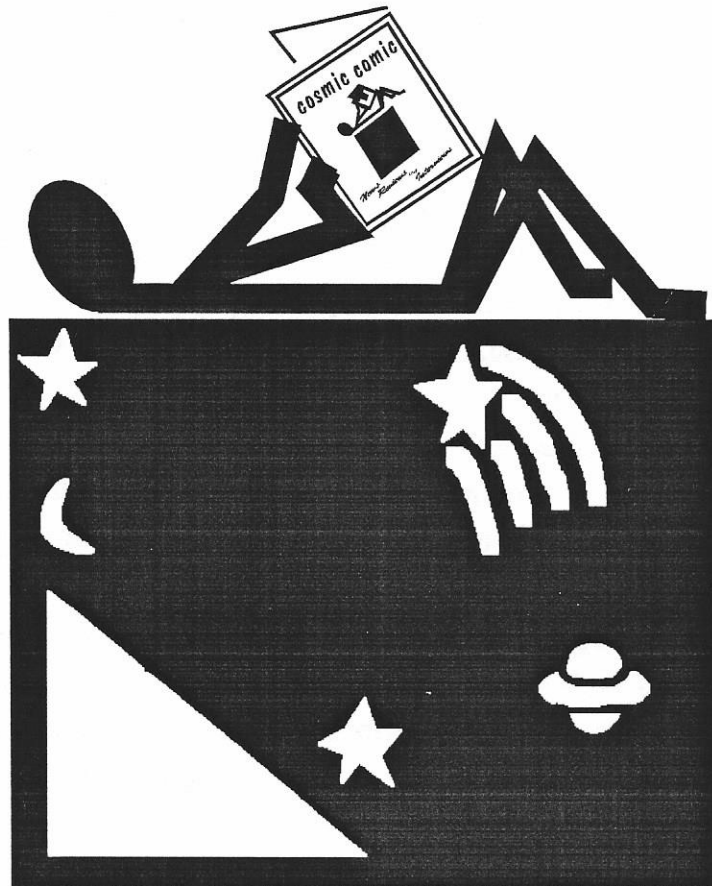


COSMIC COMIC



News *Reviews* and *Interviews*

Volume 1 - Issue 1

December 1993

EDITORIAL

Here it is, the first Comic. I do hope you enjoy it. It's yours, the Clubs. Help the fledgling creature along. We need articles, letters, book reviews, news, gossip, cartoons. Such vaulting ambition eh! Use the pages to launch your literary careers. Cast aside your inhibitions (nobody will get to hear about your spelling mistakes) get scribbling now for the second and third issues.

Cosmics have come a long way since our exploratory meeting in the Blue Lamp in August. Now fully affiliated to the S.A.F..., we have a healthy, growing, enthusiastic, talented and successful membership. Anything else? Oh yes, there is about thirty of us and we had our names in the paper! Second team at Morven, first team at Bennachie. So those who wanted to race had their fun and there will be plenty more to come. But don't let's forget the slower runners and those who only seek the pleasure of the "Ways." Keeping us all together will remain a major and worthwhile challenge. The tenth Anniversary Newsletter

of Carnethy Hill Running Club has just come into my hands. The Carnethy Club was formed on the 12th April 1983, and was the first Club in Scotland formed specifically for people interested in hill and fell running. One or two other Clubs of this type have followed, notably Lochaber, who have a hill running section and now, of course, Cosmic Hillbashers, responding to similar needs.

Will we be celebrating our tenth in the year 2003? Reading the Carnethy Newsletter I was impressed by the sheer variety of hill activity that went on within the Club. They have their elite runners, racing regularly and successfully, but also members going off to the hills at weekends for long walks and skiing trips!

All power to them for the next ten years. Can we go where they have been? The aims seem similar.

Brian Lawrie

QUESTIONS YOU WANTED TO ASK BUT DIDN'T LIKE TO

by Brian Lawrie

Administration of the sport

We are a new club with new members thirsting to acquaint themselves with the terminology of the sport. This is for them. There is no attempt to be definitive. Long in the tooth vets will know it all. Although there is not enough here to allow any Cosmic to enter Mastermind, with fellrunning as a specialist subject, it will help you hold your own in a conversation with guru Rennie without a glazed expression coming over your eyes when such words as 'category', 'ETA's', 'SHRA', etc. are mentioned. If you still feel uncomfortably ignorant after reading this then the aforementioned guru should almost certainly be approached (with diffidence).

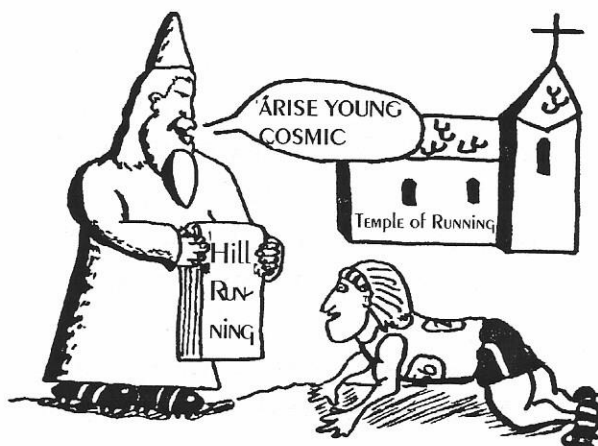
The boring bit first. With the coming into existence of the S.A.F.(Scottish Athletics Federation) we now have our own Hill Running Commission to manage and administer the sport. (There are parallel Commissions for Track and Field, Road and Cross Country). All the Commissions enjoy equal status.

There is also the S.H.R.A. (Scottish Hill Running Association). For a number of years they have provided a service to hill runners, promoting, for example, the Scottish Hill Running Championship. Some now question the relevance of the S.H.R.A. since much of what they do has been

superseded by the new Commission. However, since four area members out of eight elected for the Hill Running Commission have to be current members of the S.H.R.A. there is still obviously a role of sorts.

WATCH THIS SPACE !!!

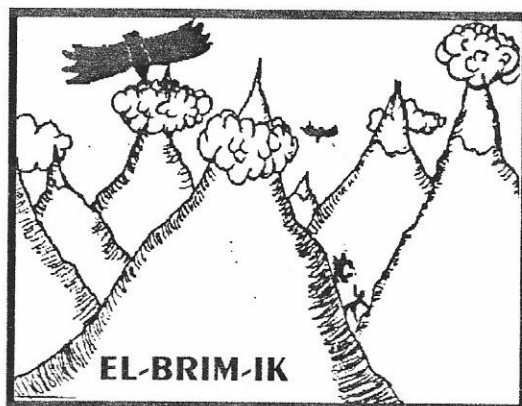
At the moment, the SHRA remains a committed voice speaking up for hill running and on that count deserves support.



Ewen

The Gospel according to St. Rennie.

THE CALENDAR



FEBRUARY

1	2	3	4	5	6	7
8	9	10	11	12		

Ewen

The Calendar with the dates of all the years races, is eagerly awaited. Here you will find the basic details of an event, such as its length, category, venue and race organiser. Members of the SHRA get a free copy at the beginning of the year. Free copies can also be picked up in Tiso shops (Tiso is a major sponsor of the hill Running Championship). The Hill Running Commission will also produce a fixture list for 1994. At present there are some eighty races in the Calendar, all over Scotland. The first race is on New Years Day - the Aonach Mor Gondola Race and the last is our very own Elrick Eightsome Relay organised by the aforementioned Rennie. The Calendar helps you plan your year. Cosmics will use the Calendar as an excuse to visit far flung parts of Scotland never previously visited.

The Categories

When you get a Calendar all the details (rules of competition etc.) are on the back. However, since most of you only read the Sunday Post, here is a synopsis.

There are three Categories of hill race in this Country: "A", "B" and "C".

"A" is really steep and to qualify must have more than **250 feet** of climb per mile. Not more than 20% of such a race should be on the road. "B" and "C" Category events have less climb per mile and can have more on the road. Examples from local races would be Morven: "A" Category. Cairn William: "B" Category and Bennachie: "C" Category. So that's the bit about gradient.

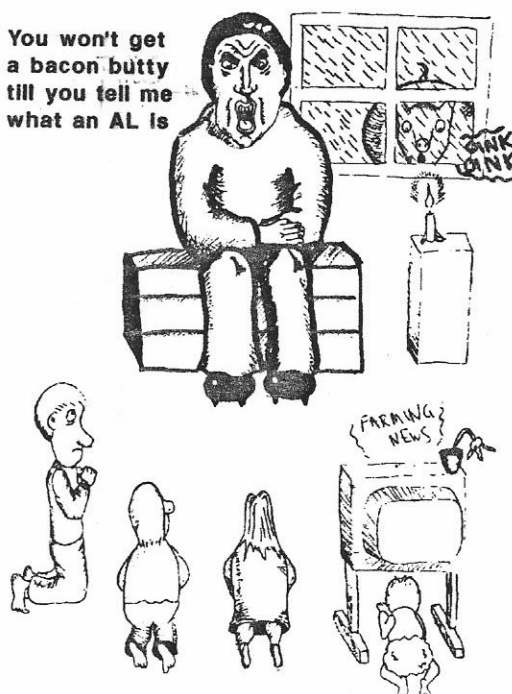
But there is more! Stop drooling!

Races are also divided into Categories of length. They are either short (S), medium (M) or long (L). A race is **short** if the record is less than forty minutes, e.g. Scolty. It's **long** if the best time is over one hour forty five minutes, e.g. The Angus Munros. Guess what a medium is?

Go on have go.

INSIDE THE KAMMER HOME

You won't get a bacon butty till you tell me what an AL is



This year nine races were selected as Scottish Championship events - three in each Category. The format for the 1994 Championship has changed. There are only 6 races of which you must run 4. One from each Category plus one other. See Fixture list.

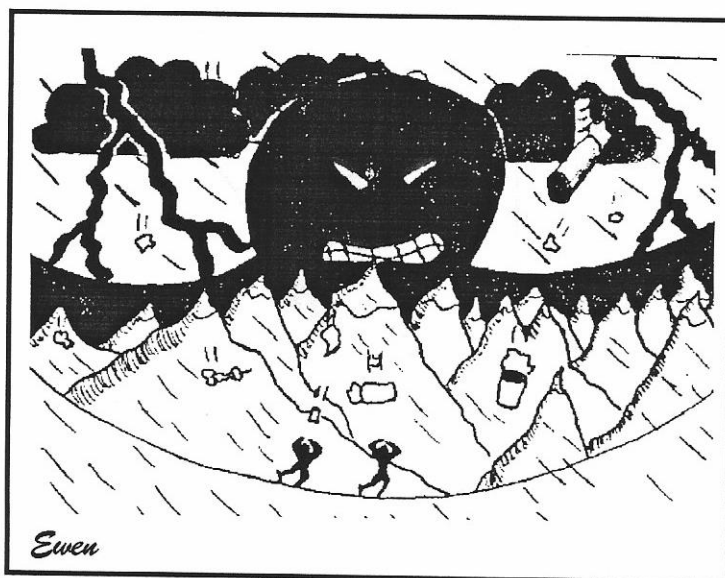
Some aspects of Safety.....

Don't expect all hill races to be flagged. It's not physically possible to mark a very long course, nor is it desirable. The less intrusion there is on the hills the better. This sad piece of news means, for many, that new skills will have to be learned, namely, how to use a map and compass! When the mist clags down and you are there in the middle of the mire your safety may depend on it! Cosmics will be having sessions on how to use map and compass (and for complete beginners, how to blow your whistle)

There are safety rules, approved by the S.A.F., which apply to all Scottish hill races. You should become acquainted with these and any stipulations of the race organiser.

All long events and a number of shorter but very serious races, such as Ben Nevis, insist that a runner serve an apprenticeship at three less serious 'A' category events before entering. Races like Ben Nevis and Clachnaben will expect you to carry full body waterproof cover and a whistle. Long races like the Angus Munros will also expect to find in your bum bag, a compass, map of the route and a few ounces of emergency food. A check will be made at the start of the race to see that all the runners are complying with the rule. Trying to avoid detection is short-sighted. If you don't carry the equipment you could land in trouble if the weather turns bad or get disqualified. Worse still the poor organiser may be in the soup if an accident does occur.

Remember, a great deal of common sense applies here. If you turn up at a race and the weather is bad, you the runner must make the decision whether to run or not. Nobody can or should make the decision for you. I'm not saying only to run on sunny days. The elements can add an extra challenge and dimension to a day on the hills. Just make sure you can cope with what the weather can throw at you.

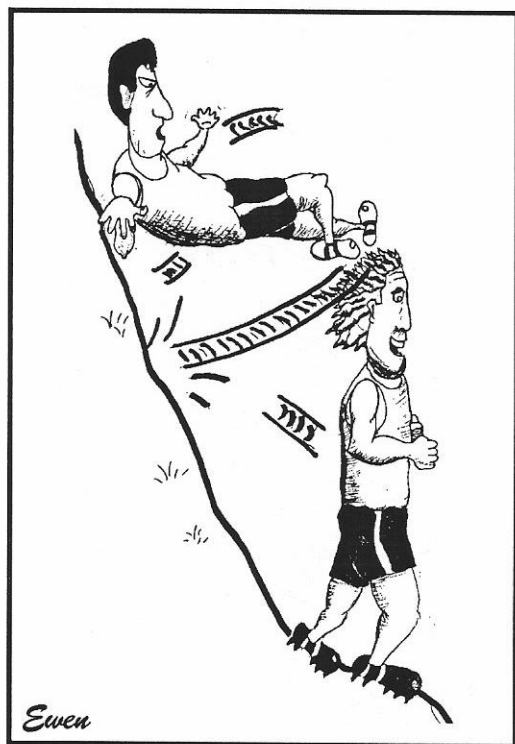


***Malevolent hill God
whose place in the
Cosmos has been
usurped.***

Its raining buckets

Equipment

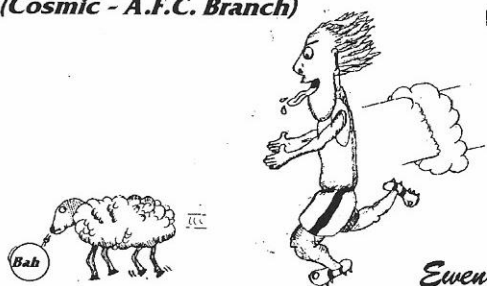
Not a great deal different from the roads with some obvious exceptions e.g. compass, maps etc. However there is one no, no. Don't race in road shoes. Buy yourself a pair of specialised fell shoes. There are plenty of good ones on the market. Particularly popular are Walsh's and ETA's. They are not well cushioned like road shoes, but you will be running on softer ground and won't feel the need. Anyway thick cushioning on the heel of road shoes makes them very unstable when running over rocky ground. Your feet need to be close to the ground for stability. On top of this a specialised hill shoe, with its pyramid shaped rubber studs on the sole will give you superb traction, particularly on grassy and muddy slopes.



Environment

The hills that we run on are coming under greater pressure. People have more leisure time and are spending it in the great outdoors. Hillwalking, rock climbing, mountain biking and hill running are growing in popularity. In places hill paths have become badly eroded, unable to cope with the trample of feet. We must be aware of our contribution to this. We must also be aware that many groups want to use the hills, and that conflicts may arise.

*Don't disturb the stock
(Cosmic - A.F.C. Branch)*



As urban dwellers it is easy to forget that country people look to the land for their livelihood and may see us as intruders. The problems are great and growing bigger. Most of us love the hills, that's why we are in a hill running club. We don't want to mess them up. Park sensibly, don't leave litter, don't disturb farm stock, be aware of sensitive areas such as SSSI's (Sites of Special Scientific Interest) don't train over badly eroded areas or plan a route through the middle of a grouse shoot on August 12th and so on.

As the saying goes
"we must leave as little trace of our passing as possible."

THE GRAEME BARTLETT INTERVIEW

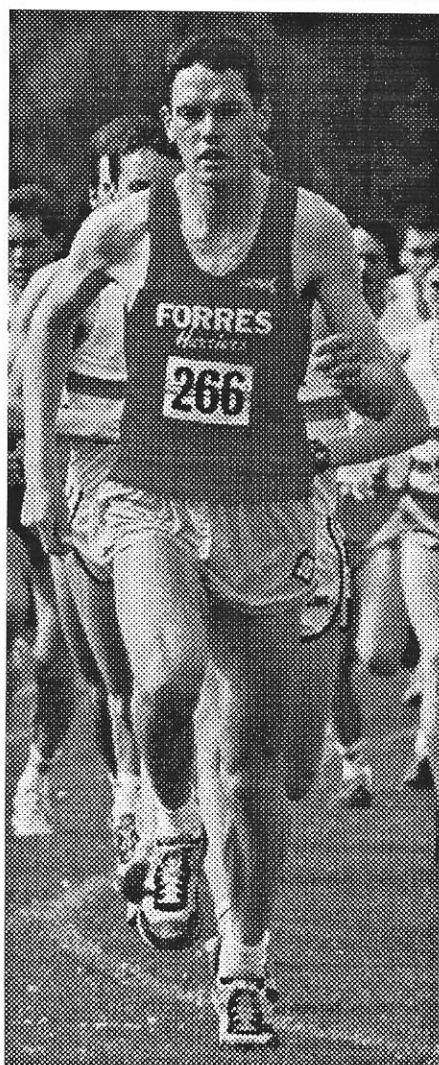
Introduction by Brian Lawrie

I had never met Graeme Bartlett, prior to this interview, but like many runners in the North-East I was thrilled by his victory at Ben Nevis this year. Not only did a Scotsman win but an athlete from Grampian into the bargain!

Somehow Graemes win seemed to reinforce our desire to give hill running a clearer focus here in Aberdeen. So, thinking that Graeme deserved some BIG Media attention, I phoned his home in Forres. Yes he would be happy to answer my questions for the

first edition of the Comic. Yes he would say as much as possible to help me fill up space. Yes he was aware of the myth making potential of our magazine, so he would do it for nothing. But could he have his photo in? Mmm, well, OK then. Just a fuzzy one because your too good looking Graeme, and we don't, after all want to popularise the sport, do we!!!

Here we go then the completely unadulterated, unabridged, Graeme Bartlett.



Brian... How old are you?

Graeme... Twenty-five

Brian... Place of birth?

Graeme... Inverness

Brian... Height?

Graeme... 6' 1"

Brian... Weight?

Graeme... 10.5 stones

Brian... Occupation?

Graeme... At the moment I work for a landscape gardening company but in the past have tried several other things including being a cartographic surveyor for the Ordnance Survey, spent two years at Heriot-Watt University on a building course, was a trainee technician with the Regional Roads Dept., was a trainee signalman with British Rail. I don't seem to be very career minded!

Brian... Club?

Graeme... Forres Harriers

Brian... How and where did you start running?

Graeme... I started training a bit with Forres Harriers when I was 16. I went of my own accord having found I en

joyed the Cross Country runs we did during our P.E. lessons. My first race experience was when 17, in the youths age group at a North District League meeting, through a muddy, flooded and wind battered exposed field near Scrabster farm. For some reason after that I wanted to race again.

Brian... *What attracted you to hill running?*

Graeme... I never made a conscious decision to run on the hills, I just sort of slipped into it whilst dabbling in this other branch of running. I had never done much walking in the hills as a teenager but when I went to University I started going regular trips with the mountaineering club. Eventually I found I was going there in preference to running cross country races for Heriot-Watt. I also found I was running stronger through all this clambering over the mountains. The two activities began to mix, why walk when you could run? At the time I was further interested by a talk from Iain Wallace of Edinburgh University/H.B.T./Heriot-Watt of his hill running exploits. Also at this time a trip up to the Pentlands through horizontal hailstones to watch the 1989 Carnethy 5 Hills Race convinced me that despite the weather this hill running lark might be fun.

Brian... *Do you do much on the road or Cross Country?*

Graeme... With Forres not being renowned for being surrounded by high mountains, inevitably a lot of club runs, especially on dark winter nights tend to be on the road or at least flattish tracks. This is not all bad news however since with the likes of Ross Arbuckle and until recently Bruce Chinnick to run with there is never any time to idle about. A slower pack is also useful, not only for company but also to do fartleck sprints around as

you bingle along. The Club meets on Tuesdays and Thursdays. There is a good fixture list of cross country races in the North District in venues from Thurso, round the Moray Firth and along to Peterhead. Even if I'm not racing seriously I like to turn up for the Club (to much abuse) just to keep me ticking over.

Brian... *What are your best times over 5k, 10k, 10 miles and other standard distances?*

Graeme... As for times and distance I don't really have much of a clue. I've only once run on a track, to do a 2000 metre steeplechase in 6min 20sec. My hurdling technique was dreadful if non-existent (to the amusement of spectators) but I'm sure if I worked on it I would make quite a good steeple-chaser. Other than that I would never consider running on track, there's too many officials and too much posing. If my clubmates prod me hard enough then on a rare occasion I appear on the road race scene. This year I clocked **32min 40sec** for the tough Forres Highland Games **10K**, which amazingly has a big hill in the middle of it climbing over **300 feet**. For the Newtonmore **10 miler**, **54min 30sec** and back in 1989 I ran the Inverness **half marathon** in a leisurely **1 hour 17min**. I'm sure I could improve on all these times if I persevered.

Brian... *What was your first hill race and how well did you do?*

Graeme... My first hill race was the 1987 Creag Dhu at Newtonmore. I only decided on the morning of the race to run having seen it mention in the paper. I ran in my cross country spikes coming 23rd from 74 starters. I was thrilled by it. Four weeks later having done a little training I managed a 4th place at Achmony at Drum-nadrochit being out sprinted for the 3rd place mega vouchers by my

young team mate upstart and rival. We won the team prize however.

Brian... *What is your favourite hill race and why?*

Graeme... There are still a lot of hill races in the calendar which I have yet to do but from the ones I have done I would tend to favour the more rugged ones, such as Creag Dhu, Carnethy, Glamaig and Ben Nevis. Also Stuc A'Chroin if it didn't have that dreadfully long track

at the beginning and end. I'm sure there exists other races I would enjoy, especially longer ones, perhaps Merrick, Isle of Jura, Moffat Chase. In a tougher race there is a better feeling of satisfaction when having completed it since it tests other factors than merely your running ability. There's your calf and thigh strength, your heart and lungs, balance, flight of feet and daring. Navigational ability and route awareness may also play a part.

Brian... *What are your strengths and weakness's as a runner?*

Graeme... Physically my strengths as a runner are my climbing ability and having enough basic flat speed to be of use in a faster race. I'm very lightly built for my height, especially my upper body so that must be of use when going up and down. I wouldn't say my descending ability is a weakness but it's not often I improve my placing in a race after the summit turn. However I'm aware my legs are still getting stronger for longer descents possibly due to having dabbled in a few longer races this year and also have done a fortnight of daily long runs with much climbing during the Munro Relay back in June. The other factor which affects every runner's strength and weakness is that of confidence, quite often the difference between winning and losing. If you don't feel mentally prepared on race day you may as well go on a training run. For a short race I think

you have to be geared-up almost to the point of frenzy whereas for a long race why even bother with a warm up. Obviously having physical ability is important but I think to believe in yourself is even more important.

Brian... *Have you suffered any bad injuries on the hill?*

Graeme... In late 1987 after my first few hill races I stood on a stone beneath some leaves while striding out going downhill and fell over my ankle. At the time it brought tears to my eyes and I thought I'd broken it but it was just badly sprained. This kept me from running for 6 months and bothered me a little for a full year but now I don't notice it in the slightest. Apart from that unfortunate fall which could have happened anywhere I have never been seriously injured. I have a ridiculously basic training schedule but like to warm up and stretch properly.

Brian... *Do you have a special diet?*

Graeme... I just eat all the junk of the day although I'm always aware of what I'm eating. Unfortunately I've had an overly physical job which means I'm forever cramming things into my face with little regard to the consequences. I don't think that can be good for you in the long run, the body needs a break.

Brian... *Tell me about a typical weeks training both summer and winter?*

Graeme... My training on a seasonal and monthly basis is always a complete shambles. I just make it up as I go along from week to week depending on whether I fancy doing a faster shorter race or a longer one with some climbing. This season has been unfortunate due to work commitments leaving me little time, to train tired, when sleep seems more appropriate. It has not been a healthy mixture with motivation difficult to find. I usually find that to realise your potential your training has to be quality not quantity

with a mixture of flat fartlek sessions running with a slow jogging pack, hill reps of varying steepness and duration, simple climbing repetitions of no real running at all and the odd longer run of up to two and a half hours on the hill or one and a half hours on tracks. The two club nights in the week provide the foundation (and motivation) for steady half hour runs with any other training arranged amongst whoever is interested. I also like to go walking in the mountains with the local mountaineering club and for thrashing sessions, preferably uphill, on the bike. Even when racing well I rarely exceed **25 miles** running a week including a race. The small but sheltered Cluny Hill in Forres provides an excellent array of circular paths on which can be done any sort of training you like.

Brian...*How many races do you do in a year?*

Graeme...Probably around 30 counting hill races, cross country races, the odd road race or two and several handicap fun events e.g. at Christmas. I sometimes like to run lazy in races especially cross country as it is all too easy for things to get too serious. It is only a pastime after all.

Brian...*Do you have a coach? Would you like one?*

Graeme...No I don't have a coach and I wouldn't like one. I feel a coach would only be necessary if you were training specifically for one discipline e.g. a track event. Hill running has far too many variables. I just try and listen to what my body is saying.

Brian...*What shoes do you wear?*

Graeme...With most races having at least some road or hard track in them I often wear one of my pairs of Nike Windrunners with D.I.Y. big toe patches sewn on the front. With their excellent chunky treaded sole I find them acceptable in most conditions giving

plenty of grip and cushioning. Only once have they failed me during the Ben Rha race near Thurso when emerging from a bog the upper ripped away from the sole leaving me to run the last 2 miles on track and road with only one shoe!!!

I still have two untouched pairs in my cupboard bought from Bourne Sports at £18 a pair and now waiting for toe patches. I ran Ben Nevis 1992 wearing them and they were fine. Note: Jamie Thin was placed 7th at this years Ben Nevis wearing road shoes. I also have a pair of Walsh Raids which I find adequate for some races and a pair of PB racers for races which are truly off road.

Brian...*What do you think of uphill only races?*

Graeme...I think uphill only races are a daft idea in this country at least since they aren't many hills where you can catch a cable car, bus or train back down so you may as well turn and run back. Half the fun of a race is running downhill anyway. I really feel an uphill only race needs a bigger continuous climb than this country could provide. Snowdon, although I've never been there is probably the best bet. Aonach Mor? Before you ask, no I wouldn't like a downhill only race although there has been one down Ben Nevis - Lochaber ?!*

Brian...*Your Ben Nevis win pleased a lot of runners here in the North-East. Can you tell us plodders what it feels like to be challenging at the head of such a major event as the Ben?*

Graeme...In contrast to last years Ben Nevis race where beforehand I was so uncontrollably terrified I thought of not going at all. This year I was totally laid back and completely relaxed. This was probably due to low expectations with my previous few races producing mediocre performances whereas last year I had high hopes following sev-

eral wins. Basically once out of the grassy park I found myself at the front of the field feeling composed and with relaxed arms and shoulders and totally unconcerned by it all. Leading the race up the tourist path I may as well have been on a run myself for at no time did anyone try to pass. Only at the start of the scramble up the Red Burn did Andy Peace appear at my side to remind me I was still in a race and not on a training run. I led him the short distance on the path across the Red Burn catching a quick glimpse of Gavin Bland some distance below. Only Andy and I were into the real climb on the top half of the hill, Billy Rodgers appeared down to our left obviously trying to use his local knowledge of the hill. A radio marshal called for our numbers. Only I replied sounding cool and calm, unruffled. After this, somewhere crossing the zigzags a strange thing happened. A small boy holding his mothers hand started jumping around excitedly "number 178 mummy" he said "that's my lucky number, that man's going to win," pointing at me. At the time I thought this very strange. Nearing the summit plateau Andy broke away a little to be greeted by a rousing cheer from the crowd at the summit. Roger Boswell, with dogs, encouraged me on. After the summit turn I felt free and strong for the chase, skimming down over the dangerous rocks. I couldn't believe it, Billy Rodgers was a good 200m back with no one else in sight. No acknowledgement as we passed, this was serious. What I next saw amazed me even more, Andy Peace coming closer with every bound and leap apparently slowing to a hobble. The hill began to steepen and I whizzed past feeling ruthless and unemotional. Shortly after I let my mind wander, just for a second, a slip of concentration and **CRASH!** I ground to a horrible

halt feeling bones and skull hitting rock. I was fuming, swearing out loud, feeling ghostly hollow as I picked myself up and teetered on down. My legs were still working I thought, they must be as I'm not falling over again but my hands and arms, I didn't know whether they were broken or not. Approaching the half way path I stumbled again feeling myself flying through the air hearing an intake of breath from spectators but luckily I stayed upright. By now I was cocooned and blinkered into my single-minded downhill journey. Bouncing down the grassy slope I staggered through the burn to the narrow path and just folded at the knees almost crawling on the path, "where are my legs I thought, don't desert me now." Hauling myself down the rocky blocks of the tourist path I could hardly believe how fatigued and in bits I felt. It was a complete mental and physical feat to maintain a downward co-ordination. Staggering round the corner I lost it again just before the aluminium bridge crashing to another sickening halt on the rocky steps. I heard concerned cries from walkers but somehow I got up and continued. It's an awful long way to Achintee when you don't know who's chasing and how far behind they are and you just don't want to look back and find out. At the farm the applauding crowd lofted me a little as I plodded desperately along behind the policeman's motorcycle. Only here did the thought enter my head that I might just be about to pull off something truly special, win the race up and down Britains highest mountain, the Ben Nevis race. A few minutes later on the straight before the last run in to the park a young Loachaber junior verified that I was clear and just had to keep going to win. I descended into the park to hear my name come over the loudspeakers, the pipe band was playing and all

round the park the crowd was applauding but still I concentrated on that last few metres round the bend of the track until finally breaking the tape with my arms raised feebly in some sort of victory salute. I'd actually won and at the time just couldn't appreciate it. It doesn't sink in right away. After finishing I began to realise the state of damage I was in. My knees were racked with grinding pain when walking, blood trickling down my shins, my pelvis was bruised and skinned, my forearm was bashed and swollen, I'd lumps on my head and the palm and wrist of one hand was bruised and swollen where I'd sprained my thumb. It had obviously just been adrenaline which had kept me going. In the week following the race I felt like I had suffered a slight personality change. I was simply so pleased. Everyone I met wanted to congratulate me and shake my hand. I had phone calls from friends in other clubs who seemed thrilled by the win. The kept saying what an achievement it was. In the past I've won plenty of other races but the Ben Nevis victory was so obviously special that it made up for an otherwise up and down season. I wouldn't say I was surprised by winning Ben Nevis but to win it this year was certainly unexpected. For some reason, probably the warm weather on the day, runners times seemed to be quite a bit slower than the previous years. Personally I thought conditions were perfect but this is obviously a factor. I certainly had suntanned shoulders by the end of the race. At the prizegiving someone commented on how they bet I was glad some of the countrys top hill runners were away at the World Cup on the same week-end. I wonder if they would have said that if someone as well renowned as Andy Peace had won instead of me?

Brian...*The Ben race always arouses controversy. Do you think that a route over Meall an T'Suidhe would be more imaginative?*

Graeme...From a hill runners point of view yes, it would be more imaginative. It would also throw in a little extra climbing. However I don't feel that the Ben Nevis race is purely for runners. To a certain extent the Ben Nevis race is the one race which walkers and the general public will have heard about. Having the race up and down the tourist path, which is almost certainly the route Joe Bloggs in the street would take on his one-off walking trip, therefore makes it easier for the non-runner to relate to and appreciate. Also the fact that two races in the year already include an ascent of Meall an T'Suidhe, I don't think that introducing a third would be warmly received. I think it should be left firmly as it is, a straight race up and down Britains highest mountain by the most direct route.

Brian...*What runner do you admire or respect most in the hill race scene both past and present?*

Graeme...Being a relative newcomer to the sport, only starting to seriously compete on the hills at the end of 1989, and living so far north on the periphery of the hill running action I can't really answer with full knowledge. However, from my limited experience I would have to mention Alan Farningham, Dennis Bell and Ewen Rennie. Alan and Dennis are not only quality athletes and fair competitors but always actively seek to become involved in and promote the sport to the best of their abilities. They also get full marks for being friendly to newcomers to the sport and make them feel welcome. Ewen on the other hand may not always be at the head of the field but if you ever see full race results its amazing where he gets to, it's along way from Aberdeen to a lot of

races and just being there shows real keenness. Him taking on the production of the S.H.R.A. magazine seemingly single-handedly (without all that much support from other runners, myself included I'm afraid) shows not only a genuine interest in the sport but also the people. Also his promoting of new and existing races, he is forever trying to drum up support and spur peoples imagination to encourage them to turn up, but not in an over forceful way I may add.

Brian...*Have you raced in the Lakes or abroad?*

Graeme...No

Brian...*Would you like to?*

Graeme...No, the Lakes are simply too far away to consider for a day or weekend trip. If I lived in south Scotland however, yes I would obviously show face. Abroad, no never. To be quite honest I simply don't know much about races outwith Scotland at all.

Brian...*How well did you do in the Scottish Championship this year?*

Graeme...The Championship isn't over quite yet but if I'd done enough races to count I'd probably have made the top half dozen. I would expect to do better in the shorter races having not had much long race experience (room for improvement) but unfortunately this year two short races in June took place while myself and six other runners were running a non-stop charity relay event over all Scotland's 277 Munros in aid of the R.N.I.B.

Brian...*Is the Championship important to you?*

Graeme...I don't suppose it really is as I find it difficult to motivate myself throughout the whole season to do all the races and give yourself the best possible chance, but then that's my fault and nobody else's. I have to admire runners who do make the effort to have a proper bash at doing all the races. Although, if I remember cor-

rectly, a couple of years ago Alan Farningham chose his races very carefully and effectively sewed up the title over a period of 2-3 months.

Brian...*Have you any interest in long distance challenges for example the Ramsay Round?*

Graeme...I suppose I've already done one as mentioned above although admittedly it was in small bite size pieces. These really long single effort challenges don't really spur much interest but I must say that being so near at hand to the scene of Mel Edwards Cairngorm Four Thousands record certainly arouses some interest.

Brian...*Hill running now enjoys a high profile e.g. World Cup, National coach etc. Do you think that this development of the sport is a good thing?*

Graeme...Hill running certainly seems to have become more popular over the last few years with the runner now well and truly spoilt with races. I think it is important to have a few glitzy promotions as it may spur on our young up and coming runners who may look upon the sport as financially unrewarding and a bit of a dead end in terms of fame and glory in relation to other certain sports which are over saturated by the media. It seems unfortunate that at local club level, youngsters are not encouraged to give the hills a bash with hill races being scorned upon and the competitors being thought of as nuts. I see this even in my own club. On the other hand those that are genuinely interested in the sport will always find their way regardless, unfortunately however usually at a later age.

Brian...*Are you interested in any other sports?*

Graeme...I didn't compete at all in any other sports and I'm not really a team person. I like to cycle. In the past I have dabbled in climbing, canoeing, golf and orienteering. I'm always interested

in minority sports and tend to be sickened by the totally biased media coverage of our so called "national sports." Triathlon has been mentioned to me but I'm not really keen on watery things i.e. the swimming.

Brian...*Do you have a rest season?*

Graeme...My training is so haphazard that some people say I'm always having a rest. I do think it is important to have a break from serious competitive running as after a while it can get to you. I don't want to become elitist in any way and only run when I'm very fit. It should be fun after all.

Brian...*What are your ambitions in hill running over the next few years?*

Graeme...Obviously I'd be hoping to squeeze into the Scottish team at some time for the World Cup, perhaps 1995 on home soil although I don't agree at all with holding the event in Edinburgh. Running round Arthurs Seat after racing in the Alps would be unsatisfactory although the City obviously has all the facilities for the runners. It was unfortunate of me to come good so late in the season when I felt I was good enough to make the team being in excellent physical shape, having a positive attitude and producing good regular results. I think it's stupid to hold selection races early on in June. This year I produced an excellent performance in what should have been the Cairngorm selection race only to find it wasn't. It's a very difficult decision to decide who to select for the team, even more so now that there are fewer places. The runners themselves must be honest about it and stand down if they just don't feel up to it. The particular World Cup courses should also be looked at since they vary so much.

If I put bigger emphasis on running some longer races I may well try for the Scottish Championship at some time but I think it's more likely that one year I might find myself in a position to win it more by accident than planning.

There are still plenty of race records up for grabs, they all are, in theory. The events vary so much that a bit of planning in the training may be needed to bring them nearer my grasp. You really have to stick your neck out and go for it.

I would like to try and do the races I haven't yet competed in. These are mostly longer events in places far away from Forres.

There is also the British fell running Championship. Not winning it by any manner of means but perhaps managing to travel to a couple of events simply to gain more experience.

Possibly assisting you and the Cosmic Hillbashers to organise a long race from Dufftown over Little and Meikle Conval to Ben Rinnes.

To find another job which doesn't leave me over tired to train.

CLUB NEWS

Meall a' Bhuchaille - 30th October 1993

Lots of Hillbashers and their families at this one. Members present were Terry and Bing Kerr, John Stewart, Brian Lawrie, Phil Kammer

Keith Greenwood, Steve Pryor, Graeme Marks, Andrew Johnstone, Ewen Rennie and John Buchan.

Saturday was a superb day, there wasn't much bright sun, but the thin cloud layer was well above the snow sprinkled Cairngorm summits, and there was no wind.

"All the air a solemn stillness held."

In some places the tree colours were magnificent. Very autumnal. Loch Morlich lay still as a mirror, reflecting the high mountain scene as we drove to the start of the race. Not all of the above Cosmics ran. Rennie, Marks and Lawrie were all suffering from post race syndromes of one sort or another. The majority who ran, enjoyed the perfect conditions (see Cosmics on the hill)

Being the last race in the Scottish Championship a special "do" had been put on at Glenmore Lodge. For £15 each, we had tea and biscuits after the race, a three course dinner, **plus** bed and breakfast. We have to thank the S.H.R.A. for subsidising this. It proved to be a very good deal indeed, and we can only hope for something similar next year.

After the dinner everybody had a good "birl" on the dance floor, aided and abetted by rapidly diminishing "Kerry oots" of beer and wine.

The prize giving and speech making were humorous and unpretentious affairs although a bit parochial. This great

gathering was more representative of the central belt of Scotland than the nation as a whole. Probably this is inevitable to some extent given the distribution of population, but lets hope that it doesn't distort the running of our sport in any other way. Regarding the Championship we will publish complete details later, but for the moment, let it be known that David Rodgers (Lochaber) was the male senior winner and that Helen Diamantides (Westerlands) was the female senior winner. They received their prizes and on went the "jiggin".

In the early hours of the morning it all, sadly came to an end and we all made our way, some in a better state than others, back to our rooms.

A wee walk round Loch an Eilein next day was all I could muster. Quite a number had gathered for a run but I didn't notice any Cosmics among them. I wonder why?

You have just got to learn how to separate pleasure from work!

Brian Lawrie

***Club meeting - Saturday
23rd October, 1993
Udny Arms Hotel, Newburgh.***

Members present:

*Brian Lawrie, John Stewart,
Keith Greenwood, Mike Gibb,
Ian Curphey, Steve Pryor,
Graeme Marks, Rosemary Hope, Terry
and Bing Kerr, John Buchan, Margaret
Stafford, Gordon Yule,
Tom Gunn and Shona Manson.*

Before the meeting we had a run round the Ythan Nature Reserve. This run across the moors North almost to Collieston then back South along the coast is an exceptionally fine one. Phil was guide for the day. As mentioned in an earlier "flyer", showers, stovies and sticky toffee pudding awaited us at the Udney Arms. An added bonus was that it was free! (although there was a catch). Thanks again to Steve Pryor's Oilfield Production Support (North Sea) and Thomas Gunn's, Navigation Services for paying for the lot. Great to have men of substance in the Club! The catch was that we all had to cough up half the cost for Club funds, which have benefited accordingly.

CLUB NIGHT - BLUE LAMP 18 NOVEMBER 1993

Speaker: Dave Armitage
Subject: Mountain Navigation

Going by the amount of blank expressions in the room when Dave got into his stride, this was a badly needed evening. Dave was the man for the job though and we thank him for his conscientious effort and his willingness to give away trade secrets.

Obviously a lot more needs to be done in this area and Dave has hinted that he might take us out on the hill in warmer weather for a bit of practice. Another idea might be some theoretical articles in the magazine. Better still, perhaps, attend some of the local orienteering events for beginners.

COSMIC HILLBASHERS PARTY

FRIDAY 21st JANUARY, 1994.

DISCO AND BUFFET

VENUE -----BLUE LAMP

TIME ----- 8.00pm to 1.00am

PRICE ----- CHEAP !!



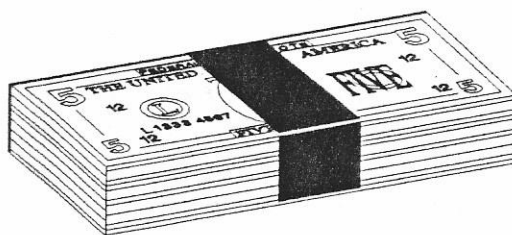
Tickets will be on sale when we cost everything but it shouldn't be very expensive. Shona Manson is co-ordinating the whole affair and seeing to the printing of tickets. We are limited to 70 people.

CLUB AFFILIATION

The Club is now affiliated to the S.A.F. Those who are changing their Club to join Cosmics or seeking secondary 1st claim status should ensure that they get the necessary forms from Brian Lawrie.

CHEQUES

Cheques should be made payable to the Cosmic Hillbashers in future.



MONEY

Steve Pryor has taken on the task of fund raiser etc. and we look forward to developments.

CLUB DISCOUNT

The Running Shop and Rocky Craggs, both generous supporters of Cosmic events this year offer 10% discount to Club members. Rocky Craggs require two passport photos to enable them to give you their own special Club Card. Always carry your membership card when expecting discount.

TRAINING

Tuesdays, 6.00pm at Kings College. Members must bring Cosmic Card to show at reception desk. There are changing rooms and showers. We must thank Steve Pryor and his Company O.P.S. who are financing this arrangement until Easter. This is developing into a good session with coaches John Buchan and Terry Kerr keeping us on our toes. Pints afterwards.

WEEK-END RUNS

We are running alternate Saturdays, at the moment, on an organised basis. A new programme will be made up for Winter, 1994 and issued on a flyer.

100 CLUB

Phil Kammer, the Treasurer, will have explained the scheme at the A.G.M. It's a great idea for raising money so give it your support. If you missed the A.G.M. contact Phil for details.

T-SHIRTS AND SWEATSHIRTS

The T-Shirts have gone like hot cakes. To date we have sold 36. Nobody seems very keen on the Sweatshirts? So far I have had 3 orders, all for different colour schemes! T-Shirts £5, Sweatshirts £10.

OTHER NEWS

The integration arrangements proposed by the Scottish Athletics Federation (S.A.F.) and the Scottish Games Association (S.G.A.) have gone ahead. Brian Lawrie has a copy of the guidelines for "Participation by Amateur Athletes in Professional Events" and Professional Athletes in Amateur Events' So if you want to compete in the Professional Highland Games read about what you are committing yourself to.

The S.A.F. Hillrunning Commissions bid to the International Committee of Mountain Running (I.C.M.R.) to host the 1995 World Mountain Running Trophy has been successful. Let's hope the race is in the big mountains and not on boring old Arthur's Seat, as rumoured.

CLUB MEMBERS - FIRST HALF

ANDREW JOHNSTONE

Andrew has assured himself a major place in the history of long distance running with his record run, with Rory Gibson in 1993, over all the Munros in 51 days 9 hours 42 min!! He also ran the Everest Marathon in 1991. Andrews enthusiasm will be a great asset to the Club.

JOHN STEWART

Another hill walker turned to hill running. John walked all the Munros years ago and is a bit of a globe trotter. Great company. What John doesn't know about boxing and movies is not worth knowing. Has run London and New York Marathons but is now retired from the roads.

BING KERR

Enjoyed cross country so thought she would give the hills a "bash". Scolty was the initiation ceremony in 1989 and now she's fit for anything - even Terry! Major ambition is to still be running at 80. What a woman!

TERRY KERR

Terry is a great enthusiast. Likes most types of running and this is possibly why he declares the Seven Hills of Edinburgh to be his favourite race. A dedicated coach with the youngsters, Terry would like one day to coach an adult for the 10,000 metres.

GRAHAM MILNE

Graham likes the hills or should I say hill. An advert for the Scolty race got him into the sport. His first race became his favourite race where he achieved his best result. No slouch though, 36min 36secs and him a vet now! Ambition in running is to keep on doing Scolty.

BRIAN LAWRIE

Took up running to keep fit for mountaineering. Prefers long races with big climbs and steep rocky descents. The less flat running the better. Club Secretary at the moment and co-organiser of the Clachnaben and Morven hill races with Phil Kammer. Ambition is to persuade a Carnethy or Lochaber member to run one of his races.

EWEN RENNIE

Ewen has been in hill running for eight years now and has a great appetite for racing over all distances. One of his best results was first veteran at that famous Lakeland classic the Blisco Dash. No mean achievement. He has also completed a Bob Graham Round at the first attempt (a 24hr challenge in the Lakeland fells). Ewen's also editor of the S.H.R.A. magazine and organiser of the Krunces, El-Brim-Ick and Elrick relays. Ewens help and encouragement has been invaluable in the formative days of the Cosmic Hill-bashers.

KEITH GREENWOOD

Keith is a long distance specialist whose favourite race is the Potteries marathon. He has joined us from Mandale and despite a heavy workload has managed to attend quite a number of our sessions and races. Ran at Morven and Meall an Bhuchaille.

STEPHEN PRYOR

The Aboyne Highland Games launched the Pryor hill running career. He is new to the game but is very keen. Steve has supported everything that Cosmics have done so far and has taken on the role of trying to raise some funds for the Club. After flogging our guts out at Kings on Tuesday nights Steve keeps us entertained with many a wicked story

PHIL KAMMER

Phil has been in the hill running scene for nine years now with more success than most of us. Phil is treasurer of the Club and co-organiser of the Clachnaben and Morven hill races. Phil's first race was the Ben Nevis race back in 1984. This remains his favourite race. A result he is particularly proud of was a 13th place in the 1986 Karrimor mountain marathon - Elite Class.

TOM GUNN

Tom got into hill running because he doesn't like road races. He has only been running for two years but has done a wide variety of events. His first hill race was Clachnaben and he has done the Highland Cross and the Islands Peaks race. Ambition is to drink 10 pints of Bodingtons in one night without falling over.

SHONA MANSON

Shona was persuaded by a few friends to try the Bennachie hill race in 1993. This wet and muddy experience didn't put her off because she appeared at the next Kings training session with a brand new pair of ETA's. Real Cosmic material this.

MIKE McCULLOCH

Mike's love of the outdoors and nature got him into hill running and he has done very well at it in the 16 years he has been competing. He won the Highland Cross in 1984 and was first at Cairngorm in 1987. Mike is also a very good road runner but we're not publishing those achievements. Mike works for the P.E. Department of Aberdeen University (Kings College pool) where he has numerous teaching and coaching roles. Very knowledgeable and advice always freely given.

GRAEME MARKS

Graeme is from New Zealand. He has only been running in the hills for 6 months but is very enthusiastic. His first race was at the Aboyne Highland Games and he has done Morven and Bennachie. A keen skier, his biggest epic in the mountains to date was a 3 day crossing of the New Zealand Alps. Ambition for 1994 is to run Ben Nevis.

MIKE GIBB

Mike declares himself a pleasure seeker only. After he ran his 2hr 50min Marathon he left his masochistic tendencies behind. Runs now just for the fun of it. Mike joined us for the Ythan run in October and hopefully will be seen out on these occasions.

COSMIC CALENDAR -

(or How did I miss the Super Nova)

Wizard Watson massaged his crystal ball again and wondered as he fondled it how he could have missed the emergence of a new Super Nova. Yes, despite his fear of all the new technology he would have to do it. He blew the dust off his computer and reached for the din-plug that would allow him to replay the last year through his old trusty crystal ball.

Where to start was the question? February 6th 1993 and the El-Brim-Ick Dash - well a few of the disciples had been there but hardly significant numbers, only 13 runners, but Wilson Moir second in 21m 32sec to Shug Ilgunas's 20m 23sec had been followed home by Ewen Rennie 22m 22sec with Phil Kammer fourth in 22m 38sec, Brian Lawrie fifth in 22m 59sec, Graham Milne sixth in 23m 07sec and Doug Leiper eighth in 23m 41sec. Could that have been the start? Was it the massive prize list or the sheer informality of the event that did it?

February 13th and the Carnethy hill race. Now that is one of the classics in the hill running calendar. Had the spark come from there? Phil Kammer beat the hour bench mark to finish 62nd in 59m 38sec (behind Neil Wilkinson's winning time of 48m 47sec), while Brian Lawrie was 74th in 60m 33sec. Did that car journey see the plot hatched?

Or was it the Four Tops race at Fort William on April 4th? Only Brian Lawrie had gone there. Was that the spur? His 21st place in 2h 46m 23sec for fourth vet behind David Rodger's winning time of 2h 16m 30sec might be significant. Then again Graeme Bartlett who would go on to win the Ben was fifteen

minutes behind the winner. Musn't digress - lots of useful information here but must concentrate on the Cosmics.

Clachnaben on April 25th - was that the clue he'd missed? Hunter mopped his brow and wiped the crystal ball. Certainly that had been a gathering of the clan of the strange heather-hopping, crag-jumping group who call themselves hill runners. John Kirkland from Dundee Hawkhill had won. What was he doing there - they used to be a proper club! Mind you, the old grey cells remembered when Liz Lynch (McColgan) had won Scolty. Eddie Butler had been ninth in 1h 34m 26sec compared to Kirkland's 1h 26m 27sec, Malcolm Stone 14th in 1h 38m 19sec, Graham Milne 19th in 1h 41m 19sec, Tom Gunn 1h 42m 58sec (22nd), Doug Leiper 1h 49m 58sec for 31st and Max Williamson 2h 35m 12sec for 46th place. Had the acolytes begun to gel then and realise that they could do it for themselves?

May 2nd and the bits were beginning to coalesce at Stuc a' Chroin as Brian Lawrie finished 38th in 2h 34m 59sec and Phil Kammer 86th in 2h 58m 04sec compared to Mark Rigby's winning time of 2h 3m 58sec.

Was he imagining things? Hunter wiped the ball again. Scolty, June 6th 1993 - Fraser Clyne of Metro - it still hurt to look at that Super Nova (but it was already showing signs of shrinking to a red dwarf) - had won in 31m 51sec with Ewen Rennie emerging from his knee operation to be 17th in 35m 35sec, compared to Graham Milne's 37m 3sec (27th), Brian Lawrie's 37m 10sec (29th), Doug

Leiper's 38m 34sec (41st), Gordon Hope's 42m 7sec (67th) to beat Terry Kerr's 42m 13sec for 68th, while John Stewart took 100th position in 49m 8sec just ahead of Rosie Hope in 49m 12sec and Bing Kerr 106th in 51m 42sec.

But was it a proper hill race? Not according to these fanatics? Too much road and not enough climb for a category A. What does that mean? What's wrong with a mile, three miles and six miles? Mind you, there's all these silly metric distances nowadays. Aye, things aren't what they were! Concentrate.

The Lairig Ghru, surely that was a pass rather than a hill? Too long for a marathon and less climb than the Stonehaven half. Yet there were still no definite Cosmic traces as Ian Curphey recorded 4h 35min behind Rab Brown's 3h 18m 55sec.

July and with the range finder set for maximal distance to take account of the holiday period the ethereal traces suddenly turned into a clear Cosmic Hill Basher fire-fly glowing in the dish as Ewen Rennie went round the Reeth hills in 1h 51m 49sec for 62nd place compared to the winners time of 1h 30m 34sec. Four days later, a Thursday, and again the Cosmic name figured as Ewen Rennie recorded 1h 39m 2sec to the winner's 1h 16m 43sec for 47th place at the Rydal Round, North Yorkshire then Cumbria. Was there a Sassenach influence behind the plot? Now it was easier to trace. The Angus Munros and now the fire-flies were buzzing round the bowl. Brian Lawrie, 9th in 3h 13m, Graham Milne, 4h 5m whilst Ewen Rennie seemed not to have finished and John Stewart had jogged round with the back marker to Braedownie Campsite.

Two days later and Hunter's crystal ball suddenly became a flashing belisha beacon of white light. Daz-

zled, he screwed down the image intensifier to its lowest level and re-ran the sequence. There it was! The Blue Lamp suddenly went Super Nova and Cosmic were created!

August 12th, another Thursday, and Ewen Rennie was at it again running the Ballater hill race. The Klaxon screeched and "Professional", "Professional" kept flashing across Hunter's screen. Strange how it had flicked over the Duthie Park races without a whimper. Remembering the new S.A.F./S.G.A. accord Hunter cancelled the warning signal and could now read Ewen's time of 20m 37sec compared to the Swiss winner's 17m 38sec.

August 22nd at the Lomonds of Fife and Ewen Rennie became the first Cosmic finisher in an S.H.R.A. Championship race with his 44th place in 1h 18m 34sec compared to the winner's 1h 3m 18sec.

September 4th, Ben Nevis and Brian Lawrie, 34th in 1h 50m 40sec, Graham Milne, 123rd in 2h 5m 22sec, Phil Kammer, 147th in 2h 8m 20sec and John Stewart, 286th in 2h 34m 15sec. All appeared as Aberdeen A.A.C. runners but were clearly Cosmics pupae just waiting to emerge from early entry chrysalis.

September 11th and now the Super Nova was in full splendour as Brian Lawrie, 8th in 45m 58sec led home Malcolm Stone, 9th in 46m 17sec, Wilson Moir, 11th in 47m 10sec, Ewen Rennie, 13th in 49m 9sec, Graham Milne, 16th in 52m, Graeme Marks, 19th in 58m, Doug Leiper, 22nd in 1h 19sec, Terry Kerr, 25th in 1h 3m 15sec, Rosie Hope, 31st in 1h 12m 38sec and Bing Kerr, 32nd in 1h 13m 25sec at a place called Morven. Dinna fash yursel far it is - gang tae Dinnet.

Hunter scrolled on to October 3rd. Despite the minimum light intensity setting on his crystal ball Hunter had to don his polaroid sunglasses before he

could read the Bennachie results.

'COSMICS WIN THE TEAM PRIZE'

screamed out at him. Yes, even if their last counter of three was only fifth Cosmic home (almost as bad as Aberdeen's team selection at the Elrick Relays!). Where was I? Dave Armitage had won in 50m 33sec with Malcolm Stone first Cosmic in 53m 52sec (5th)

followed by Phil Kammer, 8th in 54m 55sec, Brian Lawrie, 9th in 55m 13sec, Gordon Yule, 12th in 56m 43sec, Ewen Rennie, 17th in 58m 01sec, G. Miller, 20th in 58m 08sec, Doug Leiper, 33rd in 1h 2m 12sec, K. Acornley, 35th in 1h 2 31sec, Graeme Marks, 43rd in 1h 3m 48sec, Terry Kerr, 52nd in 1h 6m 42sec, Steve Pryor, 74th in 1h 17m 11sec, Rosie Hope, 75th in 1h 17m 16sec and Bing Kerr, 76th in 1h 17m 48sec. Quite a battle at the end there but well clear of the back of the field.

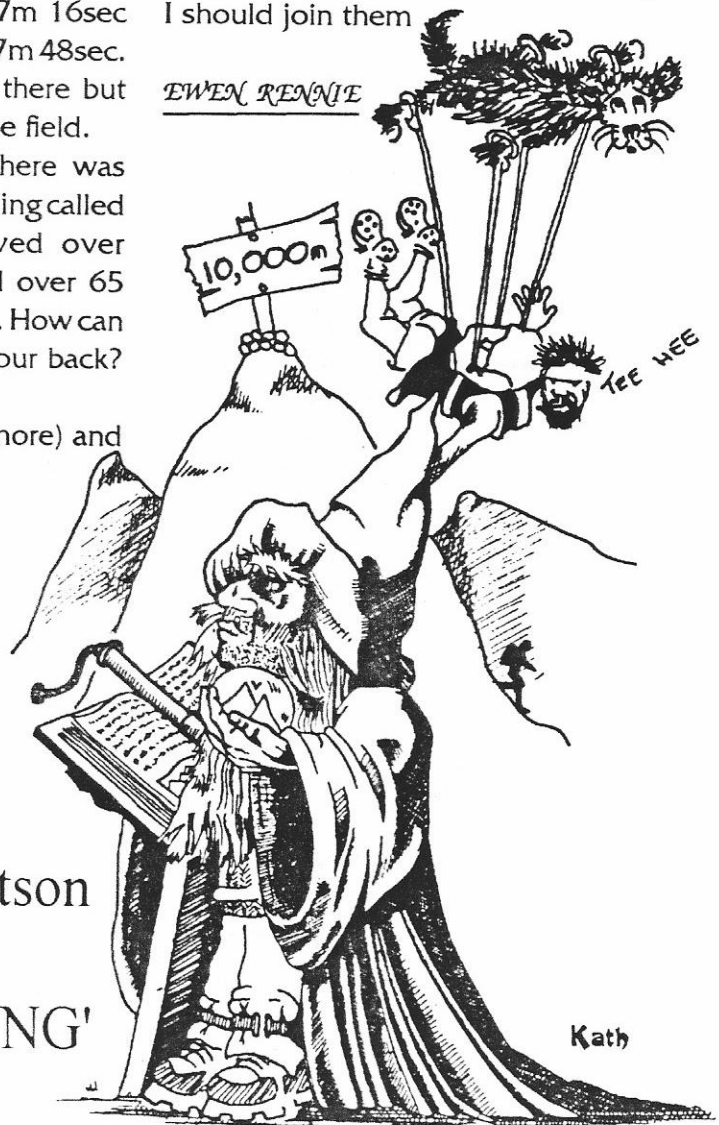
October 23rd/24th and there was Ewen Rennie doing something called the Karrimor that involved over 10,000 feet of ascent and over 65 kilometres as the crow flies. How can you fly with a rucksack on your back? Hunter trudged on.

Meall an Bhuchaille (Glenmore) and

the S.H.R.A.'s final bash of the season with Cosmics well represented despite two of their leading apostles, Lawrie and Rennie only being there to watch. "ALLE! ALLE! ALLE! C-O-S-M-I-C. Hunter's eardrums were shattered by the famous warcry. John Buchan 12th in 50m 37sec had a superb run to beat S.H.R.A. convenor Dennis Bell although being well down on Andy Trigg's winning 44m 48sec. Phil Kammer, 26th in 56m 33sec, Andrew Johnstone, 44th 1h 1m 40sec, Terry Kerr, 58th in 1h 6m 10sec, Keith Greenwood, 58th in 1h 6m 35sec, John Stewart, 67th in 1h 11m 46sec, Steve Pryor, 74th in 1h 17m 57sec, and Bing Kerr, 77th in 1h 21m 16sec. All seemed to have risked their Disco legs by doing the hill race. What is the attraction mused Hunter? Maybe I should join them

EWEN RENNIE

'Wizard' Watson
foresees
'PARASPUDDING'



FIXTURES - 1994

The Hillrunning Calendar is not yet available but some important dates are known e.g. the Championship dates.

REMEMBER!! Check with the race organiser for date confirmation, start times etc. the day before the race. It could save you a wasted journey if for some reason the race has been cancelled or re-scheduled.

JANUARY 30th

Round the Castles Cross Country race. Crathes Castle, Banchory.

FEBRUARY 6th

El-Brim-Ick Dash,
Kirkhill, Aberdeen.

FEBRUARY 13th

National Cross Country Championships
(Men and Women)
Magnum Sports Centre, Irvine.

FEBRUARY 19th

Tiso Carnethy Five Hill Race,
Penicuik.

FEBRUARY 20th

Castle Series,
Aden Park, Peterhead.

FEBRUARY 27th

Scottish Veteran Harriers Cross Country Championship, (Men and Women)
Troon.

MARCH 6th

Castle Series,
Haddo House.

MARCH 19th

(Scottish Championship)
Chapelgill Hill Race Cat. AS : Distance 1.5 miles : Climb 1400ft.
Glenholm nr. Broughton.

APRIL 9th

"Las Plant" Craig Dunain Hill Race,
Inverness
Tel: 0463 793968.

APRIL 9th

Norman's Law Hill Race
Luthrie, Fife.
TEL: 0334 82457

APRIL 10th

The Four Tops Hill Race
Fort William
TEL: 0397 702748

APRIL 16th

Knockfarrel Hill Race
Strathpeffer
TEL: 0349 62014

APRIL 16th

Screel Hill Race
Castle Douglas - No tel. number

APRIL 24th

(Scottish Championship)
Clachnaben Hill Race
South Deeside
TEL: 0224 646873

APRIL 30th

Ben Rha Hill Race
Reay, Nr. Thurso
TEL: 0847 64683

MAY 7th

Ben Lomond Hill Race
Rowardennan
TEL: 041 357 1845

MAY 7th

Stuc A'Chroin 5000 Hill Race
Strathyre
TEL: 08774 609

MAY 8th

Hill O' The Faries
Strathyre - 08774 609

MAY 11th

Dumyat Hill Race
Stirling University - 0786 466901

MAY 18th

Kinnoull Hill Race
Perth
TEL: 0738 22526

MAY 21st

Goatfell Hill Race
Brodick, Arran
TEL: 0770 860427

JUNE 5th

Scolty Hill Race
Banchory
TEL: 03398 83697

JUNE 11th

Traprain Law Hill Race
East Linton
TEL: 0620 860257

JUNE 12th

Aonach Mor Hill Race
Torlundy, Fort William
TEL: 0397 702748

JUNE 15th

Ben Sheann Hill Race
Strathyre
TEL: 08774 609

JUNE 18th

Glen Rosa Horseshoe
Glen Rosa, Arran
TEL: 0770 600 597

JUNE 19th

"Tiso" Seven Hills of Edinburgh
Calton Hill
TEL: 031 554 0804

JUNE 25th

Cairngorm Hill Race
Aviemore - no tel. number

JUNE 26th

Lairig Ghru Hill Race
Braemar
TEL: 077982 275

JULY 2nd

Corrieyairick Challenge
Fort Augustus
TEL: 0478 861285

JULY 4th (*Scottish Championship*)

Culter Fell Race, Cat. AL : Distance
12 miles: Climb 12000ft.
Tweedsmuir - no tel. number

JULY 6th

"New Heights" Ochils Challenge
Dollar
TEL: 0786 824794

JULY 11th (*Scottish Championship*)

Glamaig Hill Race
Cat: AM-Dist: 4.5 miles- Climb: 4200ft
Sligachan Hotel, Skye - no tel. number

JULY 17th

Lamlash Gala Week - Urie Loch Hill
Race. Isle of Arran
TEL: 0770 600 256

JULY 19th

Whiteash Hill Race
Fochabers, Moray
TEL: 0343 820884

JULY 23rd

Meal An-T Suidhe Hill Race
Fort William
TEL: 08555 267

JULY 24th

Half Nevis
Fort William
TEL: 08555 267

JULY 25th

Lochaber A.C. Cow Hill Race
Parade, Fort William
TEL: 08555 267

JULY 30th

Lochaber Highland Games Hill Race
Fort William
TEL: 0397 772885

JULY 30th

Ben Rhinnes Hill Race (in conjunction
with the Highland Games)
Cat: AL - Dist: 14miles - Climb: 4900ft
Organiser: Graeme Bartlett

AUGUST 6th

Duns Law Race
Duns Castle Estate - 0361 83840

AUGUST 6th

(Scottish Championship)
Creag Dubh Hill Race
(Newtonmore Highland Games)
The Eilan, Newtonmore
TEL: 0540 673228

AUGUST 7th

Glen Clova Hill Race
Clova Hotel, Dundee
TEL: 0241 52844

AUGUST 13th

Largo Law Hill Race
Lower Largo, Fife
TEL: 0334 75649

AUGUST 17th

Caerketton Hill Race
Hillend Edinburgh
TEL: 031 539 0932

AUGUST 17th

Wideford Hill Race
Kirkwall
TEL: 0856 2791

AUGUST 20th

Great Wilderness Challenge
Poolewe, Ross-shire
TEL: 0445 731238

AUGUST 21st

Lomonds of Fife Hill Race
Strathmiglo - no tel. number

SEPTEMBER 3rd

Ben Nevis Hill Race
Fort William
TEL: 0397 704189

SEPTEMBER 10th

Moffat Chase Hill Race
Moffat
TEL: 0450 72499

SEPTEMBER 10th

Morven Hill Race
by Dinnet, Aboyne
TEL: 0224 646873

SEPTEMBER 11th

Burnswark Race
Ecclefechan - no tel. number

SEPTEMBER 11th

Corrieyairack Pass Race
Ardachy, Fort Augustus
TEL: 0397 704309

SEPTEMBER 17th

Cairn William Hill Race
Monymusk, Inverurie
TEL: 0467 651532

SEPTEMBER 17th

Merrick Hill Race
Glentrool
TEL: 0465 3230

OCTOBER 9th

(Scottish Championship)
Pentland Skykline Hill Race
Cat: AL- Dist: 16miles- Climb: 6200ft
Hillend, Edinburgh - no tel. number

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