



COSMIC HILLBASHERS

BULLETIN NEWS-SHEET

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QUARTER 4 - 1995

Congratulations to Dave Armitage on winning the Scottish Hillrunning Championship again. Dave had the vets 1st place secured after only 4 out of 6 events! Going Cosmic definitely improved his form!

Phil and Ewen made another unsuccessful attempt at the Ramsey Round and Steve Pryor failed to run the Pembrokeshire Coast Path end to end - ah well, next season!

Cosmic's were well represented again on Ben Nevis. Phil Kammer, Dennis MacDonald (had an exceptional race), John Stewart, Stuart Chapman (you remember that West Coast member in the funny hat!) and Keith Greenwood (fell over again - blind b*****d) all turned out in the now famous black and gold strip - well done lads.

The weekend of 9/10 September saw the world cup races in Edinburgh and what a fantastic weekend it was too! Cosmic's were 'plastered' all over the event. On Saturday 9 September on the Pentland Hills, Dave Armitage was second vet home and second Cosmic, and first Cosmic home, Tim Griffin took 5th place overall in an exceptionally high class field. Steve Willox beat El Suede - wow! Well done Steve (not bad for a roadie). Brian beat Charlie Love (watch out for Cosmic's own super-vet next season!) Graham Elrick blew away some worthy opposition taking the scalp of trainer Rennie in the process. Rab Taylor should be persuaded to join the Cosmic's based on his performance in the race. Chapman the Hat ambled along at his usual relaxed pace (obviously thought he was doing another 100K - he was the only Cosmic capable of speech on the hill however!)

Sunday 10 September was the day of the world championship which was held on Arthur's Seat. Many in the hill running fraternity were initially bemused at the choice of venue when first announced, but hats off to the SAF though for a fantastic and well organised event. The venue provided a tough course for the competitors and a tremendous spectacle for the spectators. Photos in the next Comic!

Cosmic's own Sonia Armitage put in a fantastic performance and finished second Scot home in 24th place, only 20 seconds behind Helene Diamantides! Well done ginge! (yes she is joining).

TRAINING

The summer is officially over and we're looking at the prospect once again of training in the darkness. Happily, club sponsors **Oilfield Production Support (North Sea) Ltd** have agreed to pick up the tab for Tuesday night training sessions at Kings College playing fields for a third year in succession. Whilst the fields are not floodlit, there is sufficient light to work with and of course we do have use of the swimming pool and shower facilities after the session. Remember to bring your Cosmic membership cards and 20p coins for the lockers.

The Kings facilities have been booked as follows:

TUESDAY 3 OCTOBER 1995 - TUESDAY 26 MARCH 1996 INCLUSIVE

Tuesday 3 October 1995

(*OGM - see social events below)

Meet at Kings College changing rooms 1815 hrs.
Organised and structured training sessions which proved very popular last season, will be resumed and Cosmic coach Rennie will be on hand to whip you all into shape.

*The first couple of sessions may not be restricted to the field and light/weather permitting combined road and track runs may be organised.

The King Street Mill is a good 'varsity pub and the hard core can always be found 'undoing the good work' after each training session!

REMEMBER EVERY TUESDAY NIGHT IS COSMIC TRAINING NIGHT! 1815 hrs - KINGS COLLEGE CHANGING ROOMS

Cosmic Club Runs

Saturday morning club runs are to be resumed after a long summer lay off. The busy summer racing schedule meant that these popular Saturday sessions were discontinued for the last three months but they will now return to the twice monthly schedule previously operated.

This year there will be runs organised to suit all categories of runner (ie pace/distance). Careful provision will be made to ensure that no-one is allowed to get lost! A few minutes will be spent discussing routes on each occasion before the off!

It is recognised that it is important for all members to come along and enjoy a run in the hills and forests without worrying about whether they are able to keep up. Tuesday nights this summer have proved that runners of all abilities can go out together and have a good run.

In future at least two members who know the routes will be present for each Saturday jaunt and shorter runs will be organised if required. Do expect runs of between 1 and 2 hours.

It is worth noting that the more often you attend these weekend runs the more familiar you will yourself become with regular Cosmic trails.

Saturday 7 October 1995

Meet at Ythan Nature Reserve at 0930 hrs.
Thereafter for an 8 mile tour of the beautiful nature reserve comprising all manner of terrain and some beach running too! A social gathering for those interested at the Udney Arms Hotel (and perhaps a spot of lunch).



Saturday 28 October 1995

Meet at Duthie Park at 0915 hrs. Thereafter to Clachnaben and site of one of this year's Cosmic Championship runs although not on the race route. A choice of runs available so no excuses!

Saturday 11 November 1995

Meet at Hazelhead Academy at 0930 hrs. Thereafter to Millstone Hill/Mither Tap. Anybody fancy a bar lunch in Monymusk - or what about a raid on the Armitage's?!

Saturday 25 November 1995

Meet at Hazelhead Academy at 0930 hrs. Thereafter to Hill of Fare. There is a good long run available on nice trails for those who want it (2 hrs+).

Saturday 9 December 1995

Meet at Duthie Park at 0915 hrs. Thereafter to Kerloch. The run is about 10 miles and comprises a little bit of road, some nice forest and one big climb/descent - good trails. Make a big effort to attend this one - the last of 1995.

Important Safety Note

You should consider that some of our runs are on exposed hills and at a time of year when the weather is predictably unpredictable! You should, therefore, carry a bum bag as for a race, ie with full body cover, gloves, hat and some food. Remember if you pick up an injury you may have to walk back - in the snow!



COSMIC EVENTS

Sunday 1 October 1995

Bennachie Hill Race - Starts at 1400 hrs back of Bennachie car park - 7.25 miles

Category A M - climb 750'. Registration from 1200 - 1300 hrs. Pre-registration by 29 September 1995. Needs no introduction and no excuses for non-attendance accepted as this is on the doorstep!

Sunday 8 October 1995

Pentland Skyline Hill Race - starts at 1100 hrs hillend ski-slope Edinburgh - 16 miles

Category A L - climb 6,200'. Long tough race which may test your orienteering skills if the weather comes in. The event is well marshalled though.

Friday/Saturday/Sunday 13-15 October

FRA British Relay Championships - to be held in North Wales (date and venue subject to change). Last years Cosmic's sent a strong team to Yorkshire and it would be good to make our presence felt this year. Anybody wishing to take part should contact Brian Lawrie. Selection is open with best team available going to the event.



Sunday 22 October 1995

Kirkhill Eight - starts at 1100 hrs. Kirkhill forest north (Tyrebagger) - 8 miles.

Mainly on forest trails, undulating with several eyeballs out steep hills (not suitable for spikes). Entry forms available from Steve, Brian, Terry, Ewen. Maximum Cosmic participation please!

Saturday 4 November 1995

Meall A'Buchaille Race - starts at 1300 hrs Glenmore, near Aviemore - 6.5 miles.

Category A M - climb 2000'. You should definitely put this one in your diary as this is the highlight of the hillrunning calendar. The weekend fun after the race at the presentation and at the disco is a must for runners and their families. Speak to Brian to book your space as accommodation is likely to be limited. Price £25/head for tea after race, evening meal, Ceilidh and B & B (does not include race entry).



Saturday 18 November 1995

Elrick Eightsome Relay - Starts at 1400 hrs South Kirkhill, Aberdeen 3 x 3.5 miles

Category B S - climb 670'. This is the tough wee sod of a team event organised by that tough wee sod Rennie (he of feared krunce fame). Get busy picking your team of 3 now. This will be the last race of the season for most of us.

COSMIC SOCIAL EVENTS

Tuesday 26 September 1995

STOP PRESS! Look at Bulletin Issue No 4, Q3 and note that our last Tuesday night run of 1995 is this one! How's about a pub crawl? Mack McKay has suggested doing all the Irish pubs in Aberdeen - Ewen stated a preference for doing all the Scottish ones! Speak to social Steve.

Tuesday 3 October 1995 ☺

If you have been paying attention you will note that this the first 'winter' training session at Kings. As we will be able to shower up after training it has been decided to hold a long overdue OGM at the Blue Lamp - 2030 hrs start. No agenda is yet in issue but some issues for discussion will be:

- * Christmas Party
- * Attendance at events (who is in the know)
- * Weekend runs (new format)
- * Safety
- * 100 Club - progress report
- * Switzerland 1996

Saturday 7 October 1995 ⚙

Pub lunch at Udny Arms after run on the nature reserve.

Saturday 11 November 1995 ☺

Great Armitage Gate Crash following training run on Millstone Hill (pub in Monymusk if they go away!).

Thursday 7 December 1995 📅

Annual General Meeting. Venue Blue Lamp. Meet at 2000 hrs. Your chance to influence what happens to the club and in which direction we go in 1996 (onwards and upwards!).

Date to be Advised - before Christmas 🎵 Social Secretary's December Fancy Dress Party!
Venue to be advised! Theme to be advised!
Soundings being taken now!

Friday 19 January 1996 ♥ ♠

Cosmic Christmas Bash! Blue Lamp. Same successful formula as last year (party games in the offing!).

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

Steve Pryor
Socially Elevated Cosmic Person

(Schedules by Suede - eventually)



HILLBASHERS

Name	El-Brim	Clachnaben	Koffat	GlenShee	Morven	C. William	TOTAL
J. Buchan	11	8	-	11	-		30
D. Armitage	9	9	11	-	11	9	49
W. Moir	8	7	-	-			15
E. Butler	7	6	9	-			22
E. Rennie	6	3	-	6	5		20
B. Lawrie	5	-	8	9	7		29
P. Kammer	4	4	-	8			16 21
G. Yule	3	-	-	-		5 4	-8 7
G. Milne	2	-	-	-			2
G. Elrick	1	-	-	-	4	4 3	-9 8
I. Jolliffe	1	1	-	-		3 2	-5 4
K. Greenwood	1	1	-	7	3	1	13
T. Kerr	1	-	-	-		1	2
S. Pryor	1	-	-	5		1	7
D. McDonald	1	-	7	-	8	7	23
T. Griffin	-	11	-	-		11	22
S. Willox	-	5	-	-		9 8	14 13
R. Oxlade	-	2	-	-			2
E. Arrowsmith	-	-	-	-	9		9
A. White	1	-	-	-	6		6
J. Stewart	-	-	-	-	2	1	3
R. Hope	11						11
B. Kerr	9						9
Z. Ardron	-	11				11	22

EL-BRIM

STANDARDS

MORVEN - Male - Gold(22-30)	J. Buchan, D. Armitage, W. Moir, E. Butler
Silver(25-34)	E. Rennie, B. Lawrie, P. Kammer, G. Yule,
Bronze(30-41)	G. Milne, G. Elrick, I. Jolliffe
Female - Bronze(35-02)	K. Greenwood, T. Kerr
	R. Hope

CLACHNABEN - Male - Gold(89-42)	T. Griffin, D. Armitage, J. Buchan, W. Moir
Silver (101-56)	E. Butler, S. Willox, P. Kammer, E. Rennie
Bronze (122-20)	R. Oxlade, I. Jolliffe, K. Greenwood
Female - Gold (134-17)	Z. Ardron

GLENSHEE - Male - Gold(13-12)	J. Buchan
Silver(15-00)	B. Lawrie
Bronze(18-00)	P. Kammer, K. Greenwood, E. Rennie

MORVEN - Male - Gold(43-38)	D. Armitage, E. Arrowsmith, D. McDonald
Silver(49-35)	B. Lawrie, A. White, E. Rennie
Bronze(59-30)	G. Elrick, K. Greenwood, J. Stewart.

C. VILL - Male - Gold(46-56)	T. Griffin, D. Armitage, S. Willox, D. McDonald
Silver(53-20)	P. Kammer, G. Yule, G. Elrick, I. Jolliffe
Bronze(64-00)	G. Marks, K. Greenwood, S. Pryor, J. Stewart, T. Kerr
Female - Bronze(72-53)	Z. Ardron

With only the Bennachie Hill Race (on the 1 October 1995) left to complete the series, Dave Armitage is already in an unassailable position. The scrap for second and third places is definitely on, however. The team prize is also within Cosmic sights - be there to support the Cosmics. Zoe looks like favourite ladybut?!