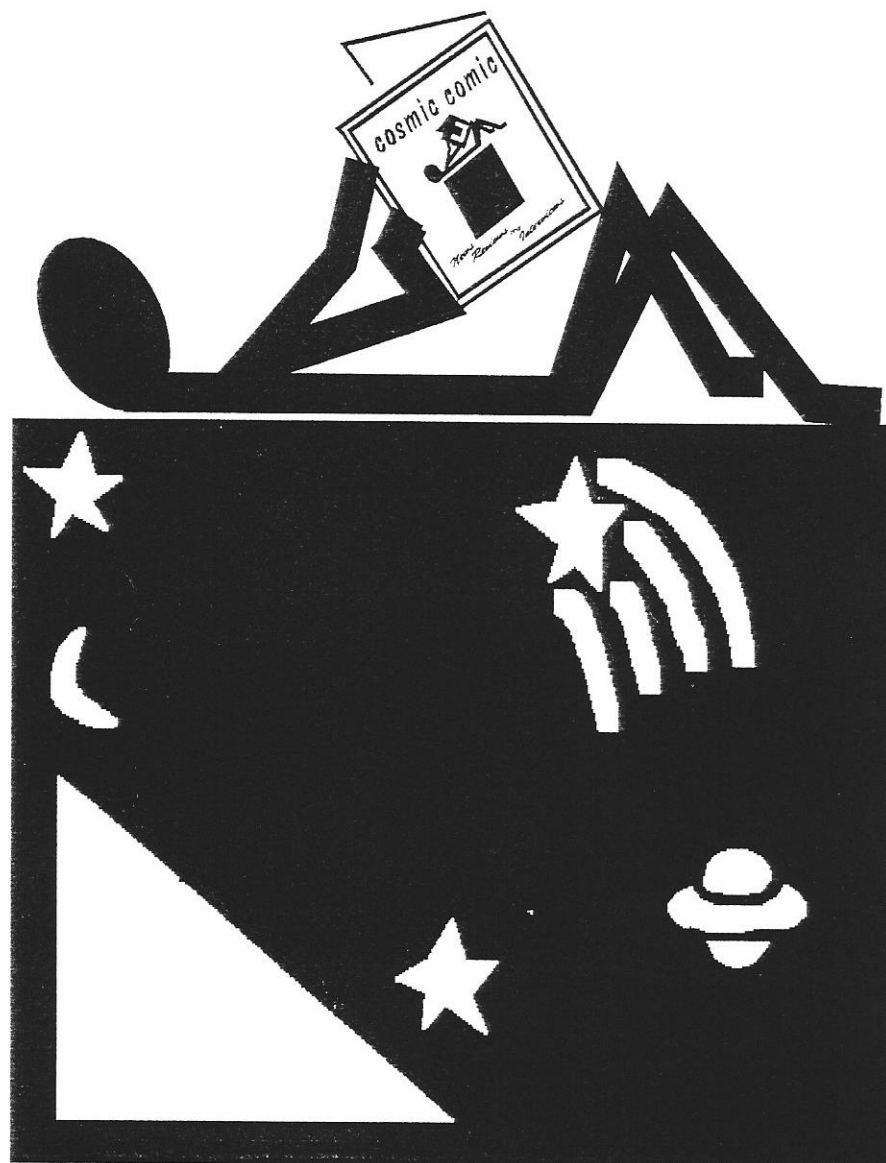


COSMIC COMIC



News Reviews and Interviews

VOLUME 1 ISSUE 6

May 1997

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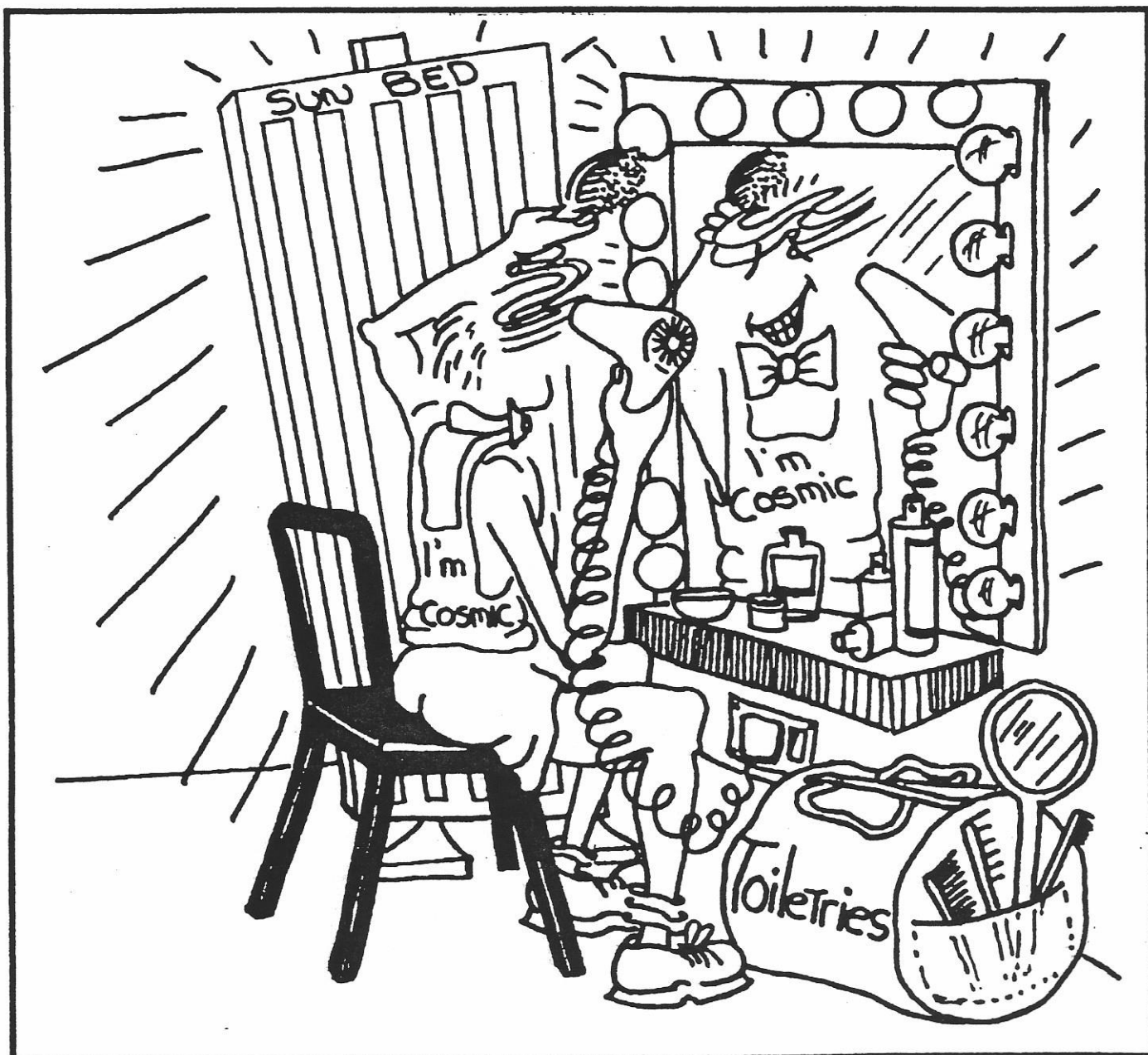
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COSMIC TEAM SELECTION

In future, relay teams for events such as the Devils Burden relay or the F.R.A relay will be selected by our coaches. Ewen will decide on the mens team and Terry on the womens. Until recently, the teams have been selected in the pub. Because we are a friendly bunch, and reasonably objective, the best teams have generally been selected for the races, but the method is getting less satisfactory. There is sometimes disagreement about who runs what leg. Also, if you don't make the team, it's better that the decision comes from a coach who ought to be seen as being fair and impartial.

So when the dates for events become known the coaches will gather the names of those interested in competing. Before they select a team they will take in to consideration all known and relevant form, previous experience, special skills eg. navigational skills and so on. The secretary can then enter the teams and book accommodation.

The experience of recent relays suggest that team meetings should take place some time before the event, to go over the arrangements for travelling, accommodation and to ensure that everyone has a copy of race details and understands them.



Prior Pre - Race Preparations

THE BOB GRAHAM ROUND

by Katy Boo

First, a little history:- In 1931, a man called Bob Graham (surprise, surprise) attempted to run over 41 Lakeland fells in less than 24 hours - a summit for every year of his life. Unfortunately he failed. The next year he set off again and succeeded, but this time he climbed 42 peaks matching his age. Thus the Bob Graham Round was established; 42 summits, 27000 feet of ascent and approximately 72 miles in distance to be completed in less than 24 hours.

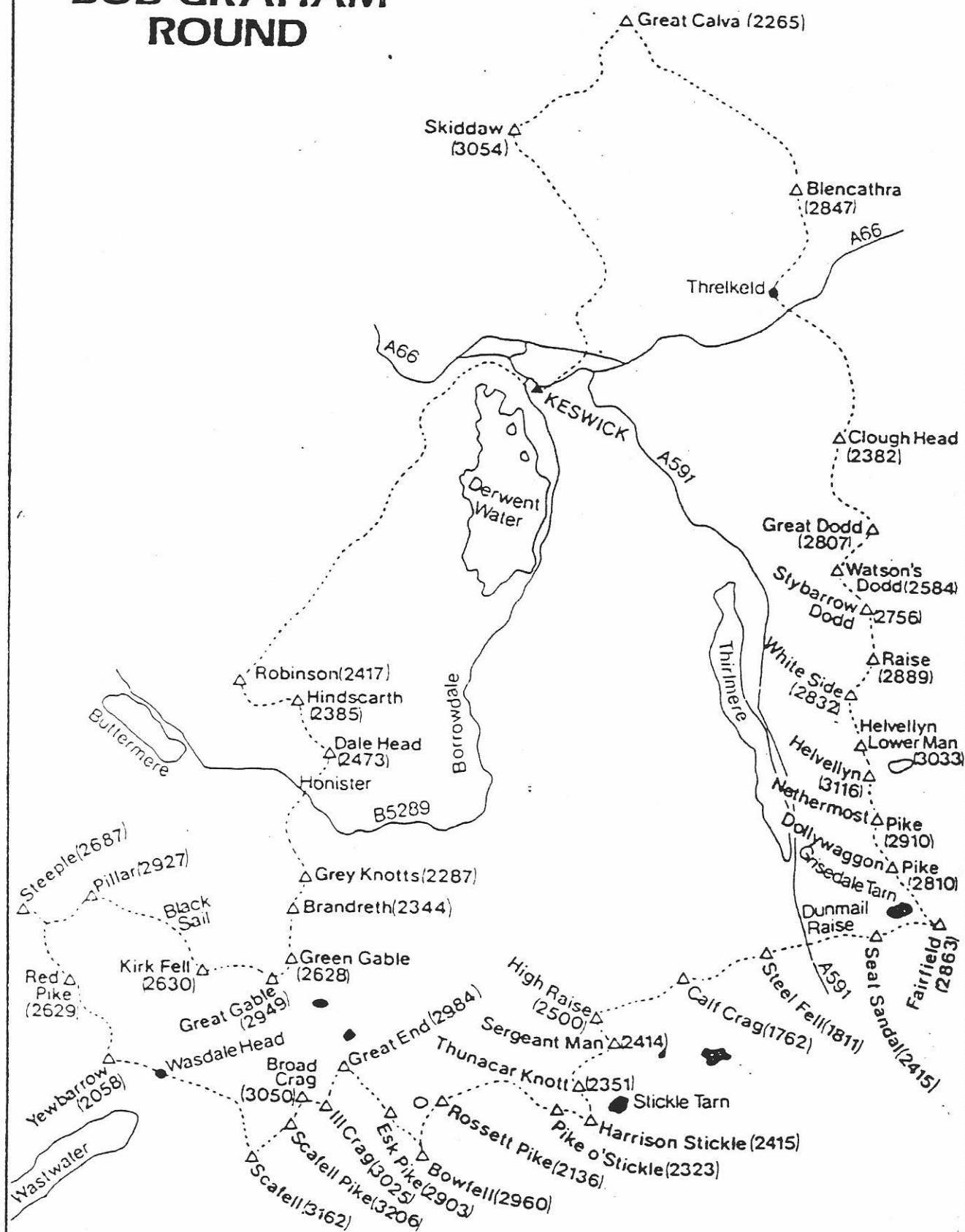
The start and finish is at the Moot Hall in Keswick. The Round can be done at any time in the year either in a clock-wise or anti-clockwise direction starting at any time of day. However it makes more sense to at a time which allows the Helvellyns to be traversed in the dark as this is the easiest section underfoot.

And so to my attempt! I could say that on 25 May 1996, after weeks of careful and well thought-out training, I had reached my physical and mental peak ready for this momentous day; but that would be a lie. I had spent a lot of weekends staggering around the fells, but it never felt like training. Standing at Moot Hall at 7.30am that morning, I was feeling distinctly nervous about the outcome of the next 24 hours. However, to my advantage, I did have a superb support team, most of whom had done the Round and knew what to expect. I had at least two people with me on each sector, one to navigate and one to feed me. Feeding proved to be the most difficult job as I found it harder and harder to force food down. For anyone thinking of doing the Round I would recommend moist food and a mixture of sweet and savoury. Cake bars and marmite and cream-cheese sandwiches proved to be a winning combination on the final section. High 5 drink was also worth its weight in gold.

The first two sections; Keswick to Honister Pass and then on to Wasdale Head went very smoothly. The weather was ideal - not too hot with perfect visibility. I was managing to eat going up every hill and thoroughly enjoying myself. By Wasdale I was 30 minutes ahead of my schedule and I had a reception; a deck-chair set out, a huge spread of food, clean clothes and a hot cup of tea. As I changed my socks I realised that I had large blisters on my feet but I hadn't felt anything. Carol patched them up with large amounts of compeed and I set off up Scafell.

The 3rd sector is the longest and certainly felt like the hardest. I started to feel sick on the long, long haul up out of Wasdale and had real problems with eating and even breathing at times. I don't think I'll ever forget trying to run from Harrison Stickle to Thunacar Knolt whilst alternatively being sick and gasping for breath. I also had to contend with reassuring a very worried Dave that I was fine. Amazingly I still couldn't feel any pain from my feet.

THE BOB GRAHAM ROUND



I arrived at Dunmail Raise having lost most of my extra time but still 5 minutes ahead of schedule and determined to carry on. I had another hot cup of tea, 3 pots of rice pudding and Carol repitched my feet. She wouldn't let me look at them as they looked so horrible but they still didn't hurt. Despite this, Jane and Gary, my next 2 supporters insisted that I stuff myself with Neurofen in case they did start hurting. They didn't fancy trying to coax a whimpering Katy off the Helvellyn in the middle of the night.

Suitable fortified (rice-pudding is magic stuff), I set off up Seat Sandle at 8.45pm feeling good again. We were incredibly lucky, with a full moon shining out of a clear sky so that we hardly needed our head-torches and could romp along the ridge. This sector was one of the highlights of the day and I made up 45 minutes on my schedule, which caught my next lot of supporters by surprise! They thought that I would be on schedule at the earliest and had an extra 30 minutes in bed. They rolled up at Threlkeld thinking that they would have to wait for and they were horrified to discover that I had been waiting for them. It didn't matter as I enjoyed the extra rest.

We climbed Blencathra enjoying a glorious sunrise. I was struggling to eat but feeling good and wasn't too concerned about it. Glyn was worried though and even tried to force feed me when I stopped for a wee half way up Skiddaw (things can get very basic on a BG Round).

Reaching the final summit was another high point. There seemed to be hundreds of people gathered to meet me, all having had to get up at some ungodly hour to be there. It was a real party atmosphere as we set off down to Keswick. I knew I was going to make it as long as I didn't do anything stupid like falling over and breaking a leg. It was a long slow descent as I was having a real problem controlling my legs at that point. However, 23 hours and 43 minutes after setting off, I reached the Moot Hall Steps (my feet were completely trashed but they didn't start to hurt until the next day).

I can thoroughly recommend doing a BG Round, if only because it gives a great excuse to gather together a large group of favourite running companions, have a huge party the night before, stuff your face with pasta and spend 24 hours in the hills.

PS I should point out the having a partner who is willing to stay awake for 24 hours, drive around the lakes, able to read your mind and have everything you need before you even know you need it, really makes a huge difference!

Katy 25-5-96
23 hours 43 mins.

PLACE	SCHED	ACTUAL	PLACE	SCHED	ACTUAL
Moot Hall	7.30	7.30	Dunmail Raise	20.55	20.45
Robinson	9.10	9.03	Seat Sandle	21.40	21.24
Hindscarth	9.30	9.22	Fairfield	22.10	21.57
Dale Head	9.50	9.38	Dollywaggon Pike	22.50	22.40
Honister	10.00	9.48	Nethermost Pike	23.15	22.5
Rest (5 mins)			Helvellyn	23.35	23.13
			Lower Man	23.45	23.20
PLACE	SCHED	ACTUAL	White Side	00.00	23.37
			Raise	00.15	23.49
			Stybarrow Dodd	00.40	00.10
Honister	10.05	9.49	Watson's Dodd	00.55	00.20
Grey Knotts	10.30	10.13	Great Dodd	1.15	00.34
Brandreth	10.40	10.20	Clough Head	1.50	01.10
Green Gable	10.55	10.35	Threlkeld A66	2.35	01.55
Great Gable	11.05	10.47	Rest (15 mins)		
Kirk Fell	11.40	11.20			
Pillar	12.30	12.05	PLACE	SCHED	ACTUAL
Steeple	13.00	12.30			
Red Pike	13.15	12.47			
Yewbarrow	13.50	13.23	Threlkeld A66	2.50	2.25
Brackenclose	14.15	13.47	Blencathra	3.50	3.25
Rest (10 mins)			Great Calva	4.55	4.53
			Skiddaw	6.10	6.03
PLACE	SCHED	ACTUAL	Moot Hall	7.10	7.13
Brackenclose	14.25	13.52			
Scafell	15.35	15.05			
Scafell Pike	16.05	15.43			
Broad Crag	16.20	15.54			
Ill Crag	16.30	16.02			
Great End	16.45	16.18			
Esk Pike	17.10	16.44			
Bowfell	17.30	17.05			
Rossett Pike	17.55	17.36			
Pike O'Stickle	18.40	18.26			
Harrison Stickle	18.55	18.47			
Thunacar Knott	19.05	18.55			
Sargeant Man	19.20				
High Raise	19.30				
Calf Crag	19.55	19.50			
Steel Fell	20.20	20.15			
Dunmail Raise	20.35	20.30			

Gary
? Jane
Billy
Toby
Sasha

Paul
Steve
Glyn

"TREADING AIR - THE PRACTICE OF NON-IMPACT RUNNING"

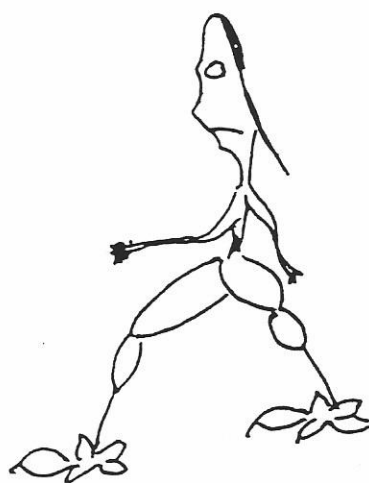
BRIAN LAWRIE

(This article appeared in the Scotsman on 25-1-97)

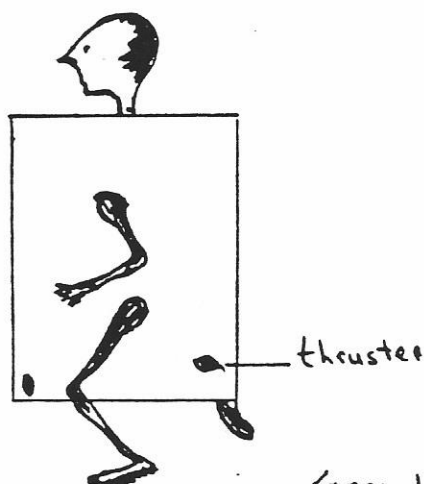
This month's athletic news has been dominated by the return to Earth of Cosmic Rennie. His sensational appearance at the English Speaking Rooms* on 24 January 1997, coupled with the publication of his new book 'Treading Air - the practice of non-impact running', has set in motion a controversy of far-reaching proportions in the athletic world which seems set to run for a long time yet.

Rennie, whose tireless work on behalf of galactic athletics has long been recognised, readily admits that the ideas contained in 'Treading Air' are almost entirely those of the Silerian mountain men who practice their sport on a small planet on the outer rim of the Gamma Quadrant.

It appears that far back in their history, Silerian athletes were banned from outer world competition because 'Treading Air' techniques had brought them an unhealthy dominance. 'Treading Air' leaves a runner relatively fresh after a training session and there is far less chance of incurring an injury. Since they were not prepared to share their ideas, athletics on their world went into decline due ultimately to the lack of competition. Now, with a new group of administrators at the helm anxious to revive Silerian athletic fortune, matters are slowly changing. Rennie has become an advocate of their ideas and obviously the Silerians feel they can use Rennie's reputation to regain their place in galactic sport.



a Silerian



~~thrustee~~ Terry Kerr
using
the gravity machine

Most of the controversy surrounds the so called Gravity Machine. Apparently Rennie only managed to take two of them back with him from Sileria and they have both been given to his club, Cosmic Hillbashers. Possibly it is this fact that has fuelled the

* Cosmic Party.

hatred of officials like the HRC secretary, Robin Morris, who declared that all national bodies concerned with the control of our sport "should ban these cheating machines".

The aging SHIT team from Glasgow, troubled lately by injuries to their squad, have been no less vociferous in their criticism. The very middle-aged Dermot McGonigle said, rather peevishly in an FRA interview that, "without a machine like this, I'll be f----- in a couple of years. It is all very well for the Cosmics running on air."

Rennie insists that the machines will be loaned out to other clubs eventually but the feeling is, rightly or wrongly, that Cosmics will be so far ahead that the others will never catch up. "It's just like using drugs" said an angry Des Crowe at the start of a local hill race (where he got lost!). "Either every club should have one or they should be banned" he whined on.

So how does this machine work? Why is it so controversial? The truth is not even Cosmic Rennie appears to know why it works, it just does. It is very simple to use which makes it's effectiveness even more puzzling (see illus). Essentially, the machine is a large box-like structure which opens on a set of hinges to allow the athlete to step inside. Once inside the machine, rather frighteningly until you are accustomed to it, it clamps itself around the athlete's body moulding its inner cavity to his or her shape. The material that the box is made from is an extremely light metal with a strange iridescent quality to it. Those who have been inside the machine unfailingly report that it is a sensuous and strangely intimate experience.

Small thrusters positioned on the outside of the machine are deployed by the athlete to gain either elevation or propel the runner forward. Legs are operated as in normal running which, at first, feels very disconcerting, not to say stupid, because as Terry Kerr, another celebrated Cosmic coach put it "they are just dangling there, running on air".

Unbelievably after four or five fifteen-minute sessions of running on air, it is possible to dispense with the machine and tread air without it. A little jump to gain elevation, and away you go. Somehow some quality is transferred from the machine during its operation to the runner and stays with him or her for ever. Some effort is still required to move the legs but since there is no contact with the ground, training injuries are almost non-existent. Not only that, but since the thrust of the gravity machine can be set at any speed during the training phase it appears that the ability to run faster is also transferred. The nearest analogy that Terry could come up with was "that its something like dispensing with water-wings after having learned to swim".

Watch this space.....

A COSMIC IN THE BIG APPLE

BY ALEX HAMILTON

06.00 Sunday, 02 November 1996 the alarm sounds - where am I? What is that strange traffic noise? Consciousness slowly dawns! This is the big day - New York City Marathon. What AM I doing here? This was a result of a passing conversation five months earlier while running in Pollok Park, Glasgow with four others:-

"It's a shame about Gordon having to drop out of New York"

"Yeah, but he's right - he can't get fit enough now"

"We'll have to change all the bookings"

"So we will - unless we can find someone else to take his place!"

"Here, Alex?!"

How could I have been so stupid? Memories of London in April flood back - the excitement, the elation, the crowds, the heat, the pain, the soreness, the first pint and fag afterwards!

The preparations of the night before meant that I only had to have a quick shower, a light breakfast, collect my running bag and then off..... The weather had promised to be bright and sunny - it was, but with a biting wind. As we waited for the buses at the hotel the doubts started to creep in - What if I hit the wall? What if I got caught up in the melee at the start? What if.....? What if.....? To come all this way to fail was not acceptable - I would finish AND improve on my London time.

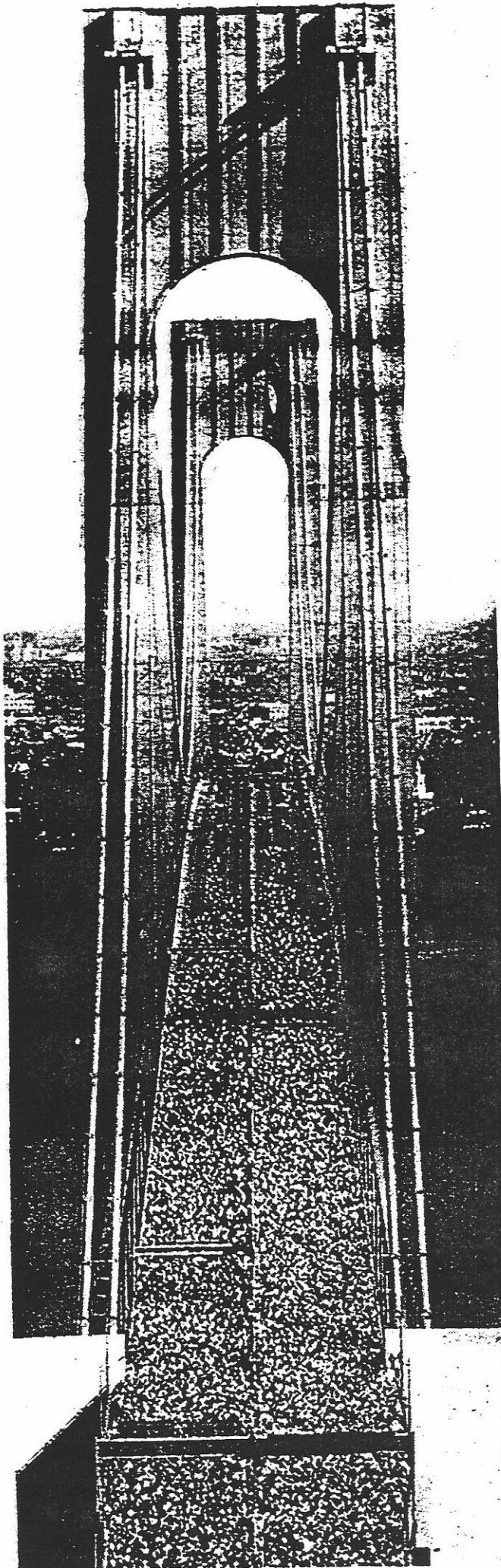
From the hotel just outside Central Park to the start is now a blur - the traffic, the noise, the babble of voices, the different accents and the various languages remain as a backcloth. The still-fresh memories of travel, of arrival at John F Kennedy Airport, of being bussed through the city, of the Friendship Run the day before all contributed to a more positive feeling. If I could survive the Friendship Run - just 5 miles from the United Nations Building through the streets of Manhattan to and around Central Park according to the programme - I would finish. To run 5 miles through Manhattan in kilt and Scottish Power T-shirt seemed a good idea at the time. It only took about one and a half hours - a couple of hundred metres and stop to be photographed - another few metres to be greeted like a long-lost friend by people from Mexico, Canada, Norway, Peru, Jamaica, France, Spain, Italy - more photographs!

Memories of sight-seeing of the past two days were triggered off as we travelled in the bus. Of Central Park, of the underground, of hundreds of stretch-limousines, of the steaming man-hole covers in the middle of the streets (very pleasant standing over these in a kilt!). The sheer size and scale of the place, the hubbub, the Yellow Cabs. Amidst all of this there are amazing coincidences - of visiting the very spot where John Lennon was shot to find that interested visitors were kept at a distance (except for four people in kilts because we found that the security guard's wife came from Ellon).

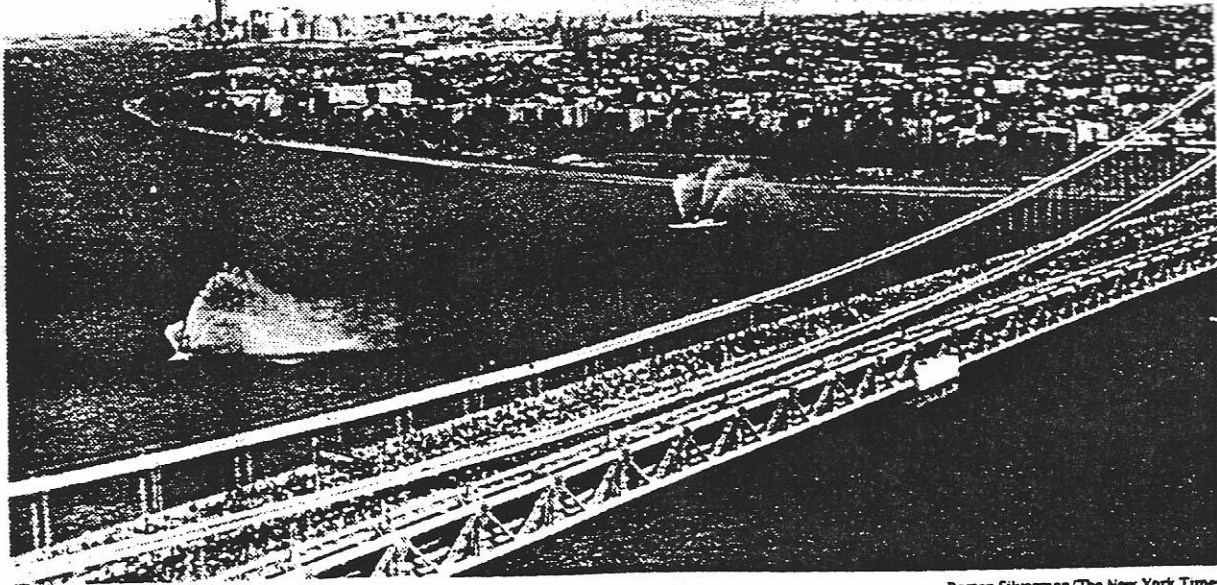
The journey to the start area seemed to pass quickly. At 8 o'clock we left the buses and headed for the assembling area - still three hours to go and 29,000 people to arrive! These three hours were filled with speeches, music, speeches, warm-ups, speeches, announcements and speeches until finally at 10.30 am runners were called to the holding areas designated by different colours.

Finally after three long and cold hours we were off! Or so I thought. For the next seven minutes we stuttered our way along the approaches of the Verrazano Bridge until I crossed the start line. This was distinctly uncomfortable and disconcerting - pressed in by the crowd of runners, having to pick your way through what must have been a mountain of discarded clothing which was later collected by the race organisers for distribution to New York's homeless and destitute people.

The first two miles or so was over the Verrazano Bridge which is very similar to the Forth Road Bridge. The weight and running pattern of 29,000 or so runners and a gusty wind blowing across it made the bridge sway and roll somewhat alarmingly.



runners starting their five-borough, 26.2-mile trek



Barton Silverman/The New York Times

With Manhattan in the background, runners head over the Verrazano-Narrows Bridge at the start of the race.

By the end of the bridge the first of the five Boroughs of New York had been passed. The pre-race information indicates that runners will pass through Staten Island, Brooklyn, Bronx, Queens and Manhattan. One down and four to go!

As the slower runners left the bridge, an almost endless thread of faster runners could be seen ahead. Just as I was leaving the bridge I spotted two of my travel companions just ahead. We ran together and then became separated very soon. With buildings now around, broader streets and massive crowds lining the pavements, the wind-effect was much less. I began to feel comfortably warm. I decided to find my usual road-running track - alongside the kerb.

The long haul through Brooklyn was fascinating and enjoyable. Some personal space, encouragement from the crowd, a warming sun, a smooth road surface underfoot all contributed to a pleasant experience. Brooklyn was a fascinating part of the race which threaded its way through several distinctive and different ethnic quarters - Afro-Caribbean, Hispanic, Jewish. The long straight but undulating course was already beginning to take its toll. The first casualties were beginning to appear - someone already suffering from cramp (probably from the cold start), another beginning to limp (with 19 miles still to go). There was street entertainment all around - bands of all descriptions, a solo Irish piper, vendors selling virtually everything and jugglers. Around this time it dawned on me that, contrary to London, virtually no runners wore fancy dress.

Brief conversations now began to develop with better space available - "Gee, are you alright Cosmic?" from someone in the running vest of a mid-State University. Along the kerb-side of Brooklyn, lined with people, were many offers of drinks, of sweets, of fruit of many kinds, regrettably no fags or pints! All the road junctions were sealed-off by "New York's finest" - just how many policemen do they have?

Must be out of Brooklyn by now! A quick check with spectators indicated not - is this Borough never ending? At last the welcome sign "You are entering Queens" - two down and three to go! Queens was obviously much more affluent than Brooklyn - the dress, the houses, some even had gardens. Just after entering Queens I began to feel the pain in my right knee - please no! - think of something else - look around you. It remained, what was I going to do with still 14 miles to go! Salvation entered - the evening before we had met a 6-times veteran of the race and in the conversation he had indicated to beware the steep cambers of the road. Head for the middle of the road! And stay there!

The trip through Queens was short - less than a couple of miles. Thankfully the niggling pain was disappearing. Three down and two to go!



Linda Raster/The New York Times

The trees sprout clothing in Staten Island as the runners shed layers before starting.

The Bronx was even shorter - thankfully with short straights then round the next corner - not too much to put you off. The buildings were distinctively different - like large, square warehouses with fire-escapes dangling from them. Spectators were fewer but noisy. Another bridge ahead - this time with traffic in the other carriageway and on the deck above. No sunshine here, getting tired, a biting wind, traffic all conspired to make this the least enjoyable part of the race. Off the bridge and out of the Bronx - four down and one to go! Only Manhattan left - you'll be okay - 12 miles to go - past halfway! Come on !

The road off the bridge turned down into a large broad area of bowl-shape, solid with thousands of people. After the bridge what encouragement! A quick left down the slip road, through the teeming crowds, round the corner at the very bottom of 1st Avenue, Manhattan.

Great and there it was - towering skyscrapers, a broad street, cheering crowds - all six miles of it! You could not see where it ended - just a river of runners as far the eye could see. This was the lowest point in the race - the blue line time. Get yourself onto it, put your head down, grit your teeth and get yourself in gear. Suddenly one encouraging fact in the gloom of despondency - every mile had an arch of balloons over the road. One at a time, Alex! Get yourself to the next one - then the next - then the next!

The broad stream of runners had narrowed somewhat - you could actually see the crowds from the middle of the road, could hear the occasional encouragement, "Go on Cosmic!" At long, long last the stream of runners could be seen turning to the right - I've made it! Only Central Park left and I'm there! The towering buildings blotted out the sun and funnelled the chilling wind along the streets. It was beginning to be distinctly cold again.

Central Park - almost there! Not so! After some 3 miles through this world-famous area packed with crowds, a sharp right turn out of the Park again - you could hear the bands and the disembodied voice from the public address system but we were heading away from it, not getting nearer! The next mile and a half was difficult - so near and yet so far! Back onto the street running alongside the South side of Central Park, past our hotel - with a hot bath and beer and cigarettes! The arched entrance of the Park just off Columbus Circle appeared in the distance. I knew the surface had been recently relaid in cobbles! - Luckily it had been covered. Back into the Park - less than a mile to go ! I AM going to make it! That last mile seemed to disappear quickly - most certainly for one person just ahead of me - he had either lost his running number or never had one (he looked somewhat fresh) - several burly stewards firmly and unceremoniously saved him from the pain of the last several hundred metres.

I could actually see the finishing line with the large luminous numbers ticking round - they seemed to change faster and faster as runners summoned their last efforts to beat them! A few runners were now on empty fuel tanks and were having to switch on their reserve tanks of sheer determination.

Made it! Got round! Even 30 odd minutes better than London and 10 less than my target. The ritual of the aluminium foil blankets, the goodie bag, the T-shirt and the medal is a haze. A mixture of tiredness and elation took over. The walk back to the hotel seemed like another few miles - the aching back, the stiffening legs, the cold wind.

The hotel welcomed me with the thought of a hot bath. My room companion was already back and changed - one hour ahead of me! The other two yet to arrive. Some time later after the baths, kilts being donned and hirpling down three flights of stairs, the welcome first pint - to all of us, by all of us!

The other New York Marathon was about to begin.....!!!!

A Possessed Pussycat ?

BY GREG BARBOUR

(John B in Italics)

The last 6 months have introduced me to a rare facet of Scottish hill running folklore. The depth of experience is such that I now begin to "ken" the lingo and what better teacher than *John Buchan*.

Cosmic Comet Relay Team, a subject of much indecision and controversy, is normally selected by 26 unwise men who consistently give John the "short straw" by teaming him with a kangaroo (and I thought John had a long straw). The experience meanders through several phases:

Psyche Up (Out?)

As you would expect from a finally tuned athlete John starts this phase one month early. Usually at 110 decibels....*"Eat my xxxxxxxx dust you xxxx!! Only thing you will see is my arse. What a useless git you are."* Closely followed by gibbering....*"Why do I have to do this leg, why me?"* The excuses....*"I am training, cold, hamstring, guinea pig died, Sheryl's Joey bopped me, I have a race coming, Sue won't let me..."* and so on? Is the kangaroo deaf? Is Brian L deaf too?

On the start line.

John gets a glazed look - like the pain of having his nose chewed off would be of no consequence - tells the Kangaroo to keep calm and turns his attentions to the other athletes. Who will he punch out first?
"You xxxx don't stand an fffin chance!"

Start Phase

Finally we are off. John explains he could shag that sheep (woman, goat, rabbit, fence post or anything that moves.) Fortunately this bit is a language other than English. What John? Hop a bit faster so he can't talk!

1 km down - John decides to heal as running in front results in extra distance. (John's map tucked in his bum bag just in case the other one is lost!). *"Are we taking a short-cut? Everyone else is going that way, I trust you okay."* (Doesn't really have much choice does he?, who cares if he trusts a kangaroo?)

"!!"£\$%^&()_+ you Carnethy pricks."* (Good he has stopped thinking about sheep).

Speak English John.

-!!"£\$%^&(&^%\$£"\$%&*())^\$£ !!* (Shittlestone)

Hanging on phase.

"These shoes are fucked! Aaaaagh! !!"£\$%^&()&%\$"\$£!!"* Bit slippery is it?

!!"£%^\$ xxxx xxxx xxxx xxxx xxxx "£\$^&%£* (200 decibels if only noise energy could converted to forward motion). Kangaroo is suddenly 30 m in front; figuring he can't be punched at that distance.

Great tactics John put the others off - looks of amazement. John is screaming, punching the air, crawling in the mud, eating the mud, sliding on his bum, his knee, his face all at 100 + decibels. *xxxx xxxx xxxx*

!£"%£\$&£\$ and so on. (5 min.)* What was that John? Not far to go! (Lies, lies, and more lies!) It's all downhill now (except for that teensy 3000 ft climb).

"Is this a short-cut ?" (some English at last)

"Fucking shoes, rain, wind, grass!! £^%^^*& xxxx xxxx xxxx" (back to normal)

"I can't make it,..... yes I can you slow kangaroo, eat my dust." Sprinting downhill. I'm going to fxxxxxx punch that guy out xxxx" etc. (Short downhill bit)

"I'm never going to do this again with YOU." (Uphill again, or worse, sidehill). "Where the fuck are we?"
"Is this a short-cut? I trust you ..okay!"

Its okay John we are almost there. "I'm sorry . xxxx xxxx fuck bum piss." (Translated to English) !

Finish Phase

"We're not going down there Aaaaaaaaaaaaaaaaaaaaaaaah! Oooooooooow. My bum Aaaaaaaaaaaaaah!
xxxx xxxx "\$£%^&^&%£\$! Get out of my way Aaaaaaaaah Fucking shoes!
Come this way John.. "Is this a shoraaaaaaaaaaaaahcut! Bastard. Going to kick your arse to the finish
you lazy kangaroo. Race me!" (50 m to go!).

Post Mortem Phase

"Great run, loved it, I'm so sorry I held you up, my shoes, the wind, the rain, those stones. Let me get you
a drink, lick your shoes....." etc. It's okay John, you did fine.

In all seriousness an amazing human experience; the emotion of rage, anger, fear, joy, wonder, lust, fierce competition, hate and 20 others all in one hour and so transparent. Not to be missed. The pain John is willing to endure for the other Cosmics is immense and there is no doubt he gives 120%. We really are a well matched pair in terms of speed and strength and I dread the day he is stronger. Thanks John (pussycat).



UPHILL RACES AND RELATED SUBJECTS (a personal view)

by Brian Lawrie

Who wants uphill races? At the moment it would appear that very few runners do, especially the elite for whom the races were specifically designed. All that these races have done is skew an already overcrowded race calendar. I believe that runners in this country want traditional up and down races - uphill only races are seen as being boring and pointless. They are not viewed as 'real races', as one runner said recently. I think that Scotland should forget about competing with the Europeans on uphill only courses and concentrate on beating them on alternate years when the up and down races will suit Scottish runners. We should stop trying to water down our sport in order that mamby pamby types who do not like running downhill can play at being hill runners. Let's be honest and admit that uphill only races were never really created for the hypothetical Joe Bloggs runner from say, Cosmics, who is too arthritic to run downhill. Uphill races were created in an attempt to attract the road and cross-country runners who do not like the rough and tumble of our sport. Personally, I believe it is wrong that runners like Tommy Murray and Neil Quinn should run for Scotland in mountain races unless they show more of a commitment to hill running. They come in for the glory once or twice a year and then disappear. I think it is embarrassing that Scotland should ask runners from another branch of athletics (road running) to come in and do the job for us. It smacks of a desire to win or be good at any cost. I find this situation unsatisfactory. So far a number of Scotland's best hill runners have made the international team by doing well at selection races, but that might not be the case in the future. If present philosophies and strategies get a firm hold we might find a Scottish team which contains no genuine hill runners in a few years time.

While I'm on the subject can I grouse about the selection races as well? It appears to me that some relatively minor and inappropriate races have acquired a significance which they hardly deserve because of the sheer coincidence that they appear on the race calendar on a date, deemed appropriate, for our international hopefuls to show form. It really is quite beyond me why the Seven Hills of Edinburgh was chosen as a selection race unless someone was deviously trying to select an all Carnethy international team. I do not mean any disrespect to the organisers of this unique event but how can running through the street of the capital, armed with the local knowledge necessary to do well in this event, have anything to do with the sort of race our internationalists will face?

Another problem seeking a solution is the hill running calendar. Glutted with races, it has become a millstone round our necks. It would seem that there are too few runners chasing too many races. To make matters worse, the races are often indiscriminately lumped together creating some hideous clashes of dates. Is it really that bad? Dennis Bell wrote in January's SHR that we could easily have a pared down calendar. I think there is some sense in this idea but I, for one, would miss the wonderful collection of races that are presented for our participation each February

in the calendar if some were to be eliminated. Maybe the pruning process could begin relatively easily. If some organisers are disappointed by recent turnouts at their races (and Dennis suggests that there are some) and are only hanging in there from some sense of obligation to the sport, this could be the time to consider early retirement for their event. On its own that would not be enough of course, unless there is a flood of retirements. The next step might be to consider organizing some other races on a two year cycle, as Dennis suggests.

Whatever we decide to do, and there must be a number of ways to tackle this, it is essential that organisers get an opportunity to express their feelings before anything is done. Once we start interfering with the calendar we will have to be sure that we get it right. One approach might be a preliminary survey of organisers points of view via a questionnaire and eventually a convention of organisers to thrash things out.

Dennis makes a special plea for the classics to be maintained on a yearly basis. I presume he means races like Carnethy and Ben Nevis. I would also make a plea for the North-East corner. Take an example. Although it takes us Cosmics only about two hours to get to the Carnethy race from Aberdeen (I know, we all drive BMWs awash as we are with oil money) we don't get that many visitors from the central belt (there are a few honourable exceptions). As a result I would not be enthusiastic about running Clachnaben and Morven only every second year. Cosmic Hillbashers was set up to encourage a hill running culture in the Northeast. One way of doing this was to create worthwhile races for local runners to take part in. We've been quite successful in this aim and I have no intention of setting our progress back. Ironically, it could be argued that we could do with more races not less. My point of view might seem selfish to other organisers and no doubt they have special pleadings of their own. The first step is to sound out opinion. The results might surprise us.

I can't finish without a comment on the championship. It is easy to be critical so I will limit myself to a few observations of a practical nature. I don't think a race should be awarded championship status unless it can guarantee a decent prize list in all championship categories. Two recent championship races which I know of were unable to provide a team prize for the women. In one case the winning male team donated part of their prize to the women to allow them to go home with something. This is not very encouraging to those women who are giving hill running a try. I know as an organiser that if only seventy runners enter for a championship race, it doesn't provide much revenue for prizes - but we have to try. Maybe runners should start paying more to enter races (I know they already do at championship events). What's an extra couple of quid if it is being ploughed back into the sport (and it would have to be). The evidence that it was would be in the prize list.

And what is the SAF doing to help the championship? They should be promoting our very undervalued championship by giving race organisers money to support their administration and prize list. There are only six races. If each race received £200, SAF would only be paying £1200 towards the most central event in the Scottish hill running season. This is peanuts and would begin to give something back to all those runners who pay and have paid affiliation fees to SAF (through their clubs) and have seen little in return.

SCOTTISH HILL RUNNING CHAMPIONSHIP 1996

Senior Men

1	D McGonigle	Shetleston	79
2	M Rigby	Westerlands	72
3	J Wilkinson	Shetleston	70
4	J Hepburn	Lochaber	62
5	G Bartlett	Carnethy	59
6	D Cummins	Shetleston	56
7	J Robertson	Cambuslang	47
	T Griffin	Cosmic	47
	A Ward	Carnethy	47
	J Brooks	Lochaber	42
10	M Patterson	Shetleston	42
	G Barbour	Cosmic	41
	J Davies	Carnethy	31
	J Coyle	Carnethy	31
	D Crowe	Shetleston	30
	D Armitage	Cosmic	29
	N Martin	Lomond	27
	B Waldie	Carnethy	25
	J Thin	Carnethy	23
	M Taviner	Carnethy	23
	N Raitt	Dundee	23
	E Mackay	Ochil	21
	A Kitchin	Livingston	21
	M Johnston	Carnethy	19
	B Marshall	HELP	19
	C Donnelly	Eryri	18
	P Dymoke	Livingston	17
	D Weir	Perth	17
	B Brooks	Lochaber	14
	A Davis	Carnethy	14
	C Heaven	Dumfries	13
	R Cant	Lochaber	11
	B Connor	Carnethy	10
	F Duguid	Deeside	10
	M Flynn	Carnethy	9
	A Wilson	Dundee	8
	D Orr	Lochaber	8
	J Buchan	Cosmic	8
	D Bell	HELP	7
	J Donnelly	Shetleston	7
	H Lonner	HBT	7
	A Anthony	Central	6
	J Tullie	Teviot	6
	D Duncan	Ochil	6
	A Smith	Deeside	5
	S Conway	Livingston	5
	D Hirst	Deeside	5

C Eades	Livingston	4
G Books	Carnethy	4
D Bell (V)	HELP	4
A Davenhill	Solway	4
J Gallagher	Ochil	4
G Macinnes	Carnethy	3
A Spenceley	Carnethy	3
C Love	Dundee	3
M Laing	Fife	3
J Blair-Fish	Carnethy	2
D Gilmour	Shetleston	2
R Taylor	Metro	2
D Higginbottom	Carnethy	1
A Parience	Carnethy	1
A Abakhan	Q M Coll	1

Senior Women

1	S Armitage	Cosmic	42
2	T Brindley	Cosmic	36
3	D McDonald	HBT	23
	J Rae	Westerlands	23
	A Mudge	Carnethy	22
4	A Nimmo	Carnethy	20
5	C Lorimer	Cosmic	15
	P Blake	Perth	15
	E Scott	Westerlands	12
	M Todd	HBT	11
	K Jenkins	Carnethy	9
	J Anderson	Lochaber	8
	J Robertson	Westerlands	7
	R MacKenzie	Deeside	7
	K Dobie	E W M	7
	J Cairns	Westerlands	6
	J Higginbottom	Carnethy	6
	I Knox	E W M	6
	R Birnie	Forres	5
	J Thin	Carnethy	4
	H Spenceley	Carnethy	3
	P Afflock	Gala	3
	L Harrison	City of Ed	2
	V Dempsey	Livingston	2
	S Richardson	Lochaber	2
	M McIntosh		1

Veteran Men

1	J Robertson	Cambuslang	44
2	B Waldie	Carnethy	32
3	F Duguid	Deeside	31
	D-Armitage	Cosmic	28
4	R Wilby	Highland	28
5	G Brooks	Lochaber	24
6	R Ramsdale	Carnethy	22
7	J Blair-Fish	Carnethy	18
8	J Shields	Clydesdale	17
	D Bell	HELP	9
	M Laing	Fife	9
	D Duncan	Ochil	9
	B Edridge	Clydesdale	8
	K Baseman	Wolves	7
	J Durnin	Dundee	7
	J Stephen	Ochil	5
	D Milligan	Solway	4
	C Love	Dundee	4
	T Ross	Fife	3
	B Howie	C of Ed	3
	J Banks	Lochaber	2
	K Adams	Westerlands	1
	L Turnbull	Carnethy	1
	J Gordon	U/A	1
	R Milne	Forfar	1

Superveteran Men

1	B Waldie	Carnethy	42
1	R Wilby	Highland	42
3	J Shields	Clydesdale	32
4	C Love	Dundee	28
	B Edridge	Clydesdale	23
5	A Turnbull	EKAAC	15
	J Wilkins	Arbroath	11
	D Morgan	Dundee	9
	W Gauld	Carnethy	7
	N Rose	Carnethy	6
	S Mackie	Dumfries	6
	C Pritchard	Carnethy	6
	G Armstrong	HELP	5
	B Gauld	Carnethy	5
	E Orr	Lochaber	5
	T Davers	Dumfries	5
	G Mitchell	Inverness	4
	W Kinnear	Annan	4
	R Campbell	Livingston	4
	J Littlewood	Carnethy	3
	P Hamburg	Carnethy	3
	B Bennet	Penicuik	2
	R Mitchell	Teviot	2
	M Parkinson	U/A	1
	S Cromar	Dundee	1

Team of 4 (Open)

Criffel Aonach Eildon Rinnos Morven Pent

Shetleston	42	11	9	9	11	11	9
Carnethy	39	8	8	11	9	8	11
Cosmic	30	6	6	5	7	9	8
Ochil	27	2	7	6	8	6	5
Dundee	26	7	5	7		5	7
Lochaber	23		11	8			4
Westerlands	15	1	4	4			6
Livingston	11	9					2
Deeside	7					7	
Forres	6				6		
HBT	5			2			3
Solway	5	5					
Lomond	4	4					
Dumfries	3	3					
Teviot	3			3			
Fife	2			1			1

Team (Women)

Criffel Aonach Eildon Rinnos Morven Pent

Cosmic	44	11		11	11	11	
Carnethy	40		11	9		9	11
Westerlands	18	9	9				
Deeside	8					8	

ELRICK EIGHTSOME ROLL OF HONOUR

Sub 24:00 men; 30:00 women

1990

Rob Taylor 23-45
Fraser Clyne 23-24
Simon Axon 23-08
C.Farquarson 23-51
Dave Armitage 23-26

1991

J. Hampshire 23-37
Doc. Farky 22-36
Rob Herries 22-15
Dave Armitage 22-51
Jon Musgrave 21-41
Eddie Butler 23-01
Steve Cassells 23-48
Pakit Hyman 23-55

Sue Lanham 29-39

1992

W.Ramsbottom 22-06
J.Maitland 22-19
Fraser Clyne 22-33
Jon Musgrave 21-52
Dickie Jones 21-29
P.Jennings 22-56
John Buchan 23-10

Lorna Eades 29-14
Helen Grant 27-27

1993

John Buchan 23-25
Keith Farquar 23-47
Rob Taylor 23-42
Norman Kelman 23-24
G.Barlett 23-00
Rob Herries 23-29
Pete Jennings 23-29
Tim Griffin 23-45

1994

Rob Taylor 22-59
Mark Johnston 23-32
Pete Jennings 23-29
Dave Armitage 23-19
Tim Griffin 23-03
John Buchan 23-20
Dave McGuinness 23-52

Helen Grant 28-30
Sonia Armitage 26-33

1995

Wilson Moir 23-55

S.Armitage 27-27

1996

Jon Musgrave 23-17
Greg Barbour 23-28
John Buchan 23-59

H.Diamantides 27-54
S.Armitage 26-49
Antonia Ward 28-51
Ginny Pollard 29-25

THE 8th EL-BRIM-ICK DASH

Sunday 2nd February 1997

3 miles & 800 feet

With thanks to Lisa, Phil, Ann, Brian and Janet* for officiating and to Aberdeen Council, the Forestry Commission and Scottish Agricultural College for access. Sunny but cold, dry underfoot.

1	Greg Barbour*	Cosmics	s	21m42s	
2	John Buchan*	Cosmics	s	21m49s	
3	Dave Duguid	Aberdeen AAC	s	22m35s	
4	Bob Sheridan	Cosmics	s	22m49s	
5	Donald Gunn*	Metro	s	23m09s	
6	Dennis McDonald	Cosmics	s	23m46s	
7	Chris Simpson*	Aberdeen AAC	v	24m05s	
8	Jackie Stephen*	Ochil HR	v	24m25s	
9	Graham Milne	Cosmics	v	24m27s	
10	Gordon Yule	Cosmics	v	24m41s	
11	Sonia Armitage*	Cosmics	fv	24m46s	
12	Gordon Ramsay	Cosmics	v	25m36s	
13	Rick Allen	Cosmics	v	26m13s	
14	Phil Kammer	Cosmics	v	26m22s	
15	Dave Yersz	Cosmics	s	26m59s	
16	Uli Simpson	Aberdeen AAC	fv	27m12s	
17	Phil Thompson	Cosmics	v	27m17s	
18	Mick Curtis	Banchory AAC	v	27m25s	
19	Tom Gunn	Cosmics	v	27m56s	
20	Stewart Pottinger	Shetland AAC	v	28m26s	
21	Ron Pratt	Cosmics	v	28m41s	
22	Margaret Stafford	Cosmics	fv	29m15s	
23	Steve Pryor	Cosmics	v	29m36s	* Prize
24	John Forsyth	Cosmics	s	29m49s	winners.
25	Sue Buchan*	Cosmics	fv	29m51s	
26	Ian Searle	Cosmics	v	29m55s	INCOME - £63
27	Alf McKay	Cosmics	v	30m17s	Prizes - £47
28	Judy Leslie	Garioch	fv	34m45s	Juice etc - £1
29	Alex Hamilton	Cosmics	sv	36m23s	PROFIT - £15
30	Shona Manson	Cosmics	fv	39m38s	

The 3rd ELRICK JUNIOR RACE

One and a quarter miles and 430 feet

1	Neale Harrison	14	Aberdeen AAC	10m38s
2	Briony Curtis	11	Banchory AAC	11m17s
3	Fraser Davidson	13	Banchory AAC	12m53s
4	Zoe Davidson	12	Banchory AAC	14m22s
5	Maureen Smith	11	Banchory AAC	14m23s
6	Kylie Davidson		Banchory AAC	17m05s

With some moron removing some of the markers from the top of Brimmond, Greg had to wait for John to check the route and most people did a wee bit extra compared to usual. Otherwise Greg could have been close to Rob Herries 1992 record of 20m09s. Sonia was a bit adrift from her 1995 record of 23m21s.

Ewen Rennie

The 2nd Devil's Burdens Hill Relay, 8 February 1997

Thank you all for making this a very successful hill race relay. A record entry of 36 teams, comprising 27 male, 5 vets and 4 ladies teams competed this year. The winners were Carnethy A (mens) and ladies, with Fife Vets D team taking the over 40 award. There were new records on all of the legs and the winning times were considerably faster than last year because of the better ground conditions (i.e. no snow).

The start in Falkland was rather hectic this year and this will have to be changed next year. The Falkland Community hall will be used for changing and will be the new start. The Finish will remain the same. The details which are sent out with the orienteering cards must be read as it is still apparent that some teams do not familiarise themselves with the race rules. It is extremely important that we all take responsibility for ourselves, carry full waterproof body cover on the hills and follow waymarked sections. It is evident that there were some problems so it is highly recommended that teams reccy the courses beforehand to avoid mistakes and possible concerns being raised by landowners, the race depends on them giving us the permissions for access in some places.

The race was led from start to finish by Carnethy A in a new record of 2.23.59 with Livingston coming up fast toward the end, finishing in second place. Unfortunately Shettleston chose a slightly different route on leg 3 and had to be disqualified so Dundee Hawkhill were promoted to third place. Carnethy ladies came through strongly at the end to overhaul Westerlands. Fife vets went well and finished in 6th place overall, first vets with the second Fife vets team not far behind them. Congratulations to all the teams especially the new record holders Mark Taviner/Jim Davies - 34.06 leg1, Mark Rigby - 25.43 leg2, Mark Johnston/Adrian Davis - 46.40 leg3, and Peter Dymoke - 32.51 leg 4. The womens records are now Jean Cairns/Jane Robertson - 49.19 leg1, W Powell - 34.42 leg 2, H Diamantides/E Scott 1.01 30 leg 3 (1996) and A Mudge - 38.14 leg 4.

There was some late alterations in route 3 which was the result of fallen trees at the Scotlandwell changeover and a small modification to the map. These details were reported prior to the start of the race and no-one seemed to get confused. However it is impossible to predict what the weather will do in February and the race organiser reserves the right to inform the team captains of changes on the day. The team captains should relay any changes to their teams. The last changeover was difficult because of the small parking area and we hope to be able to arrange alternative parking next year. However it is still likely that we will have to put a limit on the number of teams allowed to compete.

Once again thanks, the marshals, course markers, landowners and Falkland community for all your support help. There may be further festivities next year, such as a ceilidh, so if interested please let me know what you want.

Finally, there were a number of items, clothes left behind as well as some lost items reported to me. If you have any clothing that does not belong to you or have lost anything let me know so we can arrange for it to be collected etc., contact Adrian Davis 01337 831196.

Position	Team	No	Leg 1	Leg 2	Leg 3	Leg 4
	Carnethy A	1	34.06 (1)	1.01.52 (1)	1.48.32 (1)	2.23.59 (1)
				27.46 (4)	46.40 (1)	35.27 (6)
			M Tavinier/J Davies	J Coyle	A Davis/ M Johnston	A Ward
	Livingston A	4	36.30 (3)	1.04.15 (2)	1.54.08 (2)	2.27.33 (2)
				27.45 (2) 3	49.53 (3)	33.25 (2)
			G Ackland/B Hartman	T Brand	C Eades/D Simmons	C Meek
	Dundee Hawkhill A	10	35.54 (2)	1.05.25 (3)	1.56.47 (4)	2.33.43 (3)
				29.31 (7)	51.21 (6)	36.56 (10)
			N Raitt/D Adams	S Boland	A Wilson/C Love	B Cook
	Ochill Hill Runners	6	39.22 (6)	1.06.44 (5)	1.56.47 (3)	2.35.37 (4)
				27.22 (2)	50.03 (4)	38.50 (22)
			J Stevenson/E Mackay	P Buchanan	J Gallacher/J Clark	R MacCraw
	Cosmic A	31	41.36 (13)	1.11.31 (12)	1.59.33	2.35.55 (5)
				29.55 (9)	48.02 (2)	36.22 (9)
			M Wann/G Elrick	D McDonald	G Barber/J Buchan	B Sheridan
1 V)	Fife D VET	26	40.17 (8)	1.10.39 (8)	2.00.56 96)	2.38.39 (6)
				30.22 (13)	50.18 (5)	37.42 (14)
			S Knowles/G Barker	C Ross	T Ross/D Cassidy	J Lumsden
	Westerlands A	17	40.55 (10)	1.06.38 (4)	2.01.33 (8)	2.39.31 (7)
				25.43 (1)	54.55 (12)	37.58 (17)
			R Gallacher/C Speight	M Rigby	M Reid/S Bennet	A Cameron
	Fife A	23	39.10 (5)	1.09.12 (7)	2.01.15 (7)	2.39.39 (8)
				30.02 (11)	52.03 (7)	38.24 (20)
			J Watson/N Young	S Gillespie	S Cassidy/B Landels	J Mirdoc
	Lomond Hill Runners	0	43.23 (17)	1.11.33 (13)	2.05.31 (10)	2.40.04 (9)
				28.10 (6)	53.18 (9)	34.33 (4)
			A Graham/A Jackson	N Wallace	G Pryde/D McLean	N Martin
10	Fife A.C. 5 1/2	14	41.13 (11)	1.10.50 (9)	2.05.53 (10)	2.40.05 (10)
				29.37 (8)	55.03 (13)	34.12 (3)
			A Cassels/S Latimer	J Thompson	B McManus/B Cruikshanks	T Mitchell
	Standard Life	13	41.30 (12)	1.11.28 (11)	2.06.56 (12)	2.41.26 (11)
				30.58 (16)	55.28 (16)	35.30 (7)
			D Shanks/C Durn	J Ewing	B Smith/P SHaw	K Smith
12	Dundee Hawkhill B	8	40.15 (7)	1.11.25 (10)	2.06.39 (11)	2.43.41 (12)
				31.06 (17)	55.14 (14)	37.02 (11)
			G Barrie/J Osborne	S Kerr	J Durnin/C Love	D Sullivan
13	Minolta Black Isle	12	42.12 (14)	1.12.22 (14)	2.11.31 (15)	2.48.56 (13)
				30.10 (12)	59.09 (18)	37.25 (13)
			A Brett/P Garner	G Bruce	I McDonald/R Wilby	A McLeod
(2 V)	Fife E VET	27	42.48 (15)	1.15.02 (16)	2.10.42 (14)	2.49.26 (14)
				32.14 (20)	55.30 (14)	38.44 (21)
			D Gunstone/S Graves	A Barker	J Holden/A McGuire	R Mill
15	Westerlands B	18	48.55 (26)	1.19.41 (22)	2.13.48 (17)	2.51.59 (15)
				30.46 (15)	54.07 (9)	38.11 (18)
			B Bonniman/G Fleming	M Ogston	D Rodgers/R Money	S Bell
16	Carnethy B	2	43.10 (16)	1.16.40 (19)	2.16.06 (20)	2.53.59 (16)
				33.30 (22)	59.26 (18)	37.53 (16)
			M Burton/G McInnes	B Gauld	B Waldie/R Ramsdale	E Harvey

17	Ochill Hill Runners B	34	40.45 (20)	1.15.53 (17)	2.15.37 (17)	2.57.33 (17)
				31.08 (19)	59.44 (19)	42.16 (26)
			V Crompton/H Lean	J Stephen	B Hughes/M McIntosh	G Wilton
18	Livingston B	5	52.54 (32)	1.30.15 (20)	2.25.19 (21)	2.58.10 (18)
				37.21 (29)	55.24 (15)	32.51 (1)
			M Kassyk/S Jack	H Hartman	S Wilson/P Caban	P Dymoke
19	Dundee Hawkhill C	9	43.47 (19)	1.17.47	2.19.59 (19)	2.59.19 (19))
				30.00 (10)	1.02.12 (24)	39.20 (23)
			J Phelan/R Tavendale	C Phelan	S Mason/I McNulty	B Rennie
20	Fife B	24	47.06 (23)	1.19.49 (23)	2.20.12 (20)	3.04.10 (20)
				32.43 (21)	1.00.23 (21)	43.58 (28)
			D Bee/B Peachey	F McLaren	C Fox/A Meiklejohn	M McLaren
21	Livingston C	30	45.26 (21)	1.13.32 (15)	2.07.40 (13)	3.05.19 (21)
				28.06 (5)	54.08 (10)	57.39 (33)
			S Cunnane/P Morant	W Jumblatt	J Emeleus/B Stansfield	A Barrie
2 (1 W)	Carnethy WOMEN	3	54.45 (34)	1.29.27 (28)	2.30.58 (22)	3.09.12 (22)
				34.42 (25)	1.01.31 (22)	38.14 (19)
			K Jenkins/H Spencelev	W Powell	A Nimmo/K Dolbie	A Mudge
23	Fife C	25	46.25 (22)	1.29.38 (29)	2.36.09 (28)	3.12.19 (23)
				43.13 (33)	1.06.31 (27)	36.10 (8)
			F Cation/F McHarg	J Cummins	S Brown/D Adams	
24	Cosmic B VET	32	49.44 (28)	1.23.41 (26)	2.32.59 (24)	3.14.08 (24)
				33.55 (24)	1.09.18 (28)	41.09 (25)
			K Greenwood/T Gunn	G Yule	G Ramsay/R Allan	G Milne
25	Dundee Hawkhill D	35	43.47 (18)	1.18.26 (21)	2.36.06 (27)	3.16.40 (25)
				36.39 (27)	1.17.40 (31)	40.34 (24)
			M Welsh/A Hedly	A Birse	J McGregor/L Provan	G Mitchell
2 (2 W)	Westerlands E WOMEN	21	49.19 (27)	1.27.31 (27)	2.31.42 (23)	3.17.26 (26)
				38.12 (30)	1.04.11 (24)	45.38 (29)
			J Cairns/J Robertson	M Thomas	H Diamantides/A Reid	C Menhennet
27	Westerlands D VET	20	50.24 (29)	1.33.22 (33)	2.35.10 (26)	3.18.16 (27)
				42.58 (32)	1.01.48 (23)	43.06 (27)
			E Ramsay/D Turnbull	P Baxter	A Campbell/B Bronan	Q Blant
28	Westerlands C	19	48.10 (25)	1.19.50 (24)	2.34.59 (25)	3.21.09 (28)
				31.40 (19)	1.15.09 (29)	46.10 (31)
			M Gorman/G Doonan	J McConnel	M McLoedK Doonan	G Orr
29	Dumbarton Harriers VET	16	47.07 (24)	1.20.48 (25)	2.38.38 (29)	3.22.14 (29)
				33.41 (23)	1.17.50 (31)	43.36 (31)
			J Boyd/P Burns	C Wasteney	J Robertson/P Baker	P Corrigan
30	Cosmic C Women	33	50.38 (30)	1.31.40 (32)	2.47.49 (30)	3.26.59 (30)
				41.02 (31)	1.16.09 (30)	39.10 (22)
			M Stafford/L Mahady	Q Thompson	K. Roo E. Stewart	T Brindley
31	Carnegie A	28	40.50 (9)	1.15.57 (18)	2.49.06 (31)	3.36.44 (30)
				35.07 (26)	1.33.09 (34)	47.38 (32)
			G Clark/L Holland	A Soutar	T Litterick/T Walter	K Daniels
32	Westerlands F WOMEN	22	55.55 (35)	1.57.50 (33)	3.20.58 (33)	4.21.41 (31)
				1.01.55 (34)	1.23.08 (33)	1.00.43 (34)
			P McLoughlin/M Rodgers	G Irvine	H McPherson/L Gorman	C Patterson

BISHOP HILL RACE - Sunday 2nd March

The first race in this year's Scottish Championship was at Bishop Hill in Fife. Although it is only a short race, 2.5 miles and 1000 feet of climb, its Championship status ensured that there was a strong Cosmic presence. Strong in at least numbers but with Sonia, Dave and Tim missing from our front runners there were obvious questions as to the quality!

A howling gale and sleet before the start meant that there was little time for a team talk and it wasn't immediately apparent that, although he had registered, John Buchan had also joined the non-runners from our regular scorers from last year. That left Greg, Bob, Dennis, Stevie and new boy Rob, to fight it out for the men's team with Tracey expected to lead the Cosmic ladies home ahead of Catherine and Elaine.

A steep, congested start led out on to a very pleasant course which had been slightly extended in view of the Championship. Not that the runners had much chance to admire the super views over Loch Leven as the wind battered at them. According to Ewen the hardest bit was actually trying to run off the top as the wind did its very best to detain you as long as possible and defy the force of gravity. Mind you, we all know Ewen's descending prowess and by the time he got to the top John Brooks from Lochaber was already at the bottom - an astonishing 48 seconds ahead of second place in a race that only took Brooksie 17m06s.

Greg meantime was battling it out with fellow orienteer Dave Weir and Des 'which way's Clachnaben' Crowe. A creditable eleventh place but if only Des had had to use a map! Meanwhile the real excitement was in the race to be second Cosmic home. New boy, Rob found that road form* doesn't necessarily translate on to the hills as he was pushed all the way by TRACEY! Yes, our Tracey, gave a lot of the lads - including Bob and Dennis and Stevie - their come-uppance as she stormed round in 33rd place to win the ladies race by 2m20s! Who's already the strong favourite to take Sonia's Scottish Title this year then?

At the prize giving after a recount the Cosmic ladies were just pipped by Carnethy for the team prize - once the Carnethy men had generously donated part of their prize so that there could be a ladies team prize!

Results - 1st	John Brooks	17m06s	
11th	Greg Barbour	18m57s	
32nd	Rob Taylor	20m37s	
33rd	Tracey Brindley	20m45s	1st LADY
37th	Bob Sheridan	21m11s	
46th	Dennis McDonald	21m42s	
57th	Stevie Willox	22m22s	
87th	Catherine Mangham	24m38s	4th lady
113th	Ewen Rennie	26m42s	
117th	Keith Greenwood	27m16s	
123rd	Elaine Stewart	28m41s	4th lady vet

* In view of the times Tracey posted later in the month on the road maybe Rob's run wasn't so bad!

OPS CLACHNABEN HILL RACE

SUNDAY 20 APRIL 1997

(Category AM Length 10.5 miles)

RESULTS

POS	NAME	CLUB	CAT	TIME
1	Dave Weir	Perth/Strathtay	MS	1.19.01(REC)
2	Neil Martin	Lomond HR	MS	1.20.45
3	Alec Keith	Hunters BT	MS	1.21.01
4	Des Crowe	Shettleson	MS	1.23.04
5	Martin Flynn	Carnethy	MV	1.23.22
6	Dan Whitehead	Unattached	MS	1.23.58
7	Robert Taylor	Cosmic HB	MS	1.24.19
8	Neil Raitt	Dundee Hawkhill	MS	1.25.19
9	Robert Brown	Hunters BT	MS	1.35.37
10	Craig Love	Dundee Hawkhill	MS	1.25.46
11	Mike Cumming	Hunters BT	MS	1.25.51
12	Euan MacKay	Ochil HR	MS	1.26.15
13	John Buchan	Cosmic HB	MS	1.26.40
14	David Adam	Dundee Hawkhill	MS	1.27.35
15	Alan Smith	Deeside HR	MS	1.28.46
16	Geoff Simpson	Hunters BT	MS	1.28.57
17	Peter Fox	Dundee Hawkhill	MS	1.31.13
18	Tracey Brindley	Cosmic HB	FS	1.31.40(REC)
19	Forbes Duguid	Deeside HR	MV	1.32.29
20	Steve Lorimer	Trentham	MV	1.36.23
21	Charlie Love	Dundee Hawkhill	SV	1.36.41
22	Jack Stephen	Ochil HR	MV	1.36.49
23	Charlie Noble	Fraserburgh RC	MV	1.37.52
24	Stephen Willox	Cosmic HB	MS	1.38.10
25	Quentin Macfarlane	Metro	MV	1.38.22
26	Robert Hickling	Cosmic HB	MV	1.38.52
27	Rick Allen	Cosmic HB	MV	1.39.02
28	Andrew White	Cosmic HB	MS	1.39.31
29	Kevin Canavan	Cosmic HB	MS	1.39.56
30	Ian McNulty	Dundee Hawkhill	MS	1.39.59
31	Peter Buchanan	Ochil HR	MS	1.42.28
32	Gordon Ramsay	Cosmic HB	MV	1.43.01
33	Gary Wilton	Ochil HR	MS	1.45.02
34	Chris Simpson	Aberdeen AAC	MV	1.45.20

35	Iain MacKay	Hunters BT	MS	1.45.45
36	Phil Forte	Dundee Hawkhill	MV	1.45.46
37	Carol Lorimer	Cosmic HB	FS	1.45.51
38	Andrew Wadsworth	Hunters BT	MS	1.46.00
39	Pippa Weir	Perth Strathtay	FS	1.46.16
40	James Cooper	Garioch RR	MS	1.46.38
41	Julie Anderson	Lochaber AC	FS	1.47.21
42	Hamish Lean	Ochil HR	MS	1.47.47
43	Ewen Rennie	Cosmic HB	MV	1.48.20
44	Jim Ingram	Fraserburgh RC	MV	1.48.53
45	Margaret Stafford	Cosmic HB	FV	1.49.50
46	Dave Yersz	Cosmic HB	MS	1.50.13
47	Robert Trahan	Garioch RR	MV	1.51.04
48	Shirley Hay	Highland HR	FV	1.51.12
49	Ian Hay	Highland HR	MV	1.51.46
50	Andrew Johnston	Cosmic HB	MS	1.51.55
51	James McGregor	Dundee Hawkhill	MV	1.52.03
52	Edi Albert	Unattached	MS	1.53.29
53	Pat Donald	Deeside HR	FV	1.53.32
54	Thomas Gunn	Cosmic HB	MV	1.54.31
55	Tim Dawson	FRA	MS	1.55.12
56	David Crawley	Tomintoul	MV	1.56.08
57	Bill Gauld	Carnethy	SV	1.56.10
58	Philip Leslie	Ochil HR	MS	1.57.55
59	Eric Brown	Carnethy HR	MV	1.58.16
60	Keith Greenwood	Cosmic HB	MV	1.58.46
61	Anne Thomson	Cosmic HB	FV	2.00.14
62	Fleming Petersen	Faroe Isles	MV	2.00.15
63	Colin McCartney	Deeside HR	MS	2.01.44
64	Terry Kerr	Cosmic HB	MV	2.02.22
65	Clare Martin	Deeside HR	FS	2.03.58
66	Graham Almack	Unattached	MS	2.04.15
67	Elaine Stewart	Cosmic HB	FV	2.06.34
68	Alf McKay	Cosmic HB	MV	2.07.48
69	Louise Provan	Dundee Hawkhill	FS	2.09.21
70	Stephen Cromar	Dundee Hawkhill	SV	2.10.54
71	Niall Watson	Cosmic HB	MS	2.13.16
72	Christine Mouat	Cosmic HB	FV	2.15.55
73	Rosie Hope	Cosmic HB	FV	2.17.47
74	Bing Kerr	Cosmic HB	FV	2.29.10
	Dennis McDonald	Cosmic HB	MS	DNF
	Bob Sheridan	Cosmic HB	MS	DNF
	Keith Bateman	Wolves of Badenoch	MV	DNF
	David Hirst	Deeside HR	MS	DNF

Thanks to OPS for sponsoring the event so generously. Thanks also to Mr Gladstone at Fasque Estate, the Feughside Hotel and all the Marshalls on the hill who do so much to make the event run smoothly. TRY AND MAKE IT AGAIN NEXT YEAR