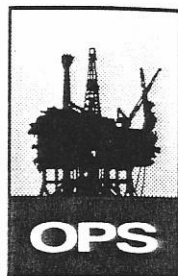




COSMIC HILLBASHERS

BULLETIN NEWS-SHEET



ISSUE NO: 7
QUARTER 2 - 1996

Rumour has it that, one of these months, it is going to stop raining and the thermometer threatens to climb back into the positive centigrade values. Ah well, daffodils and crocuses by mid June is much better than not at all!

Several more fine athletes have joined the swelling ranks of the **Cosmics** during the last quarter. Alec Hamilton (at last), Catherine (the flying doctor) Manghan*, Phil Thompson and Michael Wann (another orienteer to find the way). Dominique (what's his clogs) has also been turning out for training and runs with the **Cosmics**. Carol Lorimer is a new out of town member who sported a Cosmic vest and helped the ladies team lift the team prize at the **Criffel Micro Hill Race** - well done girls (Sonia, Tracy and Carol).

*We met the mad doctor quite by chance one training night and now she's fallen in love with us all (well some of us)!

Newest arrivals to the Cosmic Cosmetics are Ann Duckworth and Elaine Stewart, two wild (and single) ***triathletes**. Well done Marks, your introduction fee is in the post.

Stop Press: Andy Radcliffe has just been press ganged into joining too!

The Marks/Pryor Roadshow on the 22 February was well received and an interesting night was enjoyed by all in attendance. Booze 'n' nibbles courtesy of club sponsors **Oilfield Production Support**. Don't forget to take your cameras onto the hills in future. Why not have a go at giving us all a good Cosmic talking to!

The Social Secretary's jolly on the 9 March appeared to be popular with all who could make it - a vote of thanks to June Pryor for her work on the nosh! The evening had been declared a fancy head affair and first prize must go to Brian Lawrie for his superb 'Rainbow Warrior'. The 'Buchan' effect coal fire is in the post. Thanks to everyone else for entering into the spirit! John Buchan is to be congratulated for his efforts in raising funds for **children's cancer research** - thanks from us all John! and well done **Cosmics** for supporting the effort!

COSMIC TRAINING

The sessions at King's will soon be over. The last Tuesday session, be reminded, is 26 March 1996. Thereafter, with the lighter nights we can do what we're supposed to be best at - some Cosmic Hillbashing! Thanks to **Oilfield Production Support** for sponsoring the winter sessions for a third successive year.

NB There is a change to the note on page no: 1 of Issue No: 6 regarding the first Tuesday night run in the hills. Whereas we suggest Hill of Fare 2 April 1996 - please be advised that this will now be the first **Krunce** of the season instead.

A vote of thanks to both Ewen and Terry for their coaching efforts during the winter season. The theory that you cannot teach an old dog new tricks has been well and truly proved!

Here is the Tuesday training schedule.

Meet at 1815 hrs : **Hazelhead Academy** for Cosmic training runs. Go directly to Rotton 'O' Gairn car park for **Krunce's** (directions from Ewen).

Tuesday 2 April 1996

Krunce

Rotton 'O' Gairn car park - 1800 hrs meet for 1830 hrs start.

Tuesday 9 April 1996

Hazelhead Academy

1815 hrs meet - thereafter to Hill of Fare. The OGM will be held in the pub in Echt after the run.

Tuesday 16 April 1996

Hazelhead Academy

1815 hrs meet - thereafter to the hills!

Tuesday 23 April 1996

Hazelhead Academy

1815 hrs meet - thereafter to the hills!

Tuesday 30 April 1996

Hazelhead Academy

1815 hrs meet - thereafter to the hills!

Tuesday 7 May 1996

Krunce

Rotton 'O' Gairn car park. 1830 hrs meet for 1900 hrs start.

Tuesday 14 May 1996

Hazelhead Academy

1815 hrs meet - thereafter to the hills!

Tuesday 21 May 1996

Hazelhead Academy

1815 hrs meet - thereafter to the hills!

Tuesday 28 May 1996

Hazelhead Academy

1815 hrs meet - thereafter to the hills!

Tuesday 4 June 1996

Krunce

Rotton 'O' Gairn car park 1830 hrs meet for 1900 hrs start

Tuesday 11 June 1996

Hazelhead Academy
1815 hrs meet - thereafter to the hills!

Tuesday 18 June 1996

Hazelhead Academy
1815 hrs meet - thereafter to the hills!

Tuesday 25 June 1996

Hazelhead Academy
1815 hrs meet - thereafter to the hills!

The Tuesday night runs will continue in the same way as last summer. Whilst the training is less structured than the King's sessions there is flexibility to accommodate a heavy running season. For the new bods who don't know yet we go out from Hazelhead Academy meet point variously to local hills such as Scolty, Hill of Fare, Cairn Mon Earn, Kerloch etc and decide on the night what sort of session we want.

The nature of these areas is such that any training can be accommodated, ie hill reps/long runs/speedwork. If anybody has views on the organisation of training, share the benefit of them at the OGM on Tuesday 9 April 1996.

COSMIC CLUB RUNS

Saturday morning runs are set to continue but as we move into the summer racing schedule there are not so many weekend opportunities. As we hope to encourage big turnouts for all the races there is no point arranging club training runs which conflict with the chance to race and fly the Cosmic colours! (See events below)

Saturday 6 April 1996

Meet at Hazelhead Academy at 0915 hrs - thereafter to Clachnaben and Mount Shade. Don't forget there's the OPS Clachnaben Race coming soon - (21 April) good opportunity this to plan your race strategy.

Saturday 11 May 1996

Meet at Quality Hotel, Bridge of Don at 0930 hrs.

Orienteering Event - Tim Griffin and Greg Barbour are going to give us the benefit of their considerable combined knowledge and take us out for a morning's map work on the Forvie nature reserve. Before anybody lacking in confidence makes any excuses, please be reminded this is **not** an orienteering competition.

Only Cosmics will be present. There will be a 1000 hrs meet at Steve Pryor's house and a brief theory session (to include some slides) will be given. Then we'll be off to the nature reserve to put the theory into practice. There will be nothing too demanding as the level will be pitched just right for hill runners duh!

This really is a fantastic opportunity to get your map work sorted out and it will be good fun. Showers, sauna and soup available to all takers back at the social secretary's lodge afterwards. Support the lads - there are other things they could be doing!

Cosmic pens still available at 50p from Ewen Rennie.

Saturday 18 May 1996

Meet at Hazelhead Academy at 0915 hrs - thereafter to Kerloch. Runs of 8 or 10 miles available. Much easier run than Clachnaben with only one climb (although a big one!).

Saturday 29 May 1996

Meet at Duthie Park at 0915 hrs - thereafter to Glentanar. Runs to suit all tastes here.

Cosmic pens still available at 50p from Ewen Rennie.

NB: June is a busy racing month - a good Cosmic showing is required.

COSMIC EVENTS

Sunday 21 April 1996 *Cosmic Champ

OPS Clachnaben Hill Race - near Strachan - start 1100 hrs - 10.5 miles

Category AM - climb 3,500'. Registration from 1000 am. This is the second club championship race sponsored by guess who?? Great prize list - go for it!

Saturday 18 May 1996

Goatfell Hill Race - Isle of Arran - starts at 1415 hrs - 8 miles.

Category AM - climb 2,866'. Registration from 1000 am. No real plans as yet but this is the scene of the very successful 1995 Cosmic outing and jolly. Interested? Speak to Brian!

Sunday 2 June 1996

Scolty Hill Race - Banchory - starts at 1415 hrs - 5 miles.

Category BS - climb 800'. Registration from 1300 hrs. A local favourite. Can Cosmic speed merchants take the trophy from Metro?

Sunday 9 June - *Scot Champs

Aonoch Mor Hill Race - Fort William - starts at 1200 hrs - 10 miles.

Category AM - climb 3,600'. Registration from 1100 hrs. Organised by Eddie (Ben Nevis) Campbell - a Scottish championship race this year. A must!

Saturday 22 June - *Scot Champs

Eildon 2 Hill Race - Melrose - starts at 1500 hrs - 4.5 miles.

Category AS - climb 1,500'. Registration from 1400 hrs. A Scottish championship race. Get it in your diary!

In the last bulletin the races in both the Cosmic and Scottish championships were listed herewith is the list again for your convenience.

Club Championship Races

1 February El Brimick Dash
21 April Clachnaben Hill Race (see above)
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 Race

17 March Criffel Micro Hill Race
9 June Aonach Mor Hill Race (see above)
22 June Eildon Hill Race (see above)
27 July Ben Rinnes 5 Tops

21 September Morven Hill Race
12 October Pentland Skyline

SCOTTISH CHAMPIONSHIP EVENTS

By this time you should also have 'Tiso' calender with all the hill races in it (ask Ewen for copies).

Cosmics are now recognised as a real force on the Scottish hill running scene. We are the up and coming team. The rest have been around for a while. How far can we go? A good aim for this season would be a top three placing in the championship. That shouldn't be beyond us if we turn out our best teams. It does need commitment though.

In the men's championship we need 4 runners to count for the team. For the women 3 are needed to count. The team must complete 4 races out of the 6. One must be at each distance (short, medium, long). The fourth can be our best other result. It probably is best to aim to get strong teams to all six of the championships because injury or illness at the last moment can often scupper the very best laid plans. Are you up for it?

COSMIC SOCIAL EVENTS

Tuesday 26 March 1996

Sonia Armitage has come up with another of her mad cap 'feed the world' campaigns. She has organised dinner after the last King's training session.

Be there (bring your money) and you may get a packet of prawn flavoured crisps and a half pint of bitter! Eighteen places booked at **Cafe Colmar** at 2030 hrs - come on - you'll enjoy it. Telephone Sonia to reserve your place.

Tuesday 9 April 1996

OGM to be held after training on the Hill of Fare.

We will go to the Hill of Fare on this Tuesday night and meet briefly at the hotel in Echt. If there are any motions for the agenda let Brian know. It has been suggested that we have a cheaper rate for students and juniors. This will be debated. We must decide also if we want an organised trip somewhere this summer. My feeling is that with Scottish championship races in the Borders and Fort William plus other travelling we probably do enough. Anyway the OGM can be the place to decide this.

Saturday 11 May 1996

Fun and frolicking in Steve's sauna after orienteering. Come and show the Cosmics all your wobbly bits.

Saturday 22 June 1996

Possible Cosmic away weekend - Melrose for the Eildon 2 Hill Race. Contact Brian!

Stop Press: Cosmic pens still available at 50p from Ewen Rennie.

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

Steve Pryor
Highly Social Shooting Star
Cosmic Hillbashers

Schedules by Brian
(The Laird of Garthdee)

COMIC NOTE

The comic will in future come out in May and November of each year. However, since we already had a comic in February of this year, the next will be in November 1996 (however, it will be a bumper edition). The bulletin will be developed a bit to convey information to members between comics (anybody able to help with bulletin make yourself known at OGM or speak to Steve!)