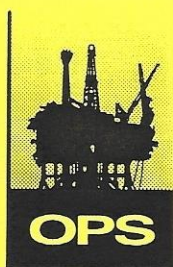




COSMIC HILLBASHERS BULLETIN NEWS-SHEET

ISSUE NO: 9
QUARTER 4 - 1996



The News Sheet will become shorter in future editions. Race reviews will be included in the Comic instead of the bulletin and details of Cosmic events will be given in brief only in these bulletins.

The Cosmic contact list will now be issued once annually i.e., next issue January 1997. In future additional contact information will be circulated quarterly with the Bulletin. **KEEP THIS INFORMATION TOGETHER.** Should your copy of the list become too 'dog eared' or even lost call Steve Pryor to order your replacement.

HAVE YOU RETURNED YOUR COSMIC QUESTIONNAIRE TO BRIAN YET? PLEASE DO SO!

No new members this quarter although **John Forsyth** (the man with the haircut resembling Brian's) has been running with Cosmics on Tuesday nights as well as putting in a credible performance at Ben Rinnes. He should be encouraged to join along with **Ruth Courtney** and **Malcolm Cunningham** both who expressed an interest in so doing in a vulnerable moment after an excellent Cairn William Race. (Thanks to the Armitages' once again).

COSMIC TRAINING

Tuesday night runs in the hills would appear to have benefitted since venues have been fixed. There have been consistently good turn-outs. However, the format has not suited everyone with some runners being left to fend for themselves in unfamiliar territory. The issue of how to improve these Tuesday runs for the benefit of all will be debated at the forthcoming A.G.M. Make sure **YOU** attend and put forward **YOUR** views. Brian has prepared some maps which are already being used but as these runs finish at the end of September the maps will not come into their own until next season (curse these dark nights).

OILFIELD PRODUCTION SUPPORT (NORTH SEA) LTD. is once more sponsoring the Tuesday night training sessions at Kings College Playing Fields and Club Treasurer Phil Kammer will be collecting 50p per session. This small fee for use of the changing facilities and swimming pool is used to bolster club funds. Bring your dukkers and 20p coins for the lockers!

The King's facilities have been booked as follows:-

Tuesday 1 October 1996 to Tuesday 27 March 1997 inclusive.

Tuesday 1 October 1996 - Meet at King's College changing rooms 18:15 hrs.
Coaching with Sadists Rennie and Kerr.

As we sometimes venture out from the playing field you are advised to bring along road shoes and studs.

REMEMBER! EVERY TUESDAY NIGHT IS COSMIC TRAINING NIGHT 18.15 hrs - KINGS COLLEGE TRAINING ROOMS.

Cosmic Club Runs

Saturday morning club runs are to resume after the summer drought: the busy summertime racing schedule contrives to make the Saturday outings difficult to accommodate but during this quarter and leading up to year end we will return to the popular twice monthly regime.

With runners still getting lost on training runs, colour coded waterproofed maps will be available at each run. By rotation members will be appointed 'run master'. This individual will be responsible for explaining the route and organising groups before the start and ultimately using his/her powers of delegation to harness the knowledge of experienced group members thus ensuring that nobody gets lost.

- Saturday 12 October 1996 - Meet at Duthie Park at 09.15 thereafter to **Glendye**
(Mount Shade/Clachnaben)
- Saturday 26 October 1996 - Meet at Hazlehead at 09.15 thereafter to **Lord Arthur's Cairn**
(Coreen Hills - Deeside)
- Saturday 6 November 1996 - Meet at Duthie Park 9.15 thereafter to **Glentanner**
(Trail run - Deeside)
- Saturday 30 November 1996 - Meet at Hazlehead at 09.30 thereafter to **Hill of Fare**
(Cosmic Haunt - by Echt)
- Saturday 14 December 1996 - Meet at Duthie Park at 09.15 thereafter to **Ythan Nature Reserve**
(Festive Fun Run from Newburgh car park. Sauna, showers and mulled wine 'chez Pryor' after the run also Xmas Kareoke!)

Seasonal Reminder - On Saturday training runs you should carry a bum bag as for a race ie full body cover, gloves, hat and some food. If you pick up an injury it may be a long cold walk back!

Cosmic Events

IMPORTANT NOTICE

Whereas in previous editions of the bulletin a description of each event has been provided from now on only brief details will be given. Most members do now know the regular Cosmic events anyway. A photocopy of the TISO sponsored calendar which lists all Scottish Hill Races will be available on request. Members may wish to purchase 'A Guide to the Hill Races of Scotland' (by Gifford Kerr) for £1.50 only (funds to club coffers). Some Cosmic members are also members of the 'Scottish Hill Runners Association' and the English equivalent the 'Fell Runners Association'. The FRA publish an excellent 'fixtures calendar' which is issued free to all members. Both organisations also publish magazines packed full of race information free to members. For details of any of the above TISO/SHRA/FRA speak to Brian Lawrie Steve Pryor or Ewan Rennie.

NOW YOU KNOW!

- Sunday 6 October 1996 - **BENNACHIE HILL RACE**
(Cosmic Championship Event) Starts at 14.00hrs
Back of Bennachie car park Category AM., climb 750' 8
miles pre-entry by 2 October 1996
(forms at the Running Shop)
- Sunday 13 October 1996 - **PENTLAND SKYLINE RACE**
(Scottish Championship Event) Starts at 11.00hrs
Hillend Edinburgh
Category AL, climb 6200', 16 miles
- Sunday 20 October 1996 - **FRA - RELAYS**
Details bulletin No 8/Brian Lawrie
Team Event
Away weekend - Cosmic social
- Saturday 2 November 1996 - **MEALL A BHUACHAILLE HILL RACE**
*Cosmic 1st team in 1995 Starts at 13.00hrs
Glenmore Lodge, Aviemore
Category AM, climb 2000', 6.5 miles
- Sunday 24 November 1996 - **ELRICK EIGHTSOME RELAY HILL RACE**
Starts at 14.00hrs
Kirkhill Aberdeen
Category BS, climb 670', 3.5 miles

COSMIC SOCIAL EVENTS

Time to make amends for an unusually quiet social calendar throughout the summer.

- Tuesday 1 October 1996 - Resumption of (beer) consumption at 'the King Street Mill'
every Tuesday after training
- Thursday 10 October 1996 - Speak to Social Steve if you want to see 'The Old Blind
Dogs' at the Music Hall (part of the Aberdeen Alternative
Festival)
- Saturday 12 October 1996 - Celidh at the Beach Ballroom? Speak to Dennis Tungsten
MacDonald who is organising Cosmics tickets
- Sunday 13 October 1996 - Wanna see comedian Lee Hurst at the Music Hall? Speak to
Social Steve
- Wednesday 16 October 1996 - Steve Pryor is going to 'The Celtic Fiddle Festival' Music
Hall Aberdeen. Who wants to come?
- Friday 18 October 1996 - Weight training with Steve and Graham at the Treetops then
'Peter Green' in concert.
- Friday/Saturday/Sunday - Away Cosmic Jolly at the FRA relays
18,19,20 October 1996

- Saturday 9 November 1996 - Scottish Hill Runners Annual Bash Loch Lomond Youth Hostel details rev 8/Brian Lawrie. No running this weekend
*Book now!
Speak to Brian or Steve - we're goin ' hillwalkin' 'n' nature rambling!
- Tuesday 26 November 1996 - Members slide show. A chance to review the events of the summer - races, challenges, Cosmics in Switzerland etc. After training - Blue Lamp meet at 20.30hrs
- Tuesday 10 December 1996 - AGM at the Blue Lamp. Please send any motions to Brian Lawrie. After training - meet at 20.30 hrs
- Saturday 14 December 1996 - Christmas Cracker! Jolly with the social secretary after the Ythan training run - sauna - shower - mulled wine, spirits, beers - soup 'n' roll, sticky buns. Also - Cosmic Kareoke

PUB NIGHT EVERY TUESDAY AFTER TRAINING

Steve Pryor
Singly Scintillating Social Secretary

Schedules by Brian
(Veteran of Zinal)

Cosmic Contact Extra Sept 96

<u>New members</u>	<u>Address</u>	<u>Tel nos</u>
*Nash (Tim)	7 Brunswick Place Aberdeen AB11 7TF	Home: 01224 580394 Work: 01224 834064
 <u>Potential New Members</u>		
Courtney (Ruth)	29 Colthill Crescent Milltimber Aberdeen AB13 0EG	Home: 01224 733468
Cunningham (Malcolm)	4 Cattofield Place Aberdeen AB25 3QL	Home: 01224 485094
Forsyth (John)	'Craigour' Northbeach Road Balmedie AB23 8UX	Home: 01358 742340
Boo (Katy)	Run 6 Staff Accommodation Woodlands Hospital Craigton Road, Aberdeen AB15 9PR	Home: 01224 867035

Kevin the Anaesthetic

Pratt
(Ron the teacher)

* Tim Nash - sorry for missing you out last time round.