



COSMIC HILLBASHERS BULLETIN NEWS-SHEET

ISSUE No 13
QUARTER 4 - 1997

EDITORIAL

Phill Thompson

Welcome to the 13th edition of the Bulletin . The full title still causes me consternation , but as yet I haven't come up with a better one or had any printable suggestions for a better name . I did think of some names that emphasised the "Hillbashers " part of our club name ,after all Cosmics gets all the attention . But Hillbashers Herald somehow doesn't quite fit our image . Perhaps we should consider something along the lines of the soccer Fanzines titles which have no literary allusion but refer to some particular characteristic of the club - "*Tuesday Night is pub Night* " sounds like a good title to me . Slightly better than the fanzine of my home town club Wrexham - "The Sheeping Giant " .

As well as failing to come up with a better title I have also failed to gather lots of juicy gossip . This is as a result of a series of injuries limiting my club runs to two Tuesday night runs only . The first was a nice run from Cove along the coast to the harbour to watch the Tall Ships sail out . The second was a bit more daunting at Durris , when after becoming an in-between -groupie I had to make a vital decision at a T junction . When I first started orienteering such decisions were hard to make , so I developed Thompson 1st Law of orienteering - "If in doubt turn right " . A few events later this was extended to included my second law "If in doubt turn left" . I guess even after 18 years I still have difficulty in their application , resulting in an unplanned 90 minute run !

For a number of people though injury problems have receded , and its nice to see Tim Griffin and Sonia back winning races and Dave Armitage also figuring high in race results again.

Finally , you will notice that the bulletin is up to 8 pages this time . Although the material is only enough for about 6 , hence the rambling editorial and the "spaced-out look " on some pages. (Good cosmic sounding phrase that)Next bulletin , or whatever , will be out before Christmas , with the Comic also due out around November time . Thanks to Steve and Brian for providing the material .

RECENT RESULTS

Tap o' North Hill Race : 1st Tim Griffin, 8th Dennis McDonald , 9th Tim Nash.
4th Lady Ann Thomson

Cairn William Hill Race : 2nd John Buchan, 3rd Rab Taylor, 4th Dave Armitage, 5th Steve Rivers, 7th Dennis McDonald, 1st Men's Team

1st Lady Sonia Armitage , 3rd Margaret Stafford , 4th Katie Boocock.

Tracey Brindley's excellent results continue ,including 3rd places at the Scottish World Mountain Running Trophy Trials and British Fell Running Championship

Venue Bielside Inn

PRESENT : Dave & Sonia Armitage , Steve Riven , Tracey Brindley , Tim Griffin , Eileen Stewart , Ewen Rennie , Bob Sheridan , Liz Bracegirdle , Ann Thompson , Brian Laurie , Steve Pryor ,

1. Brian asked for Glenmore payments to be made .
2. Brian has sounded out the possibility of holding a race at Kerloch . There appears to be few obstacles although the farmer hasn't been checked out yet. Discussion then centred on whether it was a suitable venue for a race, whether it was a worthwhile venue for a race, best time to hold , whether another race in the calendar was desirable etc . The consensus was that the possibility of holding a mid-week race should be explored.
3. There was a discussion over the need to create a stock of club running gear, and Ewen produced a clothing list. This time we are stuck with the familiar colours , but for casual wear all sorts of combinations of colours with our logo on are possible . Maybe we should have a different colour each year.?
4. Steve Pryor spoke briefly (cryptically ?) about a Cosmic presentation that he is organising for the Glenmore "do" . Some poor deluded creatures volunteered to help him with this . If you have a strong desire to help see Social Steve, but only those with a zero embarrassment level should apply.
5. Ewen asked Brian to explain the reasons for the change in the Morven race course . Brian said that the steep descent to Balhennie is getting loose and possibly dangerous and might be discouraging some runners . the alternative is technically just as interesting and environmentally sounder.

Brian Lawrie

Scottish Hill Runners annual Dinner & prize giving - Glenmore Lodge

Afternoon tea, dinner (buffet) , Bed & Breakfast £25.00. For details on other prices speak to Brian Lawrie . If you want to join the many Cosmics on this "unmissable" occasion get your booking into Brian prompt.

CLUB PARTY

Advance notice -Friday January 23rd is the proposed date - have a think about it !

CLOTHING

By now you will have received a Hillbashers clothing list . The bigger the order the cheaper the items will cost . Murdo at the Running Shop might be able to do a good deal on some new Pertex tops that he is getting in soon - these are very light undergarment tops . Indicate if you are interested . Please make sure that you fill in and return the clothing form as soon as possible. This will not only ensure that we get the clothing quickly but enable the club to obtain the biggest discounts if we order large quantities in one go rather than smaller quantities later if groups of people delay .

NEW MEMBERS

A warm Cosmic welcome to the following new members .

Peter Harrison 8 Sunneybrae Court , Persley Den , Aberdeen AB22 8AP tel home 680767 . work 681749

James Neil Cooper , 3 Rae Circle , Inverurie , AB51 4WY

Derek Bisset, Upper Kinknockie Court , Ardallie , Peterhead , AB42 5AX

Bob Graham Round

Congratulations to Rob Hickling and Richard Oxlade who completed the BGR on 21st June after a failed attempt in '96 . This time the weather was with them and after starting at 0800 hrs , going anti-clockwise , they completed the round in 23 ½ hours. Richard and Rob have also been representing Scotland at orienteering recently, in the Senior Home International and Veteran's Home International respectively .

SOCIAL RETROSPECTIVE

JULY

A great time was had by all who took part in this years excursion to **Skye** for the **Glamaig Hill Race**. **Cosmics** fielded 10 runners and 16 party animals at the after event social which as usual was held at the **Sligachan Hotel**. Non runners went ridge walking in the morning before the race and everybody toddled or hobbled up to **The Old Man of Storr** on the Sunday.

Saturday night saw **Cosmics** hosting a party back at the bunk house with guests from Carnethy, S.H.I.T. and Hunters Bog Trotters being treated to a large dose of **Cosmic** Social know how. Dick from Hunters was a Hoot! If you didn't go you missed a good one.

SEPT

Sonia and **Margaret** organised a night out at Hoagies to celebrate Sonia's recovery from the upset illness of earlier in the year which has taken her out of competition this season . A great time was had by all er.....Latin American dancing! I felt that if Ewen had continued his attempts at the Salsa for much longer GRAMPIAN would have had unprecedented rain storms to cope with. The girls were lovely.....the boys were not!

26-09-97 GO SOUTH JOLLY Too late to sign up now. 15 **Cosmics** departing Aberdeen by mini-bus on the 26th Sept. to travel to the BORDERS to participate in the Scottish championship **2 Breweries** 18 mile hill race (11 **Cosmic** runners). Post jolly report will follow!

7-10-97 TRAINING NIGHT PUB GET TOGETHERS BEGIN As indicated in the training schedules, the first 'winter' session of 1997 at Kings will take place the first Tuesday in the month of October. Once the **Cosmic** coaches have squeezed every ounce of energy out of you it'll be all over the road to our favourite varsity pub to undo the good work!

9-10-97 NIGHT OUT Part of the **Aberdeen Alternative Festival**. The Opening night concert at **THE MUSIC HALL**. 3 superb bands for a fiver. Same format as last year when Dave Armitage discovered you can still win International Orienteering Events after two bottles of red wine the night before!

The Social Secretary will organise tickets but call immediately to secure a place. Work 01224-712332, Home 01651-842715. Music and dancing with C.J CHENIER (Cajun), BRIGHT STAR (Zimbabwe), SHOOGLENIFTY (Scottish Folk/Rock).

17-10-97 NIGHT OUT More festival frolics this time at **THE LEMON TREE**. Music by .SMOKIN STONES (Bluegrass Western and Scots mix) BUDAPEST CAFÉ ORCHESTRA (Gypsy music from Eastern Europe) , THE GOOD SONS (Fusion of Country and Rock).JAMES KEELAGHAN (North American Ballads).

Wanna go? Call Steve as above without delay.

1-11-97 YEAR END BASH (SCOTTISH HILL RUNNERS ANNUAL DINNER AND PRIZES

Brian sent out details with the last bulletin and you should have returned your completed application form with cash by now. If you wish to go but have still not applied please act now. You are probably aware that **COSMICS** are charged with the organisation of the event this year and Brian has already spent considerable time in planning the weekend. It will fall upon us to preside over the Prize giving ceremony and as part of this a small **COSMIC CABARET** is planned. The social secretary is preparing this and will require volunteers to participate. If you hitherto indicated an interest in being involved please contact Steve again as the list has been mislaid. 12 volunteers are required and you will need to attend 3 or 4 dress rehearsals before the event. Speak to Steve soon after you receive this bulletin! (rehearsals will start after Tues. 30th Sept. when details of the Cabaret will be outlined after the training run on the Hill Of Fare). **COSMIC RENNIE** will be making an appearance!

TUESDAY 9TH DECEMBER A.G.M. After training , at the Blue Lamp.

FRIDAY 23RD JANUARY COSMIC 1997 CHRISTMAS PARTY What a thought....in a few short months it will all be over and we'll all be completely ignoring our new year's resolutions. As there will not be another bulletin until the end of the year we are giving you early notice of the Xmas bash. The venue is to be confirmed but the event will definitely be fancy dress (Theme to be advised).

EVERY TUESDAY NIGHT IS PUB NIGHT!

RACES

The season is rapidly winding down , but there are some races left where a good Cosmic turnout is expected.

Sun 5th October (To be confirmed.) BENNACHIE Cat CM .Venue back of Bennachie car park . Can we win the team prize this year ??

Sun 12th October PENTLAND SKYLINE . Cat AL venue Hillend , Edinburgh at 1100hrs

Sun 19th October. BRITISH RELAY CHAMPS. Venue Pendle Hill, Barley , Lincs at 1000 Cosmics have entered three teams again this year - Senior men's , Women's , and a Vets team. Give your name to coaches Rennie (men's) or Kerr (women's) if you wish to be considered. Six runners comprise a team.

Sat 1st November. MEALL A 'BHUCHAILLE HILL RACE. Venue Glenmore Lodge

Cat AS at 1300hrs.

Cosmics won the team prize two years ago. This is a Scottish Championship race this year as well as a prelude to the Glenmore do (see elsewhere).

Sun 23rd November. Elrick eightsome Relay hill Race . venue South Kirkhill Forest , Aberdeen . CAT BS Time 1300 hrs . A local classic to which we all look forward . Turn up early enough to get yourself allocated into a team on the day.

Good luck to those Cosmics doing the Karrimor in late October . Rumour has it (and ain't they always right) that this years courses at Kielder in Northumberland are even tougher and more tussocky than Galoway . Sounds like lots of bounding practice needed in those early October Tuesday sessions.

WEEKEND RUNS

These will not begin until Saturday 8th November. Why so late ? many of the senior runners who normally lead weekend runs will be away most of October. November 1st is the Glenmore do , hence 8th . Many people arrange there own small-group runs in addition to the ones on the list , so use the contact list to get organised !

Sat. 8th November Millstone Hill/ Mither Tap . Meet Hazelhead Academy @ 0915hrs .

Sat . 27th November. Clachnaben / Mt Shade. Meet Duthie Park @ 0915hrs.

Sat. 13th December. Hill of Fare. Meet at Hazelhead Academy @ 0930hrs

(Wait a minute - what's happened to Social Steve's annual November dip in the sea at Forvie? Is this another consequence of global warming , with sea temperatures too warm for him in November ? Has it been switched to the cooler conditions of January ? See the next bulletin . Ed)

CAUTION . Take care when out in the hills in winter . Consider that if you are wearing shorts down in the valley in a sheltered wood , a howling gale on the tops might reduce you to a shivering hypothermia wreck . Carry a bum bag with at least a light windproof top, track suit bottoms and some food . a map and compass for the bigger hills i.e. higher than Scolty , should also be part of your equipment. Read Catherine's article on Hypothermia in Cosmic Comic no 5 .best of luck !

DOGS

I don't want to annoy anybody , but there are some areas where we run that are not appropriate for dogs . the low hills of Deeside and Donside are working hills, only (at best) semi-wild. Many places that we run have animals on the lower slopes. Two places that come to mind are Brimmond Hill and Morven . at this time of year there is a load of sheep and cattle on both of these hills . as organiser of the Morven hill race I have had to sign an agreement with Dinnet Estates and Scottish Natural Heritage that dogs won't be brought onto the estate, with or without a lead. dogs and sheep do not mix. I can only attempt to enforce this agreement on race day , obviously individuals can p-lease themselves on other occasions , according to their conscience. However when we run as a club those with dogs should carry a lead for the more "sensitive " areas of the run . but Morven is a no,no. B.L.

WINTER SESSIONS

VENUE : KINGS COLLEGE .Enter from University road , off King Street .

TIME : 1815hrs for 1830 hrs **COST** : 50p per session .

Yes its that time of year again when coaches Rennie and Kerr and will be dusting off the winter training schedules and getting us to those sessions we all love and know so well . For newcomers, there are usually two groups one following the Kerr regime the other the Rennie regime. This tends to be mixtures of repetitions / interval reps/hill reps on grass or road . Within both groups there are people of varying abilities so nobody is on their own , unless you happen to be a visiting Kenyan seeking some sea-level training in which case you simply run from further back.

Be prepared to pay before the session starts . Brian has taken on the task of money collector.

The club doesn't have a sponsor this year so we need the money to break even . remember to bring road shoes as well as studs as some sessions will be on the road as well as grass

If you wish to make life easier and pay the money in one go then a one-off payment of £10 will cover all the sessions up to April 1998 or alternatively £5 for all the sessions up to Christmas and £5 for the sessions after Christmas.

Many thanks to Steve Pryor's company OPS which provided generous sponsorship for these sessions in the past.

For those of you who like to put these things in your diary hear are the dates until Christmas :

Tuesday 7th October

Tuesday 14th October

Tuesday 21st October

Tuesday 28th October

Tuesday 4th November

Tuesday 11th November

Tuesday 18th November

Tuesday 25th November

Tuesday 2nd December

**Tuesday 9th December NB AGM AFTERWARDS AT BLUE
P LAMP**

Tuesday 16th December

As always Tuesday night is pub night after training with drinks across the road in the Kings Mill - meals available.