDAY NIGHT IS PUB NIGHT!

Steve Pryor
Singularly Sociable Secretary
Schedules
Brian and Cosmic Rennie