



COSMIC HILLBASHERS BULLETIN NEWS-SHEET

ISSUE No 14
QUARTER 1 - 1998

Editorial

Phill Thompson

Yes it's that time of year again when Cosmic eyes will be turning to the East in anticipation of seeing a wondrous light in the sky. Sometimes confused with the lights of a chopper bringing home the north sea bears for their Christmas break. Agreed by all to be brighter than Halle-Bopp, and according to those who know these things more regular than Hailey's Comet. Part of the excitement is not quite being certain if the wondrous vision will appear to lighten our lives. Will it or won't it appear? Is it an "it" at all? Few are privy to the secrets. Yes of course I am referring to the eagerly awaited appearance of*COSMIC RENNIE* , which according to the latest astrological predictions is due to make an appearance in the sky sometime around the 23RD January.

As ever the rumours abound. One dark suggestion is that the apparition has fallen foul of the Equal Opportunities Commission. Apparently the male eunuch acolytes who have been the traditional bearers of Cosmic Rennie have had to be phased out. Instead the new bearers of the god-like vision are rumoured to be female members from the ancient tribe of CHICKS, modelling the latest crop-top, Lawrie-approved, club vests. To find out if these rumours are true seek out the event on the 23rd January.

Those of you wishing to verify the "male eunuch acolyte" part should turn up at Forvie on the 10th January with a pair of binoculars and look out for a socially well renowned member. (apparently this pun is acceptable!)

Thanks to Brian, Steve and Ewan for providing all the input for the Bulletin. Next edition will be out towards the end of March. As always contributions from members are very welcome particularly if you are racing somewhere interesting or have some item of gossip.

CROMBIE 5K

This is John Buchan's inner-city trail race which takes a circuit around Grandholm and Persley Bridge. The race raised £ 102.00 for Ward 4 royal Aberdeen hospital. well done John.

John was a little disappointed with the Cosmic turnout for his event and is considering putting the event on some Tuesday night next year. seems a good idea to me.

B.L.

URGENT! URGENT! URGENT! URGENT! URGENT! URGENT!

Remember the "Clothing List" that came with the last bulletin? Well Elaine Stewart is co-ordinating these and wants them back *as soon as possible. i.e. next time you see her.* So dig the form out, fill in what you want and get it back to Elaine without delay. She can also provide you with a new form if you've lost it.

Clayton Le Moors Harriers hosted this years event on the occasion of the seventy fifth anniversary. The event itself was held on Pendle Hill not far from Burnley , Lancashire. This year, the club sent three teams of six to what is one of the biggest events in the British hill running calendar. We were rewarded for travelling this distance with a glorious weekend of autumn sunshine . The relay consists of four legs each of which follows a different route and are of varying lengths. Two of the legs have to be run in pairs , hence the need for six runners.

The Cosmics A team were our star performers. Rob Taylor got them off to a solid start , but then Dave Armitage and Steve Rivers were unfortunate to follow an off route runner and the team fell back a little . it seemed at this stage that there was no chance of a top twenty place which at the outset had appeared to be a reasonable ambition. But the best was yet to come !

Greg Barbour and Tim Griffin clawed back ten places to post the fourth fastest time of the day on the third leg. Dan Whitehead , Cosmics uphill running machine , followed them with a superb last leg run - 9th fastest on the day . This allowed the team to secure thirteenth place overall out of 108 teams. Not only that , we humbled Carnethy and were the top Scottish hill team as well . Well done lads !

Cosmics B staggered around in 54th place . Grandpa Lawrie got the team going , vets Kammer , Yule , Greenwood and Rennie maintained the pace to allow young whipper snapper Dennis McDonald to make our position reasonably satisfactory. Dennis, the only non vet in the team and newly crowned Cosmics Mens Champion , put in a fine run with a 34th place overall on the day.

The ladies team , comprising Sonia Armitage , Carol Lorimer , Katy Boocock, Margaret Stafford , Encarna Maturana and Tracy Brindley had mixed fortunes. They were in with a shout of a medal until a navigational error on the third leg cost them dearly . Tracey ran the fastest leg of the day on the last leg , just to show what might have been . any disappointment was short lived however , and everybody is looking forward to next year's event which is going to be held in the Lake District.

The Devil's Burden Relay which is held on the Lomond Hills every February is an event organised along exactly the same lines as the British event. So if you fancy a go at this sort of thing let your team captain know about it .

Brian Lawrie

COSMIC STARS 1997

EL-BRIM-ICK DASH

21m42s

2m10s

5*	23m52s	Greg, John, BobS, Dennis
4*	26m02s	GrahamM, GordonY, GordonR
3*	28m10s	Rick, PhilK, PhilT, TomG
2*	30m20s	Ron, SteveP, JohnF, Ian
1*	32m30s	Alf

* Sonia

* Margaret, Sue

w1* none

CLACHNABEN

79m01s

7m54s

5*	86m55s	Dan, Rob, JohnB
3*	102m43s	StevieW, RobH, Rick, AndrewW, Kevin
2*	110m37s	GordonR, Ewen, DaveY
1*	118m31s	AndrewJ, TomG

* Tracey

* Carol, Margaret

* AnneT

STUC A'CHROIN

1h59m22s

11m56s

3*		
2*	2h47m06s	Dennis, BobD
1*	2h59m02s	Rick

* Tracey

* Katy

GLAMIAG

44m41s

4m28s

3*	60m33s	Dennis, BobD
1*	69m29s	AndrewW

CAIRN WILLIAM

43m48s

4m23s

5*	48m11s	JohnB, Rob, DaveA, SteveR, Dennis, Malcolm
4*	52m34s	GrahamM, DickH
3*	56m57s	Phil, GordonY, StevieW, Rick, Kevin, GraemeM
2*	61m20s	Keith, DaveY, Ron
1*	65m43s	Pete, Ian, SteveP

* Sonia

* Margaret, Katy

* AnneT, Liz, Elaine

* AnneD

MORVEN

45m40s

4m34s

5*	50m14s	Dan, Greg, SteveR, DaveA
4*	54m48s	Dennis, AndrewP
3*	59m22s	BobD, PhilK, AndrewW, Rick
2*	63m56s	GraemeM
1*	68m30s	RonP

* Sonia

* Encarna, Margaret

* AnneT, Christine, Elaine

BENNACHIE

58M56S

5m54s

5*	64m50s	Rob, Dan, DaveA, Steve R
4*	70m44s	GrahamM, Dennis
3*	76m38s	Jim, Ewen, Dick, AndrewW.
2*	84m32s	DaveY, IanJ, GordonR, Keith
1*	90m26s	Alec, SteveP.

* Sonia

* Margaret, Carol, AnneT.

* Christine, Liz, Elaine

1997 CHAMPIONSHIP

Name	Elrick	Clach	Stuc	Glam	CWill	Morv	Benn	TOTAL
Dennis McD	17	-	21	21	16	16	15	91*
Andrew W.	-	14	16	18	-	12	11	71
Rick Allen	13	15	18	-	12	11		69
Dan W.	-	21	-	-	-	21	19	61
Rob Taylor	-	19	-	-	19	-	21	59
John Buchan	19	18	-	-	21	-		58
Dave Yertz	11	10	15	-	8	-		54
Keith G	-	7	12	16	9	9		52*
Graham Mil.	16	-	-	-	15	-	16	47
Steve Pryor	7	-	12	17	4	3		46*
Ewen R	-	11	17	-	-	-	13	41
Greg B	21	-	-	-	-	19	-	40
Ron Pratt	8	-	13	-	7	8		36
Gordon R.	14	12	-	-	-	-	8	34
Steve Willox	-	17	-	-	13	-	-	30

* Best five scores

Other scorers were (E-Elrick; C-Clach; S-Stuc; G-Glam; W-CWill; M-Morv and B-Benn):-

Gordon Yule 29 (15E&14W); **Dick Hobson** 27 (15W&12B); **Phil Kammer** 25 (12E&13W); **Kevin Cannavan** 24 (13C&11W); **John Forsyth** 20(6E&14S); **Graeme Marks** 20 (10W&10M); **Bob Sheridan** 19 (E); **Niall Watson** 19 (4C &15G); **Tom Gunn** 17 (9E&8C); **Malcolm** 16 (W); **Andrew P** 15(M); **Jim Cooper** 14 (B); **Alex Hamilton** 13 (3E,4M&6B); **Alf McKay** 12 (4E, 5C& 3W); **Ian Searle** 10 (5E&5W); **Ian Jolliffe** 9(B)and **Pete** 6 (W)

Thanks to Ewen for once again working out all the club championship scores.

LADIES CHAMPIONSHIP 1997

Name	Elrick	Clach	Stuc	Glam	CWill	Morv	Benn	TOTAL
Sonia	11	-	-	-	11	11	11	44
Margaret	9	8	8	7	9	8	9	43*
AnneT	-	7	6	-	7	7	7	34
Elain	-	6	7	8	5	5	4	31*
Katy	-	-	9	11	8	-	-	28
Chris	-	5	-	9	-	6	6	26
TracB	-	11	11	-	-	-	-	22
Carol	-	9	-	-	-	-	8	17
Shona	7	-	-	-	-	3	1	11
LizB	-	-	-	-	6	-	5	11

- Best five races

Other scorers were :- **Bing** (3C,4M&2B); **Anne D** (5S&4W) and **Encarna** (M) all on 9;
Sue Buchan 8(E) and **Rosie** (4C&3B).

VETERANS CHAMPIONSHIP 1997 * Best 5 races

Name	Elrick	Clach	Stuc	Glam	Cwill	Morv	Benn	TOTAL
Rick	7	9	11	-	6	8	-	41
Dave A	-	-	-	-	11	11	11	33
Graham M	11	-	-	-	9	-	9	29
Steve P	2	-	7	11	1	3	3	26*
Ewen	-	7	9	-	-	-	8	24
Gordon R	8	8	-	-	-	-	6	22
Keith	-	5	-	-	4	6	5	20
Ron P	3	-	8	-	3	5	-	19
Gordon Y	9	-	-	-	8	-	-	17
Phil K	6	-	-	-	7	-	-	13
Graeme M	-	-	-	-	5	7	-	12

Other scorers were :- **Rob Hickling** 11 (C); **Tom Gunn** 10 (4E&6C); **Alec Hamilton** 9 (1E, 4M&4B); **Ian Jolliffe** 7 (B); **PhillThompson** 5 (E); **Terry Kerr** 4 (C), **Pete** 2(W).

SOCIAL SECRETARY AND SPIRITUAL ADVISER - STEVE PRYOR

SOCIAL RETROSPECTIVE

A review of the social milestones of 1997 was delivered on behalf of The Social Secretary at the AGM which was held 9th Dec. at The Blue Lamp.

Trips away this year included Edinburgh, Perthshire, Skye, Tweedsmuir, FRA Relays (England) and Aviemore. Socially we partied, ceilidhed and concerted around Aberdeen and generally had a good time.

FORTHCOMING FEATURES

December 97

16-12-97 Bowling at The Sunset Boulevard

That's right The Cosmics are going bowling. A chance for the duffers to show the elite runners all about real competition. 4 lanes have been booked for one hour from 20:30hrs. Straight down to The Alley after training. Any one interested in eating at The Café Continental afterwards should speak to Steve.

20-12-97 Ewen's Beach Bash

The tide tables dictate that this years event will be before Christmas. You all know the form. Assemble at the Fittie for a 10:00am start. First pair away at 10:10hrs. Fancy a steeplechase ...this one's for you.

January

10-01-98 Swim 'n' Sauna

Start the year off with a dip in the North Sea at Hackley Bay. Steve Pryor is organising a run around Forvie and a Soup and Sauna and apres dip party chez lui. Start at the Forvie Nature Reserve Car Park just over the bridge in Newburgh, 1000 hrs..

23-01-98 Cosmic Christmas Party

Officially designated a Toga Party this year. Please all make an effort and come suitably attired. If you are short of ideas call Steve Pryor. There will be a Disco and Prize Giving Ceremony. Tickets will be on sale soon at £6 and these will be available from Shona The Food. Tel 01224-741755.

VENUE: THE BELMONT SPORTS & SOCIAL CLUB

ADDRESS: 218 HARDGATE, ABERDEEN. NB ALTHOUGH THE NAME IS THE SAME AS LAST YEAR THE ADDRESS IS DIFFERENT.

TIME: From 8:00 pm til 01:00am

- Traditional run on the 24th to blow away the cobwebs - see schedule of events.

February

21-02-97 Carnethy 5 Hill Race

Away trip to this classic event in Edinburgh. Travel down on the Saturday overnight at The Rowan Guest House. Race, Ceilidh and Clubbing on the cards.

The Social Secretary is looking for a volunteer to co-ordinate this trip i.e.: send out information sheet, collect money etc. Any takers? Race is pre-entry and Ceilidh tickets are always in short supply..... book early. Entry forms available from Brian Lawrie.

March

21-03-97 Combined Stocket and Cosmic Ceilidh

Repeat of last years successful bring a party to a party event. Elaine Stewart is organising this one and will need support through ticket sales as the Hotel Hall and Band are expensive. Last year some 130 tickets were sold @£5.00 / head and the event was break even. Please put this one in your diaries and we'll see you there. Venue is once again the Station Hotel , 8pm till 12pm , dancing to the Hailey Racket

EVERY TUESDAY NIGHT IS PUB NIGHT !

A.G.M. 9TH DECEMBER

Full minutes of the AGM are being produced by Shona - here are the highlights.

Club membership now stands at 70 , comprising 50 men and 20 women. The Scottish Athletics Federation, SAF, is looking to introduce a membership scheme which will require an additional £10 on top of Club membership.

Coaches Rennie & Kerr produced a dialogue along the lines of " Fit wud like we shud do wid da moaning jessies who complain abut the Tuesday sessions ?" The answer to which is if you don't like what your getting speak to the coaches and they'll try something different . Also don't be tied to one group if the other groups session better fits your planned training phase and goals . Don't have planned phases or goals ? See our highly qualified coaches who will assist but not molly coddle.

Social events . The longest list of successes of the evening ! Far too many to mention here , but a superb job over the year by Social Steve who couldn't make the evening as he was in Texas researching the best Tequila bars to go to after the Alamo Hill Run, a so far secret future trip.

Financial report, by Phil Kamer. Generally a good financial position with much debate about how we should cover future cost of Comic, how much we should charge at our own races i.e. should we keep to the general rule of low cost entry fees for hill races ? Or should the efforts of club members who organise and marshal be rewarded with a reasonable profit for club funds. Let Committee know your views.

Constitution changes were too fast for me to keep up with , see proper minutes.

New Committee . Despite the success (or because of) of the Fab four it was recognised that a more formal structure to distribute the workload within the club was needed . Consequently we now have a new committee of : Secretary - Brian Lawrie, Treasurer Phil K , Social Subversive Steve Pryor , Membership Secretary Ian Searle, Men's Captain Greg Barbour, Women's Captain Sonia Armitage, and three "Ordinary " members Margaret Stafford , Shona Manson, and Ewen Rennie . The new constitution says that all will be kicked out after a maximum of four years to give them a rest. Lots of discussion about club colours . I think we are getting black club shorts as well , although some wimps complain that the black vests absorb too much sunshine in the hot summer hill races. (crop tops for men too ?)

Finally , Brian attracted a lot of interest for a proposal to have a two week club trip to Northern Italy in July to take in the European cup race , walking, drinking etc. . Look out for future details.

WINTER TRAINING SESSIONS

SATURDAY RUNS 1998

NB if in doubt about winter weather contact Brian or go to the central meeting place where an alternative run may be planned .

Sat. 10th January . Ythan Nature Reserve . Meet Seaton Park 0930 at Don Street end . Back to Social Secretary's place .

Sat. 24th January. Millstone Hill /Mither Tap at don view car park. Meet at Hazelhead 0915.

Sat. 28th February. Clachnaben/ Mt Shade time to get training for the Scottish Championship event. Meet Duthie park at 0915.

Sat 14th March. Coreen Hills . Lord Arthurs Hill. meet Hazelhead 0915. Those going direct should meet at Alford.

TUESDAY NIGHT RUNS , KINGS COLLEGE, 1815.

Tuesday 13th Jan
20th Jan
27th Jan
3rd Feb
10th Feb *
17th Feb

Tuesday 24th Feb.
3rd Mar
10th Mar **
17th Mar
24th Mar
31st Mar

Tuesday 7th April sees the return of the summer evening programme, starting with a KRUNCE.

NOTE . * Feb 10th. Meeting at the Blue Lamp after training. Talk on their Himalayan trek by Tim & Zoe Griffin and Cathryn Mangham . Their slide show will cover the Annapura circuit.

**** Mar 10th .** Blue Lamp . Talk/discussion on preparation for summer hill races lead by coaches Rennie and Kerr.

FORTHCOMING HILL RACES

Feb 1st . El-Brimick Dash. Cat AS.
Venue South Kirkhill car park . Start 1400 hrs

Feb 17th Devil's Burden Relay. Venue Falkland , Fife. Last year we sent three teams of six. See your Team captain if interested.

Feb 21st Tiso Carnethy Five Hill Race. Cat AM
Venue Penicuik. Time 1400 hrs , entries close on Monday 9th February.

Mar 28th. Chapelgill Hill Race CAT AS.
Venue Glenholm , Broughton. Scottish Championship event,