



COSMIC HILLBASHERS

BULLETIN NEWS-SHEET

ISSUE NO: 3
QUARTER 2 - 1995

Here we go again. Spring is in the air and another season on the fells beckons. For all those who ran the Carnethy 5 Hillrace in February it has already started with a bang!

So what's new? Read on to find out, but remember this bulletin provides the Cosmic training and suggested club runs for the next three months. Give this document pride of place on your notice board and you will always know what's on and where!

TRAINING

Now that the clocks have gone forward we have daylight well into the evening and it only gets better from here. The last 'Rennie Puff and Grunt' session at King's College took place 28 March 1995. Herewith is the schedule for spring Tuesday night training.

Many club runners feel the need to keep a quality session going on Tuesday nights rather than 'just' running around the hills. Much will depend on what individuals may have planned for the weekends.

Until further notice we will meet on **Tuesday nights at 18.15 hrs at Hazelhead Academy Swimming Pool Car Park!**

Runs will rotate between **Scolty, Hill of Fare, Cairn Mon Earn and Kerloch** to provide variety. In the event of bad weather we may run in **Hazelhead forest**.

Tuesday Night Runs

4 April	Ewen Rennie's - Krunce (Rotten O'Gairn) 1800 meet 1830 hr start
11 April	Meet Hazelhead 18.15 hrs
18 April	Meet Hazelhead 18.15 hrs
April	Meet Hazelhead 18.15 hrs
2 May	Ewen Rennie's - Krunce (Rotten O'Gairn) 1800 meet 1830 hr start
9 May	Meet Hazelhead 18.15 hrs
16 May	Meet Hazelhead 18.15 hrs
23 May	Meet Hazelhead 18.15 hrs
30 May	Meet Hazelhead 18.15 hrs
6 June	Ewen Rennie's - Krunce (Rotten O'Gairn) 1800 meet 1830 hr start
13 June	Meet Hazelhead 18.15 hrs
20 June	Meet Hazelhead 18.15 hrs
27 June	Meet Hazelhead 18.15 hrs

COSMIC CLUB RUNS

Saturday morning club runs - only one per month this time as a busy event calender will preclude more. There's nothing to stop members getting together for a social jaunt though if not competing (use the Cosmic contact list - enclosed).

*Saturday 8 April 1995

Meet at Duthie Park at 09.15 hrs, thereafter to Kerloch (about 10 miles - those doing Clachnaben will need something this distance).

*Saturday 6 May 1995

Meet at Hazelhead at 09.15 hrs, thereafter to Lord Arthur's Cairn - Correen Hills. (adventure run - no-one will know where their going!)

*Saturday 10 June 1995

Meet at Duthie Park at 09.15 hrs, thereafter to Hill Cat - Glentannar (anyone fancy a river swim and picnic?)

COSMIC EVENTS

Those who went to 'Carnethy' may have heard tell of a copy of the Tiso calender doing the rounds. Well that 'early bird' Rennie was the Cosmic who got it and he has been circulating at least half photo copies of the thing.

Here are some useful dates from Tiso and other sources:

Club Championship Races

5 Feb - El-Brim-ick
23 April - Clachnaben (sponsored by OPS)
24 June - Moffat Chase (early entry reqd)
16 July - Glen Shee
26 Aug - Morven
16 Sept - Cairnwilliam
1 Oct - Bennachie

Scottish Championship Races

29 April - Stuc A Croin
14 May - Kairn Hill Race
24 June - Moffat Chase (Cosmic Champ)
22 July - Meal Ant Suidhe
6 Aug - Glen Clova
2 Sept - Ben Nevis (big and bad)

The Cosmic Run and Social Trip Calender looks like this:

*Sunday 23 April

Clachnaben - a club championship event. Sponsored this year by **Oilfield Production Support (North Sea) Ltd.** (Every self-respecting Cosmic should show a face - marshalls needed if you don't want to run, call Steve, Brian or Phil). Category : AM - distance: 10.5 miles - climb: 3,500 ft. **Strachan.**

29 April

Stuc A Chroin - a Scottish/British championship race. Scene of the east/west coast 'grudge' match. (An absolute sod of a race. Chips at 'Comrie' on the way home are a well earned and necessary treat after this one!). Category: AL - distance: 13.0 miles - climb: 5,000 ft. **Strathyre.**

*Sunday 14 May

Kairnhill Race - a Scottish championship event (long way to go for a short race this!). Category: AS - distance: 3.5 miles - climb: 1,250 ft. **Ayrshire.**

*Saturday 20 May

Goatfell Hill Race - a Cosmic away weekend sponsored bus/ferry/bunkhouse if sufficient interest. (Like our trip overseas to Skye last year - lots of potential for great weekend. Maybe some hillwalking on the Sunday, weather permitting). Category: AM - distance 8 miles - climb: 2,866 ft. **Isle of Arran.**

Saturday 24 June

Moffat Chase - a combined Cosmic/Scottish/British (in that order) Championship event. (Several problems with this race. It is limited to 200 entrants so get your copy form from Ewen Rennie and send it away yesterday! Race is early start at 1100 am so Friday night incursion is planned! What could be nicer than a weekend in the Borders? Speak to Steve/Brian/Ewen if you want to go). Category: AM - distance: 12 miles - climb: 3,000 ft. **Borders.**

COSMIC SOCIAL EVENTS

Saturday 1 April

John Buchan's Bash. Who wants to go to dinner in Aberdeen? (Call John, Brian, Ewen).

Friday 20 May to Sunday 21 May

Cosmic Away Jolly on the Isle of Arran. Your chance to buy one of those nice white cardigans with the nice leather buttons! Details to follow.

***PUB NIGHT EVERY TUESDAY AFTER TRAINING.**

Steve Pryor
A Cosmic Social Person

(Schedules devised by C.R.A.P.)

COSMIC 100 CLUB

Since the campaign to issue tickets for 1995 commenced in December, we have sold 42 - 100 Club tickets. Some members have sold all their allocated tickets and other only some or none at all.

If you have not sold all your tickets or feel you will be unable to sell any, please return them to:

Steve Pryor
Old Mill of Fiddes
Udny
Ellon
AB4 10RH

Tel: 01651 842715

In April we have only 49 tickets in issue - we need to sell 100 - please make renewed efforts to shift them!

Remember this year we are investing in a once weekly Cosmic Lottery Ticket. The numbers are: 39, 23, 34, 29, 36, 15. If you hold a Cosmic ticket when we win you too will be running the hills in gilt plimsolls.