



## **COSMIC HILLBASHERS**

### **BULLETIN NEWS-SHEET**

**ISSUE NO: 8**  
**QUARTER 3 - 1996**

We're back in the heart of the racing season, well some of us are! Ann Duckworth has only just realised that Tuesday night training sessions form just a small part of the Cosmic's activities and that we're all about racing. Ah!

New Cosmic members this time are Tim Nash, Liz Bracegirdle and Ann Thompson (alias Shorty) and we are pleased to welcome them all to the fold, along with Saucy Sue Buchan who was most miffed at not receiving her welcome in Issue 7. Happy now Sue?

#### **RACING RETROSPECTIVE**

##### **Knock Dhu - Ireland Saturday 18 May 1996**

Two 'cosmetics' ran for Cosmic's in Scotland and Ireland. Tracy Brindley and Sonia Armitage were both selected for the Knock Dhu International in Co Antrim, Northern Ireland. Both ran superbly, with Sonia finishing second behind England's Lucy Wright. Tracy was second Scot home in 8th place overall, a great achievement in her first international. Selectors for the world championships, which this year will be held in Austria (September 1996) will no doubt be impressed.

Coach Rennie was on hand to administer spiritual advice on a range of issues including Guinness consumption technique!

##### **Scolty - Saturday 2 June 1996**

Greg Barbour second and John Buchan sixth, with Bob Sheridan thirteenth. Great work lads in securing the second team place behind Metro. Fraser Clyne won his 14th Scolty race out of 16 - some machine!






Tracy just recovered from a severe bout of tonsillitis, won the ladies race with Elaine Stewart and Liz Bracegirdle backing her up with a sound Cosmic team effort.

Well done all!


No results yet but a good Cosmic turnout. A special vote of thanks to Tim Griffin for turning up to do this toughie after competing in a British championship orienteering event the previous day (he's married too).

Sonia was 3rd lady. Congratulations to her!

Other competing Cosmics (in order of arrival at the finish):

-  Dennis MacDonald
-  Steve Pryor
-  Keith Greenwood
-  Brian Lawrie (DNF)
-  Elaine Greenwood, Zoe Griffin (cheerleaders)



## Eildon 2

-  No times yet but Sonia was first, Tracy second, and Carol Latimer sixth to lift the team prize at this Scottish championship event.







Dave Armitage was third vet (tired after his attempt at the Cullins of Skye) and Bob Sheridan finished somewhere in front of Steve Pryor.



## Other Cosmic Results

### Carnethy 5 Hillrace




-  Dave Armitage 3rd Vet 55:11
-  Sonia Armitage 2nd lady 60:08

### El Brimmick

-  Greg Barbour 1st 21:21
-  Wilson Moir 2nd 21:24
-  John Buchan 3rd 21:28
-  Dave Armitage 4th 21:56
-  Gordon Yule 9th 23:23
-  Phil Kammer 12th 23:57



-  Sonia Armitage 1st 23:48
-  Catherine Manghan 2nd 27:11

### Criffel Micro

-  Tim Griffin 10th 46:17
-  Sonia Armitage 1st 52:33
-  Tracey Brindley 2nd 55:57

## Clachnaben



|   |     |                |
|---|-----|----------------|
| John Buchan   | 4th | 1.25:44        |
| Dave Armitage   | 5th | 1.26:34        |
|  Sonia Armitage  | 1st | Record 1.37:30 |
|  Tracey Brindley | 2nd | 1.41:57        |

## Ben Lomond



Dennis MacDonald went on his own and did bloody well! (details from Dennis)

## PERSONAL CHALLENGES

Steve Pryor completed the official Pembrokeshire coast path - 180 miles (31,500' climb) in 77 hrs 13 mins 21 secs (2nd attempt). What's left of Steve was recently photographed for an article which appeared recently in the Green Final. A personally written insight into the successful attempt will be included in the November comic. Efforts are being made to establish the time as a record.

Ewen and Phil are looking for a weather window in which to mount another attack on the Ramsay Round. Go for it lads!

Shona Manson and Alex Hamilton ran the London marathon in April. Well done both of you (that was Shona's second time).

## STOP PRESS

Ewen, Elaine and Ann (Duckworth) just completed the Highland cross - well done! The girls, helped by a fellow triathlete (well girl actually), lifted the ladies team prize (veteran).

## SOCIAL RETROSPECTIVE



It seems like light year's ago now but does anybody else remember the **Cosmic's at Cafe Colmar!** Good night wasn't it? Well done Sonia and thanks for setting it up!



Anybody who came to the excellent 'Introduction to Orienteering' given jointly by Greg and Tim at the social secretary's lodgings in May will have also enjoyed comparing wobbly bits with each other in the sauna afterwards. Ann and Elaine don't have any wobbly bits and neither does Dave Armitage. Bits of Dave it was noticed, however, did go bright red. Thanks to both Greg and Tim for a most enjoyable and informative experience. When can we have lesson two? Phil Kammer might consider contracting this duo in the future for his outward bound school!

## COSMIC TRAINING

In an effort to make the training runs more universally appealing, to athletes of all abilities, a quality training programme is to be on offer with coach Rennie presiding. Coach Kerr will help out when he can. A mix of speed work, fartlek, hill reps etc will be available and will be combined with runs out in addition to this.

Whereas hitherto we have been meeting at Hazelhead and then deciding where to go, the following venues have been selected.

We will ideally still meet at Hazelhead at 1815 hrs, but if you prefer to go directly to the run venue speak to Brian first to be safe (note his new telephone number on list).

Here is the Tuesday training schedule.

|                             |  |
|-----------------------------|--|
| <b>Tuesday 12 July 1996</b> | Krunce (4th)<br>Rotton 'O Gairn car park - 1830 hrs meet for 1900 hrs start. |
|-----------------------------|--|

The OGM will be held at the Beildside Inn after the Krunce. Training for this quarter will be a main topic for discussion along with arrangements for weekend runs.

|                            |        |
|----------------------------|--------|
| <b>Tuesday 9 July 1996</b> | Scolty |
|----------------------------|--------|

|                             |              |
|-----------------------------|--------------|
| <b>Tuesday 16 July 1996</b> | Hill of Fare |
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|-----------------------------|----------------|
| <b>Tuesday 23 July 1996</b> | Millstone Hill |
|-----------------------------|----------------|

|                             |                |
|-----------------------------|----------------|
| <b>Tuesday 30 July 1996</b> | Cairn Mon Earn |
|-----------------------------|----------------|

|                              |   |
|------------------------------|---|
| <b>Tuesday 6 August 1996</b> | Krunce (5th)<br>Rotton 'O Gairn car park - 1830 hrs meet for 1900 hrs start |
|------------------------------|---|

|                               |              |
|-------------------------------|--------------|
| <b>Tuesday 13 August 1996</b> | Hill of Fare |
|-------------------------------|--------------|

|                               |         |
|-------------------------------|---------|
| <b>Tuesday 20 August 1996</b> | Kerloch |
|-------------------------------|---------|

|                               |        |
|-------------------------------|--------|
| <b>Tuesday 27 August 1996</b> | Scolty |
|-------------------------------|--------|

|                                 |   |
|---------------------------------|---|
| <b>Tuesday 3 September 1996</b> | Krunce (final)<br>Rotton 'O Gairn car park - 1830 hrs meet for 1900 hrs start |
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|----------------------------------|----------------|
| <b>Tuesday 10 September 1996</b> | Millstone Hill |
|----------------------------------|----------------|

|                                  |             |
|----------------------------------|-------------|
| <b>Tuesday 17 September 1996</b> | El Brimmick |
|----------------------------------|-------------|

|                                  |              |
|----------------------------------|--------------|
| <b>Tuesday 24 September 1996</b> | Hill of Fare |
|----------------------------------|--------------|

#### **COSMIC CLUB RUNS**

At the OGM to be held at the **Beildside Inn** after the Krunce on 2 July 1996, our president is going to propose that during this quarter (July to September) there should be no programmed weekend runs. There are so many races on that it is difficult to get good turnouts. Tuesday night runs do of course continue as normal throughout the year. If **you** have a view on this issue let's hear it at the OGM.

Remember the Cosmic contact list can help you conjure up a run in the time it takes to make a phone call!

Steve Pryor is looking for someone to take a turn at publishing the quarterly bulletin - any takers?

#### COSMIC EVENTS

##### **Saturday 6 July 1996**

##### **David Shepard Memorial Glamaig Hill Race**

Sligichan, Isle of Skye - starts at 1500 hrs 4.5 miles.  
Category AS - climb 2,400' - registration from 1400 hrs with Robin Morris (if you're lucky) at the Sligichan Hotel.  
There has been a keen Cosmic presence at this event in the last few years. There will be free food, a free bar and a celidh to boot. Speak to Brian.

##### **Saturday 13 July 1996** (Cosmic Championship event)

##### **Glenshee Uphill only race**

Glenshee starts at ?? hrs. - 6 miles. Category ? - climb ???? - registration from ????????? with Dennis Bell.

##### **Sunday 14 July 1996**

##### **Glenshee Chairlift Challenge and Relay**

Glenshee starts at 1300 hrs - 2 miles. Category AS - 1,000' climb. Registration from 1100 hrs with Dennis Bell. A completely mad cap idea. You race a dummy which is placed on the chairlift up and down a fairly steep ski slope (watch out though, the dummy has been in secret training throughout the winter). Once this is over you form teams of three and from a mass start each member then runs one of three different routes. (John Buchan got f???in lost on this one).

What about making a weekend of it up at Glenshee racing/racing/racing.

##### **Saturday 27 July 1996** (Scottish & Cosmic Championship event)

##### **Ben Rinnes 5 Tops Race**

Highland Games, Dufftown - starts at 1200 hrs - 14 miles. Category AL - 4,900' climb. Registration from 1100 hrs with Graham Bartlett. A brilliant race but pretty gruelling particularly if it's hot! (Ask Eddie Arrowsmith). If we are to do well in the Scottish Championship this year we will have to put in a good performance at this distance so it's this one or Pentland Skyline in October. What's it to be boys and girls?

##### **Sunday 25 August 1996**

##### **Lomonds of Fife Hill Race**

Strathmiglo Village Hall starts at 1400 hrs - 9 miles. Category AM - climb 2,200'. Registration from 1300 hrs. Cosmics are defending champions here. Can we avoid defeat?

**Saturday 7 September 1996**

**Ben Nevis Race**

Claggan Park - Fort William starts at 1400 hrs - 10 miles.  
Category AM - climb 4,400'. This is a pre-entry race  
(before 31 July 1996). Entry forms are available from  
Brian Lawrie.

**Saturday 14 September 1996**

(Cosmic championship event)

**Cairn William Hill Race**

Monymusk Village Hall starts at 1500 hrs - 6 miles.  
Category BM - climb 1,270'. A particularly tortuous  
device from Dave Armitage. Support this challenging  
event!

**Saturday 21 September 1996**

(Cosmic & Scottish championship event)

**Running Shop Morven Hill Race**

By Dinnet - starts at 1300 hrs - 5 miles. Category AS -  
climb 1,700'. Registration with Phil Kammer in the  
caravan from midday. We must do well in this Cosmic  
event on home soil. Full member turnout to this one.

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**

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 RACE**

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

Cath Butler has produced the **Cosmic Comets** and these have now been made into badges along with the **Star Awards**. Details of the scheme to be published by stat man Rennie in early course.

**COSMOPOLITAN COSMICS**

Cosmics were able to send a team of Hillbashing disciples to the British Fell/Hill Relay Championship in 1994 when it was held in Yorkshire.

We failed to raise a team last year but very much wish to do so this year. Will all Cosmic members give serious thought to competing this time round. We could quite easily enter two strong male teams as well as an equally strong ladies team. It is a big event with 40 to 50 teams of six competing over a variety of legs. Can we get our top runners to commit themselves? With three teams we could have a great social away weekend. This year the event will be held on the 20 October in Jedburgh. The competition course is over the Howgills. These hills are just over the border and therefore relatively close. Check your diaries and cancel everything remotely unimportant. This is where the season culminates (excepting the Elrick relays - of course)!

A number of courageous Cosmics will be gone during the first three weeks of August. Brian Lawrie, Phil Kammer, Sonia & Dave Armitage, Ewen Rennie and Steve Pryor have all entered the famous Sierre - Zinal mountain race on 11 August in Switzerland. The race is 31k long and starts at 500 m in Sierre and climbs (almost incessantly according to 'Le Profil) to a height of 2,500 metres before descending to the finish at Zinal at 1600 metres. Its a big event with almost 800 finishers in the 1995 event.

The race route is surrounded by some of Europe's biggest mountains such as the Weisssham and Dent Blanche so there should be plenty to stare at if we can spare a moment to look around. It may be of interest to some of you to know that Jack Maitland, who studied at Aberdeen University won this race in 1985. In 1993 Beverley Redfern, who ran for Carmethy, won the ladies race. Veronique Marot, who many of you will remember as a marathon runner, actually still holds the ladies record for the course - 3 hrs 1 min 57 secs - set in 1987. So there.

#### COSMIC COMMERCIAL

Brian Lawrie is contemplating early retirement to set up in the boutique business. In the meantime he will sell you a very smart long sleeved running vest. Twenty five of the first thirty ordered have already been snapped up. The vests are manufactured by Vigo and constructed in a fabric called 'ultra-cool' (same as black vests and shorts). The logo is printed on the back in black and they look good! A few XL shirts remain, although these are not huge. Get your order in now big man/woman!

Ewen Rennie has some Cosmic pens left - a snip at 50p.

Cosmic car stickers are coming soon!

#### COSMIC SOCIAL EVENTS



Not much planned this quarter as there's a lot of racing to do and everybody is away on their hols.



Ian Jolliffe has suggested Cosmics might like to consider the Hash Run he is organising - 1900 hrs Thursday 18 July 1996. This is all part of Colliston Gala week - call Ian for details (see Cosmic contact list).



Early notice should be taken of the annual Scottish Hill Runners Dinner Dance which this year will be held Saturday 9 November 1996 at Loch Lomond Youth Hostel (first advertised in the June edition of the Scottish Hill Runner magazine).

|                     |                  |
|---------------------|------------------|
| Adults :            | Dinner B & B £16 |
| Child :             | Dinner B & B £15 |
| Child without meal: | £7               |

Contact Brian **soon** to reserve your place. \*Note: there are 300 beds in rooms of 8 - there are only 5 family rooms.

Organiser Des Crowe has suggested that everybody might like to do the Tinto Hill Race a Symington (1400 hrs start - 4.5 miles - 1,500' climb). Symington is circa 1½ hrs drive from Loch Lomond. Should be a good do!

✎ Brian, Phil and Greg would be happy to hear from anybody who might be interested in something different - mid week summer evenings when the opportunity presents itself this intrepid trio are climbing the cliffs close to Aberdeen and are well placed to share their collective wealth of experience in this exciting sport. Brian is a local climber who has made his mark having 'opened' up a number of extremely tough cliff and rock climbs in Grampian and the Highlands. You'll be in safe hands with this crew. Interested? Call Brian/Phil.

PUB NIGHT EVERY TUESDAY AFTER TRAINING

Steve Pryor  
Socially Correct Cosmic

Schedules by Brian  
(now 50 years and super)