

El-Brim-Ick Dash - 4 January 2025

Today was the El-Brim-Ick Hill Race, and Callum Mutch, winner of our Mormond Hill Race 2024 took on the challenge. This was a new one for me so I gave Callum a list of questions pre race which he likened to an interview. 😂😂.



I love the name, the dash incorporates Elrick Hill and Brimmond Hill then back to Elrick Hill - El-Brim-Ick!

Given the weather we were experiencing the roads thankfully were clear of ice for travelling, and the car park at Craibstone Golf Club had been well plowed for all the participants.



Despite the car thermometer reading -5°C , it didn't feel that cold, there was barely a breeze, and the sun was shining brightly. This is the XC conditions we like.

The route was well marked with tape and marshals positioned at key points. The race started with a nice undulating section before the hill climb began. From there, it was straight into knee high heather, down steep steps, and through chest high gorse that left bare legs a bit scratched and bloody.



Thankfully, the knee deep snow

that followed helped cool down the stings.

At the top, after reaching the transmitter, there was a fantastic, fast descent before heading back up the dreaded steps and finishing with another undulating run to the end.



The Dash had a total of approximately 856ft of ascent and a total distance of 4.25 miles. Callum finished in 50:32

Definitely a race Callum would recommend, but a few extra hill training sessions wouldn't go amiss! 🏔️

More pictures etc on the Cosmics Facebook page. It is a Private group but if you are interested at all in hill racing and training this is a great group to be in. I'm sure you'll be given a big welcome.

-Slomo