



COSMIC HILLBASHERS

BULLETIN NEWS-SHEET

ISSUE NO: 4
QUARTER 3 - 1995

Sizzling in June wasn't it!! Ask Phil Kammer and Ewen Rennie, they'll tell you all about the perils of running in high temperatures, 32° C isn't for sissys - especially when you're doing a 'Charlie Ramsey'! Better luck next time guys. Ian Jolliffe had a better Stonehaven ½ - (1 hr 19min) - not bad for an old grey bread eh!

Dave Armitage is taking the Cosmics to dizzy heights - he's currently heading the Scottish championships (these vets just get better) and his barely nubile wife (not quite a vet yet) has also made a great comeback after injury winning her first race out. Will all Cosmics please continue to nag Sonia into submission - Brian thinks she's about to join! Eddie Butler - what awesome form at Goatfell - I'm going to get me some of those drugs!

New talent in the club too (see the revised telephone list). A warm welcome to Zoe (another orienteer who has seen the Cosmic light), Rick (a serious mountain man), Andy White (isn't allowed to go to the pub) and Darren (alias burger man)!

Somewhat late this time out here's your guide to a good time for the coming quarter. Keep this handy sized bulletin in your briefcase, handbag or tool box and we'll see you on the hills.

TRAINING

Herewith is the schedule for summer Tuesday night training. Until further notice we will meet on Tuesday nights at 1815 hrs at Hazelhead Academy swimming pool car park.

Runs will rotate between **Scolty, Hill of Fare, Cairn Mon Earn and Kerloch**. These sessions have proved popular during the spring months with 8 to 15 Cosmics turning up for each run. Various abilities are catered for, (ie distance and pace). As ever the social aspect is also rewarding (providing its not your round).

TUESDAY NIGHT RUNS

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|---------|---|
| 4 July | American Independence - Krunce (Rotton O'Gairn) - 1830 hrs meet 1900 hrs start. |
| 11 July | Meet at Hazelhead 1815 hrs. |
| 18 July | Meet at Hazelhead 1815 hrs. |

25 July	Meet at Hazelhead 1815 hrs.
1 August	Ewen Rennie's' Penultimate Krunce (Rotton O'Gairn) 1830 hrs meet 1900 hrs start.
8 August	Meet at Hazelhead 1815 hrs.
15 August	Meet at Hazelhead 1815 hrs.
22 August	Meet at Hazelhead 1815 hrs.
29 August	Meet at Hazelhead 1815 hrs.
5 September	Ewen Rennie's' Crunch Krunce (Rotton O'Gairn) - 1815 hrs meet 1845 hrs start (its getting dark).
12 September	Meet at Hazelhead 1815 hrs.
19 September	Meet at Hazelhead 1815 hrs.
26 September	Meet at Hazelhead 1815 hrs.

COSMIC CLUB RUNS

There are many scheduled races throughout the summer period and accordingly no further Saturday runs are planned. However, for those of you not turning up to the races, don't forget Tuesday night runs are in the hills.

Brian Lawrie did schedule a club run for Saturday 1 July 1995, at the **Hill of Fare** - sorry I didn't get these notes out in time to advise venue.

COSMIC EVENTS

Club Championship Events

16 July - Glenshee

26 August - Morven

16 September - Cairn William

1 October - Bennachie

Scottish Championship Events

22 July - Meal An-T Suidhe

6 August - Glen Clova

2 September - Ben Nevis (bad)

16 July

The Glenshee chairlift challenge and medley team event plus a new 'uphill race' - Glenshee. This is a club championship event. Brian or Ewen will provide details.

- a) Chairlift challenge basically involves chasing the chairlift for 1,000 ft of ascent/descent - category: AS 2 miles (1300 hrs start).
- b) Uphill race is 6 miles with 2,500 ft of ascent.
- c) The medley event is a team event for three running legs of between 1½ to 3 miles.

So get busy and find a team. You can do one, two or three events.

Saturday 22 July

Meal An-T Suidhe race - Fort William - category: AS 3.5 miles 1,500 ft ascent (1400 hrs start)

This is a Scottish Championship Event (4th out of 6). Cosmic callup papers for a good team will be sent out in due course.

Saturday 6 August

Glen Clova Hill Race - Angus - category: AL 15 miles 5,500 ft ascent (1100 hrs start).

This is a Scottish Championship Event (5th out of 6). Being so close at hand there's no reason not to get a good Cosmic team to turn up. (Visits from Cosmic press gang - imminent).

Saturday 12 August

Largo Lan Hill Race - Fife - category: BS 5 miles 900 ft ascent (1500 hrs start). A good little race says 'Suede'. Fast and furious with a fair bit of road.

Saturday 26 August

Morven Hill Race - Dinnet - category: AS 5 miles 1,700 ft ascent (1300 hrs start).

Cosmic race - Cosmic Championship - **Cosmic - Cosmic - Cosmic** (3 line whip). Never mind the half marathon the next day - use Morven to limber up. (Morven race dates changed to accommodate world cup races in Edinburgh this year).

Saturday 2 September

Ben Nevis Race - Fort William - category: AM 10 miles 4,400 ft ascent (1400 hrs start). Entries must be in by 31 July 1995 (if you haven't entered yet do so without delay to be assured a place). Brian Lawrie has entry forms. **Last in the Scottish Championship Series.** 100th anniversary of the event so should be extra special. Loads of Cosmic 11½ pint men doing this one! Watch out for snoozing Cosmics under the trig point!

Weekend 9/10 September

World Cup Races - Edinburgh. Teams from all over the world will compete on a course over 'Arthur's Seat'! The races are category 'open' on Saturday 9 on the Pentland Hills. Brian is getting forms from the SAF office. Who fancies a weekend away doing a bit of running. Plenty of socialising and cheering the Scottish Team on Sunday.

The organisers are looking for Marshalls - any Cosmic volunteers? Interested? Speak to Brian who is going to Marshall on Sunday if they'll have him.

Saturday 16 September

Cairn William Race - Monymusk - category: BM 6.5 miles 1,270 ft ascent (1500 hrs start). This is the reason I don't get on with Dave Armitage! A good Cosmic turn out is requisite for this Cosmic Championship Event.

Sunday 1 October

Early reminder. Bennachie Hill Race - see next bulletin for full details.

COSMIC SOCIAL EVENTS

Arran May

The away jolly on the Isle of Arran was superb - don't miss the next trip! Thanks to BL for great planning and excellent en-tour accommodation.

Other

Lots of away trips to races and bags of potential fun throughout the summer - be there or be square!

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

Steve Pryor
Seriously Social Cosmic

(Schedules by Suede Head himself)