



# COSMIC HILLBASHERS

## BULLETIN NEWS-SHEET

ISSUE NO: 6  
QUARTER 1 - 1996



This years season end jolly at Glenmore Lodge was every bit the hoot it was expected to be - or so I'm told at least. Things went a bit hazy for me at about ten past eight. My feet were blistered from dancing when I looked the next day so I must have enjoyed it!

Lots of new 'class' members this quarter with Sonia leading the way. Another 'Cosmetic' for the Cosmic ranks is 'our' Tracy (she'll tell you everything you need to know about bamboo shoots)! Tracy's boyfriend Bob, who follows her everywhere, was also instructed to join and he brought along a whole bunch of ex-orienteers. Bob Mills, Ian Searle, Dave Chester, oh! and don't forget 'Skippy' Barbour! A warm welcome to you all.

### COSMIC TRAINING

Bugger me I hear you say! Here we are back in the depths of winter - and we're all suffering the sadistic attentions of coaches Rennie and Kerr. Keep it up team! The turnouts at **Kings** training sessions are proving well popular with record turnouts being recorded! Cosmics will be set to take the 96 season by storm.

Ewen's Elrick relay marked the end of the hill racing year for all but the hardest amongst us so settle down to another two months of **Puff and Grunt in the Dark** at Kings and steel yourselves for the Carnethy 5 in February.

The sessions at Kings remember have been booked through to Tuesday 26 March 1996 inclusive.

\*A brief dip in the pool to loosen up after training is usually possible and the 'King Street Mill' across the road provides a welcome recovery pint (or two)!

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

(Xmas vacation from Friday 22 December 1995 to Wednesday 3 January 1996 - no Tuesday training during this period).

The first Tuesday night Spring run in the hills will be Hill o' Fare 2 April 1996 - meet Hazelhead Academy 1815 hrs.

## COSMIC CLUB RUNS

Last quarter saw the resumption of twice monthly club runs and these have once again been well attended. Following a short layoff for the festive season these weekend jaunts will resume in the New Year.

**Saturday 13 January 1996**

Meet at Duthie Park at 0915 hrs. Thereafter to **Mount Shade and Clachnaben**. Serious preparation for El Brimick and Carnethy!

**Saturday 27 January 1996**

Meet at Hazelhead Academy at 0930 hrs. Thereafter to **Elrick Hill**. Nice and near the 'toon' - so no excuses. A chance to look over the race course and easy to get 1½ hours of running - or less!

**Saturday 24 February 1996**

Meet at Hazelhead Academy at 0915 hrs. Thereafter to **Bennachie and Millstone Hill**. This will give Terry Kerr a chance to use the map so painstakingly created for him by Dave Armitage last time out. Can he still get lost?

**Saturday 9 March 1996**

Meet at Hazelhead Academy at 0930 hrs. Thereafter to **Hill of Fare**. No introductions necessary as this is a well tried Cosmic route.

**Saturday 23 March 1996**

Meet at Hazelhead Academy at 0915 hrs. Thereafter to **Lord Arthur's Cairn** in the Coreen Hills - look out for the gamekeeper and Cosmic ladies on mountain bikes.

## SAFETY NOTICE

Anyone who is unsure of how hill runs are organised or what they should be wearing, should re-read the excellent article by Brian (attached) which first appeared in Volume 1 - Issue 1 of the Cosmic Comic.

## HOT TIP

You are advised to meet at the appointed place (on time) for training runs rather than going directly to the hill. In the event of bad weather last minute changes may be made to the venue.

## SMIC EVENTS

Here is your race diary for the coming season. We will repeat the races 'still to run' in each subsequent issue of the bulletin so keep the current issue handy at all times. In view of the advance notice being given, no pathetic excuses like 'I'm getting married' (Tim and Zoe) or 'there's a Dons match on' (Ewen) will be accepted!

### Club Championship Races

11 February **El Brimick Dash**  
21 April **Clachnaben Hill Race**  
14 July **Glenshee Uphill Only**  
27 July **Ben Rinnes 5 Tops**  
14 September **Cairn William**  
21 September **Morven Hill Race**  
1 October **Bennachie Hill Race**

### Scottish Championship Races

17 March **Criffel Micro Hill Race**  
9 June **Aonach Mor Hill Race**  
22 June **Eildon Hill Race**  
27 July **Ben Rinnes 5 Tops**  
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21 September **Morven Hill Race**  
12 October **Pentland Skyline**

**Cosmic 3 Line Whip** in place for all the club championship races naturally and for selected Scottish championship events as well!

**FLAT STUFF** (go if you must)

**Tuesday 2 January 1996**

**The Howes of Bucksburn Road Race** - start (time TBA) Northfield, Aberdeen - 2 miles.

2 miles on the road - one mile downhill, one mile uphill.

**Sunday 21 January 1996**

**Castle Series** - start - register 1200 hrs onwards  
Crathes Castle, Banchory cross-country race.

**Sunday 4 February 1996**

**Castle Series** - start - register 1200 hrs onwards -  
Aden Park, Mintlaw - cross-country race.

**Sunday 10 February 1996**

**SAF National Cross-Country Championships** - start  
(time TBA) Irvine (all details from Brian Lawrie in  
due course).

**HILLY STUFF** (be there or be square)

**Sunday 11 February 1996**

**El Brimick Dash** - start 1400 hrs - South Kirkhill - 3 miles.

Category AS - climb 750'. Another punishing short one from Rennie the Short One! Once again on the top of Cosmic Championship list. Don't miss it, valuable points available here.

**Saturday 17 February 1996**

**Carnethy 5 Hill Race** - start 1400 hrs - Penicuik, Pentland Hills, Edinburgh - 6 miles.

Category AM - climb 2,500'. A great event this one - not to be missed! Remember the race is pre-entry by 27 January 1996. Cosmics can win a team prize here so lets get all the 'bit hitters' locked in! There's a meal and a ceilidh by ticket after the event too (see Brian or Steve for details)!

**Sunday 17 March 1996**

**Criffel Micro Hill Race** - start 1300 hrs - New Abbey, Dumfries - 7 miles.

Category AM - climb 1800'. The first Scottish Championship event of the 1996 season - a good Cosmic turnout is expected.

## **COSMIC SOCIAL EVENTS**

**Friday 19 January 1996**

**Cosmic Disco** - the Cosmic '95 Late Christmas Party with plenty of booze 'n dancin' and open buffet grub. Shona will bring her catering skills to the fore once again to coordinate the buffet. Please return the attached form to her soonest to let her know what you will bring - **2000 hrs - Blue Lamp.**

**Thursday 22 February 1996**

**Cosmic Talk Show** - following the success in previous years of the out of season topical talks, courtesy of Andy Johnston, Dave Armitage, Mel Edwards and Terry Kerr, the 96 season will be kicked off with a joint Marks/Pryor roadshow. Graeme will talk us through his epic east/west cross of the **Southern Alps of New Zealand** and will show some impressive slides in the process.

The social secretary will give an insight into the preparation for and an account of his 94 **Aberdeen - South Wales** cycle run and '95 abortive attempt at running the **Pembrokeshire coast path** - should be a good night - beer by OPS!

**Saturday 9 March 1996**

**Rescheduled social secretary's jolly** - to be held at 'Mill of Fiddes Hall'. The official christening of the function room and sauna! Eight til late! Full member turn out! Bus will pick-up - drop off - starting 1915 hrs - children welcome.

**THIS IS A FANCY HEAD PARTY - ANYONE ARRIVING WITHOUT MAKE-UP WILL BE MODIFIED!**

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

Steve Pryor  
Highly Social Secretary  
Cosmic Hillbashers

(Schedules most promptly by Suede)