



# COSMIC HILLBASHERS BULLETIN NEWS-SHEET

ISSUE No 15  
QUARTER 2 - 1998

## Editorial

Phill Thompson

Hopefully everybody managed to read the last bulletin as it was a bit submerged by a very enjoyable edition of the Comic at the same time. Although Greg's piece brought hours of amusement trying to figure out who was who, for me the account of Mel Edward's early running career was the highlight. In parts it was reminiscent of a very shortened version of Ron Hill's "Long Hard Road", showing the dedication and commitment needed to succeed at the highest level. I probably found more interest in this first part than most Cosmics as it brought back memories of races I have run in, but unlikely to have been trod by many Cosmic feet: the Mitcham 15mile, now "25km" was my first ever long road race; the mad scrambles and the thundering starts of National XC's at Parliament Hill fields; the disappointment of the Harlow marathon. I was of course some time behind both in years and finishing times from Mel's efforts. Part 2 should prove equally as interesting.

As ever the year has started with a bang socially, see Social Steve's bit. What with peering into the gloom at Kings, dips in the sea, cram-a-cosmic-into-a-sauna, toga party etc, Cosmics have been known to walk past each other in the street bringing to life the old 'un "Sorry I didn't recognise you with your clothes on."

Thanks to Brain for doing all the Tuesday, Saturday, and race info and to Steve, Ian and Ron for their contributions.

Next bulletin due out around end of June. Snippets and gossip, rumours true or false are all welcome.

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**COSMIC VESTS.** Looking for that distinctive appearance on the hills and in races? Then look no further than our hand embroidered black Club running vests with the distinctive Cosmic logo. See Elaine Stewart if you wish to purchase one, approx £12.50.

**CLACHNABEN RACE.** Brian Lawrie is looking to uphold Cosmic's reputation by making this Scottish Champs race as good as we can. Can you help by providing on the day marshalling; provision of home-bakes for post race scoffing by hungry runners - you know the kind of things we like to eat.

Brian is also looking for low-level sponsorship for Clachnaben and Morven races e.g. provision of prizes for winners at Clachnaben or permanent trophy at Morven. If you are in a position to sound out PR departments etc at work for this please do so.

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## CLUB RUNS - TUESDAY EVENINGS

Concerned that our summer midweek runs were not meeting the needs of runners, a meeting was organised at the Blue Lamp on Tuesday 10<sup>th</sup> March in an attempt to find the best way forward.

At the meeting, Terry and Ewen our coaches, provided us with some useful ideas on how to prepare properly for the season's races. After some discussion on these more theoretical aspects, the meeting moved on to discuss suitable venues for our Tuesday evening runs and to whether these summer sessions should continue to be as structured as the Kings College winter ones are.

At the end of the evening it emerged that a majority of the members present ( a good representative sample!) preferred to continue to go out to run in the hills as we have traditionally done. This therefore will continue. A minority indicated that they would like to see some runs a bit nearer home. As a result we will slip in the occasional runs at Brimmond and the Hill of Fare etc. The majority felt that structured runs should continue over the summer and the coaches have agreed to organise this.

To sum up : -

There will be structured runs for those who need/want them.

Our venues tend to lend themselves to particular types of session e.g. hill reps at Scolty, Fartlek at Duris.

Five minutes could be spent usefully at the Hazelhead meeting place formalising a session so that when we get to our hill we are ready to go.

There will always be a group doing an easy run.

Maps will be provided for all the runs.

Look out for anybody who may be unsure of the way.

B.L.

### COMMITTEE METING 26<sup>TH</sup> JANUARY 1998

The following decisions were taken at the above meeting.

1 **CLUB CHAMPIONSHIP.** Races for 1998 championship will be :- El-Brim-Ick, Clachnaben, Tap O' Noth, Cairn William, Morven, Bennachie and Dollar.

2 Prizes will be awarded to the following club Champions male and female seniors. There will also be an award for the most improved runner, male or female.

3 The one-five star merit badges have been abandoned. They are expensive and have never caught on. The Cosmic Comets also hit the dust.

#### 4 **TRAINING NIGHTS AT KINGS COLLEGE**

We are losing a considerable sum of money because of non-payment of 50p's. For winter session 1998-1999 would members mind paying in £5 or £10 lots? Give this some thought and let the committee know your view in the next few months. B.L.

**COSMIC SOCIAL EVENTS - QUARTER 2 - 1998**  
**SOCIAL SECRETARY AND SPIRITUAL ADVISOR**  
**STEVE PRYOR**

**SOCIAL RETROSPECTIVE**

**December 97**

A busy spell socially was kicked off with a great party at Ian Searle's house....party games and great grub were preceded by a glorious run on good old Bennachie .

Bowling at the Beach Boulevard and a visit to Café Continental on the 16<sup>th</sup> Dec .

Ewen's Beach Bash was as gruelling as ever on wet cold December morning . Drinks at the Café soon warmed the cockles however .

**January**

All those who attended the Swim 'n' Sauna at the Social Secretary's place appeared to have a good time . Thanks to Ann Thompson and Margaret Stafford for organising the party games .

The Christmas Disco was well attended and good efforts with the Togas everyone . Special thanks to Christine for riding her bike so well ! Time for a different format next year ?

**February**

A goodly number of Cosmics went down for the Carnethy 5 Hillrace in Edinburgh and all who could make it enjoyed a great Ceilidh and after frolics at 'The Attic Night Club' . Will Greg be doing a write up ? Thanks to Sonia for her single handed organisation of the accommodation during a difficult week-end in Edinburgh with the French over for the Rugby International .

Margaret and Ron organised parties which were enjoyed by all those who can remember going . Special thanks to Catherine for calling Margaret at 08h00hrs on the morning after the night before to see who wanted a run .

## March

Last call for the Ceilidh with the Stocket hill walking club on the 21<sup>st</sup> March . Elaine has worked hard to organise this event and your support will be much appreciated . If you need tickets (£5 ) for yourself or friends please call Social Steve without further delay **Home 01651-842714 Work 01224-712332 .**

## FORTHCOMING FEATURES

### April

Not much organised this month as we gather our strength for a busy summer . Training on the hills will resume in April however and we will all then begin to enjoy a bit of ' pub wise ' variety ( see Tuesday Night Runs )

Keith Greenwood will run the **Speyside Way 50k (12<sup>TH</sup> April )** and might like some support . Interested ? Call Keith 01569 740662 ( Mad bastard! )

### May

You will note that **The Culter Fell Horseshoe Race (30<sup>th</sup> May )** is a Scottish and British Championship Event this year . If it is not too late we will book the **Crusader Centre** again (where we stayed for The Two Breweries.....you know the place Christened by Trace and Markie ! **Another great Cosmic away Jolly not to be missed in the making .** Interested ?

Call Social Steve now ! Thinking about a mini -bus for this one .

**Social Secretary's Magical Mystery Tour by Pushbike . Sunday 17<sup>TH</sup> May .** Rain or shine this event will run . Depart from the Dee Motel 10h00hrs . Not for the faint hearted . 80 miles round trip with stops for lunch and afternoon tea . Interested ? Book early with Social Secretary . Good training for prospective Highland Crossers . Fit or Farts groups catered for ( as with training ) .



## June

Some of you will have heard of it.....others may have done it . **'The Lowe Alpine Mountain Marathon'** that is . This year it's taking place somewhere North of Glasgow on the weekend of 13<sup>th</sup> 14<sup>th</sup> of June 98 . This is a two day event with courses to suit most . You must carry kit and will camp out overnight . Run in pairs , at least one member needs to be a fully competent hill country navigator . Interested call Social Steve for details entry forms etc . Lots of Cosmics planning this one . Has Classic Jolly potential . ( Might clash with Katy and Co..... See below )

During the month of June **Katy Boo** and **Phil Kammer** and separately **Cosmic Rennie** will all make a further attempt on **'The Charlie Ramsey Round'** ( Mad bastards ) ! Owing to the predictable nature of Scotland's unpredictable weather on the hills in summer the dates are not yet fixed . If the weather forecast looks favourable on any one of the weekends in June the attempt will be mounted . This is a trip up to Fort William on a Friday night with a return sometime Sunday . Can you offer support ? Do you want to run a leg or help at camp or with the victuals ? Given the uncertainty surrounding dates and that everybody has their own plans for the summer our intrepid threesome will welcome all offers of support to be sure that help will be available on each of the four June target weekends . Social Steve is co-ordinating and will be delighted to hear from you .

**DON'T FORGET.....TUESDAY NIGHT IS PUB NIGHT !**

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## **RECENT RESULTS.**

Devil's Burden Relay, Fife. A superb start to the racing year was made by the Cosmic A team who actually won the race but were disqualified as a control was missed on the last leg. But it was certainly a moral victory as we gave notice that the old order of Scottish team events is starting to change. The women's team finished a creditable second, not too far down on the winners. Now next year .....

Chapelgill Hill Race. Good performances from Dan W 4<sup>th</sup>, Tim G 8<sup>th</sup>, Greg B 10<sup>th</sup> and John B 16<sup>th</sup> enabled Cosmics to take 2<sup>nd</sup> team. With Sonia 3<sup>rd</sup>, Catherine 4<sup>th</sup> and Encarna the third scorer in the ladies I think we also took second ladies team. Dan had a superb uphill climb , being forty plus seconds clear at the summit. His efforts earning him an invitation to the Zermatt Uphill race.





## **TUESDAY NIGHT TRAINING RUNS - SPRING SCHEDULE**

**Meet at Hazelhead Academy Groats Road at 6.15 p.m. If unsure how to get to any session.**

To encourage new people to come to the runs grid references for the car park/meeting place have been provided. Also included are a number of Orienteering events run by Grampian Orienteers. These will have a course suitable for beginners and be low key events. Sorry, no Grid Refs but contact one of the many Cosmic/Gramp members if you want info or help e.g. Ewen, Greg, Tim & Zoe G, Phill T, Bob D, Elaine, Ian S, Tim N, Armitages, Rob H etc

**April 7<sup>th</sup>** Krunce at Rotten O' Gain, Grid Ref 852046 Aberdeen Map  
**6.45 START** A Krunce is one of Ewen's short, forest track races, about 4 miles, four race series. first Tuesday of the month. **Pub Bieldside Inn**

**April 14<sup>th</sup>** Brimmond. GR 859102 Aberdeen Map. **Pub Four Mile Inn**

**April 21<sup>st</sup>** Hill of Fare GR 743036 Aberdeen Map. **Pub Echt**

**April 28<sup>th</sup>** Cairn Mon Earn. GR 769925 Map Stonehaven **Pub Travellers**

**May 5<sup>th</sup>** KRUNCE Rotten o'Gairn as previously. **7.00pm Start. Pub Bieldside Inn**

**May 12<sup>th</sup>** Millstone Hill. Map Aberdeen. GR 672191 **Pub Grant Arms Monymusk**

**May 19<sup>th</sup>** Kerloch. Map Stonehaven GR 699917 **Pub Travellers Inn**

**May 20<sup>th</sup> (W)** Orienteering, Bennachie, 6.30 pm

**May 26<sup>th</sup>** Cairn William. Map Aberdeen. Meet at Hazelhead or Dave and Sonia's. **Pub Grant Arms Monymusk.**

**May 28<sup>th</sup> (Th)** Orienteering, 6.30pm Cheyne Hill

**June 2<sup>nd</sup>** KRUNCE AS PREVIOUS

**June 9<sup>th</sup>** Brimmond As April 14th

**June 10<sup>th</sup> (W)** Orienteering, 6.30pm Mulloch

**June 16<sup>th</sup>** Millstone Hill Details as May 12th

**June 18th (Th)** Orienteering, 6.30 pm Blackhall

**June 23<sup>rd</sup>** Durris. Map Stonehaven. GR 761915 **Pub Travellers Inn**

**June 30<sup>th</sup>** Mt Shade. Map Stonehaven GR 649867 **Pub Feughside Inn**

## SATURDAY RUNS

**April 4<sup>th</sup>** Clachnaben. Run the Scottish Championship course. Meet Duthie Park at 0915. Map Stonehaven. GR 648903

**May 2<sup>nd</sup>** Morven via Scraulac, Cairnagow Hill, Managowan, Slack of Glencorvie return via Morven Lodge (339029) map Stonehaven GR 314029. This is a long run on quiet, seldom visited hills with an ascent to Morven not often done. (Up NE ridge.) A shorter version of the run cuts down to Morven Lodge before Morven.

**May 16<sup>th</sup>** Glentannar. Map Ballater & surrounding area. GR 479966 Braelonie Car Park. Long forest trails, with some big climbs in one of Scotland's finest forests.

**June 13<sup>th</sup>** Bennachie. Map Aberdeen. GR 693245 Rowantree Car Park

## Races

There are many races in the calendar not mentioned below, a number of which might appeal. Get a copy of the Scottish Hill Running calendar 1998. The following are races which the club will particularly target.

**SUN April 19<sup>th</sup>** Clachnaben Hill Race by Strachan, South Deeside. Map Stonehaven Start 1200 hrs. Distance 10 ½ miles. CAT AM Climb 3500, Cosmic Club Championship race and Scottish Champs.  
**NB Brian Lawrie is looking for marshalls for race day.**

**Wed May 13<sup>th</sup>** Kinnoull Hill Race. Check this one with Ewen. Cat CS. Dist 4miles. Climb 800feet.

**Sat May 30<sup>th</sup>** Culter Fell Horseshoe race, Crook Inn Tweedsmuir. CAT AL Distance 12 miles, climb 4000feet. Scottish & British champs event. See Social Steve's Notes for accompanying jolly.)

**Sun. May 31<sup>st</sup>** Scolty Hill Race Banchory. 1415 hrs CAT BS, distance 5 miles. Climb 800ft

**Sat. June 6<sup>th</sup>** Glas Tulaichen Uphill Race, Glenshee. 1400hrs CAT AS distance 4.5 miles, climb 2200. May be important for aspiring World Cup runners.

**Sun 21<sup>st</sup> June** Eildon 2 Hill race, Melrose. 1500hrs CAT AS. Dist 4.5 miles, climb 1500ft. Scottish Champs event.

**Sat July 4<sup>th</sup>** Dollar Hill race, Dollar. CAT AM Dist 9 miles Climb 2500. Scottish Championship Event

# THE COSMIC YELLOW PAGES - New Members Update

NAME	ADDRESS	TEL NOS
Blunk (Inken)	Flat D Burnside Cottage Burnside Fettercairn Laurenckirk AB30 1XY	Home 01561 340747 Work
Borrowman (PJ)	55 Spittal Old Aberdeen AB25 3HY	Home 01224 633882 Work 01224 572247
Helmore (Steve)	c/o Read Well Services 1 Claymore Avenue Aberdeen AB23 8GW	Home Work 01224 336644
Hunter (Stuart)	129 Rosemount Place Aberdeen AB25 2YH	Home 01224 522713 Work 01224 639476
Mestres Ridge (David)	43 Mount Street Aberdeen AB25 2QX	Home 01224 632347 Work 01224 632211
Noble (Lois)	15 Kirkbrae Drive Cults Aberdeen AB15 9RH	Home 01224 861702 Work
Rajabian (Behzad) - Buzz	c/o Camco International Kirkton Avenue Dyce AB21 0BF	Home 0374 622246 Work 01224 723970
Stone (Mike)	Orrok House Orrok Belhelvie AB23 8YA	Home 01358 742280 01224 827203 Work 01224 777000
Watson (Willie)	90 Ardarroch Place Aberdeen AB24 5QY	Home 01224 634081 Work

The above are new members who have joined since the last address list update. All details will be included in the mid year update issue of the address list. Please let me have a note of any other changes and errors and I'll get them included.

Also, if you have Fax and/or Email details that you want included , please let me have these too. My Email is [searleir@bp.com](mailto:searleir@bp.com)

I have had a few successful emails from club members, I will shortly send out a group reply and then add the details to the updated list.

More mundane contact also available via **01224 833430 (W) and 01467 681566 (H)** **Ian Searle**

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**COSMIC LETTERS.** Yes folks the Editor has received his first unsolicited letter - thank you Ron P.

*Wow Cosmic Man!*

Anyone interested in a 5/6 mile steady run round (e.g. Riverside Drive/Duthie Park/Loirston Country Park) on Thursdays and/or a long slow run ,12 mile or longer on Sundays (e.g. Coastal Path to Cove and Loirston Country Park on way back for the sea views!) starting from my place at Rosebank Gardens (parking) or Duthie Park please contact me on 589267. Groovers in Terry's training option would be ideal for pace and to run as a group, although open to anybody. This could be regular but flexible. Start times expected : 6PM Thursday, 11am Sundays. Other options considered.

**Ron Pratt**

