



COSMIC HILLBASHERS BULLETIN NEWS-SHEET

ISSUE No 12
QUARTER 3 - 1997

EDITORIAL

Phill Thompson

Welcome to the latest Cosmic Bulletin, which as you can see is under new editorship. Having passed a rigorous interview by the Cosmic Four I have now taken over from Social Steve in producing the Bulletin. This will allow Steve to pursue his first billion, learn how to navigate for his new love of mountain marathoning, and fill those ten remaining weekends he has free per year with Cosmically- correct social bashes.

We all owe Steve a big "thank -you" for all his sterling work over the past three years plus producing the bulletin. Drag him to the bar if you see him after a Tuesday session and force a pint or three on him , despite his shy and retiring reluctance .

The format has changed slightly as the environmentally -incorrect staple has been dispensed with together with the excellent yellow paper which made the old bulletin so easy to find amongst all my other rubbish. But the content remains the same , a mixture of new member list, training , social and race news spiced up with any scandalous gossip I may be given. The Comic will continue to contain the more weighty articles ,race accounts etc. .

CLACHNABEN FOOTPATH APPEAL FUND

Cosmics donated £20 from the Clachnaben race takings .A group led by Jim Maison will attempt to improve the badly eroded path to the summit of Clachnaben on the south side,above Black Hillocks Wood. A helicopter will be moving stones from Mount Battack to Clachnaben on 19th JULY . Any volunteers to hump stones into the cargo nets should phone Jim on 01307 464032.

NEW MEMBERS -NEW MEMBERS- NEW MEMBERS-NEW MEMBERS -NEW MEMBERS

The quarterly issuing of the membership sheets has been dispensed with, and instead we will be issuing the names of new members only. Please add these to the blank page of rev10 Mar 97 issue.

So a warm Cosmics welcome to the following :

Alison Green , Room 173 Ashgrove House, Ashgrove Road West, Aberdeen AB25 2ZN
Phone ; 01224 681818 extn 54058

Bob Daly, 2 Donview Road , Monymusk , Inverurie.

Joe Blackett, Craighall, Carlin Howe, Saltburn Cleveland TS13 4EA

Stephen Rivers, 9 Wakefield Place , Aberdeen AB25 2JS.

Bob will be familiar to most Cosmics , Joe and Stephen join us from down south with good backgrounds in hill running. Alison I know nothing about - one of the disadvantages of editorial changes as Social Steve would have had all gen. and a nickname by now. Also please re-insert Niall Watson 57 Beech Road, Westhill, Aberdeen AB32 6WR , 01224 741335(H), 778159 (work)

RECENT RESULTS

A good Cosmic turnout at the Scolty Hill Race on 1st June saw us win the mens Team (for the first time), and the Womens team races. Rob Taylor's turnout for us making all the difference in enabling him , Greg Barbour and John Buchan to pip Metro. The women's win followed on from winning the team race at the Inverness Half Marathon in March.

Championship Update

The idea of the Cosmic Championship and the associated star ratings is to ensure good Club turnouts at selected events and to give good individual rivalry at all levels. Hence the tough criteria of five out of seven races to count, including two Scottish Championship Races. With three races down things are already starting to hot up!

In the **Men's Championship**, John B.(9,9,x) is tied with Dennis McD.(7,x,11) on 18 points with Rick A.(3,6,8) showing the benefits of consistency on 17. Greg B.(11,x,x) and Rob T.(x,11,x) both need to do all the remaining races to get maximum points and find themselves tied with Andrew W.(x,5,6) on 11 points.

Other scores are Bob D.(x,x,9), Ewen (x,2,7), Bob S.(8,x,x), Stevie W.(x,8,x), Rob H.(x,7,x), Gordon R.(4,3,x), Dave Y.(1,1,5), Graham Milne (6,x,x), John F.(1,x,4), Gordon Y.(5,x,x), Ron P.(1,x,3), Kevin C.(x,4,x), Keith G.(x,1,2), Phil K.(2,x,x), Tom G.(1,1,x), Steve P.(1,x,1) and Alf (1,1,x) with Phil T., Ian S., Terry K. and Niall W. all on one point.

In the **Women's Championship**, Margaret S.(9,8,8) has a clear lead ahead of Tracey (11,11) with Ann T.(x,7,6,) and Elaine (x,6,7) ahead of Sonia (11,x,x), Katy (x,x,9), Carol (x,9,x), Sue (8,x,x), Shona (7,x,x), Christine (x,5,x), Anne D.(x,x,5), Rosie (x,4,x) and Bing (x,3,x).

Early leaders in the chase for Stars are John B.(2x5*), Rick (2x3*), Tracey (5*,3*), Margaret (2x3*) and Dave Y.(3*,2*). Actual standards are as follows :-
El-Brim-Ick M5*23m52s, W5*M4* 26m02s, W4*M3*28m12s, W3*M2*30m22s, W2*M*32m32s, W*34m42s
Clachnaben M5*1h26m55s, W5*M4*1h34m49s, W4*M3*1h42m43s, W3*M2* 1h50m37s, W2*M*1h58m31s, W*2h06m25s
Stuc A'Chroin M5*2h11m19s, W5*m4* 2h23m16s, W4*M3*2h35m13s, W3*M2*2h47m10s, W2*M*2m59m07s, W*3h11m04s

Ewen's Weekend Specials

Away Day Special One - Two plus hours on Donside. Group one start from B9002 and go over the Buck i'the Cabrach to Glenbuchat Castle with group two doing the reverse trip and exchanging car keys on the way. Meet up at a pub in Alford to celebrate with a small libation and sort out cars.

Fixed for Saturday 5th July

Away Day Special Two - Speyside Way Relay with backup minibus - run as much as you want - optional overnight in Tomintoul!

Weekend One - the Cairngorm Four Thousands woman's attempt by Tracey (25miles,7600')- Glenmore Lodge, Braerich, Cairn Toul, Ben Macdui, Cairngorm, Glenmore - record currently held by Cosmic Kath Butler. Run it all or back up support at various places. Overnight celebration at Grantown-on-Spey bunkhouse. **Attempt fixed for Saturday 23rd August.**

Weekend Two - the Ballater Mountain Circuit - fifty odd miles and a lot of climb going from Ballater over Morven, Mount Keen and Lochnagar back to Ballater. Do a leg or go for it all - target time twelve hours for good males; ladies?. Overnight camp/B&B.

Interested in any or all - dates to be decided -see Ewen.

Moravian Hill Race 20th September.

There is a major course change this year. Instead of running down the knee shattering slope of Balhennie, the race will now take a much more runner friendly path diagonally across the hill to the finish. This should suit all the "roadies at heart". The Cosmics Tuesday session on Tues 26th August will be run around the new course. Everybody, Cosmics and others will be welcome.

SCOTTISH HILL RUNNERS.

Shy not join the SHR, which provides an independent voice for hill runners and a magazine to help you keep abreast of what's going on in the hill running scene. Subscription of £6.00 should be sent to ANDY CURTIS, 35 AQUILA DRIVE, HEDDON-ON - THE-WALL, NORTHUMBERLAND NE15 0DS.

CONGRATULATIONS To Tim Nash and Rebecca who got married recently

MIDSUMMER MADNESS. Yes its that time of year again when at the weekend strangely clad folk will be gathering at remote corners of our island, glancing anxiously at the sky and muttering incantations for good weather as they prepare to do battle with the hills on "the longest day". Good luck to Rob Hickling and Richard Oxlade who are attempting Bob Graham, numerous Highland Crossers., and Katy Boo who is Charlie Ramseying the week after. By the time you read this it will all be over!

COSMIC SOCIAL EVENTS

SERIOUSLY SOCIAL SECRETARY STEVE PRYOR

• 20-05-97 SOCIAL SECRETARY'S B-B-Q

If you didn't attend this one you missed a good un ! Greg Barbour delivered a most interesting theory and hands on inter-active orienteering lesson for the beginners and this was well received. Thanks again to Greg who may yet make orienteers out of Terry and John ! The gas BBQ's, once built, ensured a well cooked variety of meats, fish and veggie steaks were served in the dry and relative warmth of the conservatory. Live music was provided by **Andrew Johnston** who is available for other private functions if anybody is interested.

• 12-07-97 GLAMAIG HILL RACE AND COSMIC JOLLEY

- Early notice was given in the last bulletin of the COSMIC visit to The Isle Of Skye for the **Glamaig Hill Race**. Details of the weekend were sent to all members along with booking forms in mid-May and many members are already booked to go. If you're quick you may still be able to secure a place or possibly pick up a cancellation. Get in touch with **Social Steve** for more information.

• COSMIC OGM TUESDAY 5TH AUGUST.

At BIELDSIDE INN after the Krunch. Any items for Agenda send to Brian

• SUMMER RACING/ VACATIONS

As usual, during the busy summer months there's not a lot happening on the social scene. However Saturday morning runs are usually followed by pub pit stop and of course every Tuesday night is pub night after training!

• 26th and 27th SEPTEMBER 1997 TWO BREWRIES HILL RACE

COSMICS GO SOUTH! We'll be off again, this time to the **Scottish Borders** to compete in the above mentioned event. Early notice is given here of accommodation which has been booked for two nights at 'The Tweedmuir Crusader Centre' for 16 Cosmics. Will all interested parties please return the enclosed booking forms soonest to **STEVE PRYOR**.

• 1ST NOVEMBER SCOTTISH HILL RUNNERS ANNUAL DINNER & PRIZE GIVING

ALL Cosmics will have received a booking form for this "do" at GLENMORE LODGE. Phone Brian if you need information - he's on holiday first 3 weeks in July. Cheques should be made payable to Scottish Hill Runners. £25 for full weekend of dinner, bed & breakfast. £16 for under 16's, £10 for non-resident Dinner & Dance.

PLEASE DO NOT SEND MONEY WITHOUT THE RETURN BOOKING SLIP

• CALL FOR SOCIAL EVENT

If you have an idea for a club social or simply wish to throw a party and need some Party Padding speak to your Social Secretary who is always on hand to help in these regards. All suggestions and ideas will be warmly received !

Thanks to Brian, Steve and Ewen for supplying all the info. Next Bulletin due out end of September - all contributions welcome, especially those apres-race comments and gossip we all like to read about. Send short items by 9th September to : Phill Thompson, 40 Laurel Wynd Danestone, AB22 8XX. A more Cosmically suitable suggestion for a title than "Cosmic Hillbashers Bulletin News -Sheet" would be particularly welcome !!