

Cosmic Hillbashers

COSMIC HILLBASHERS 24th AGM

Brig O' Don, Ellon Rd, Aberdeen, 6th December 2016

Attendees: Colin Russell (Secretary) Elaine Stewart (Social Secretary) Gary Gutteridge (Membership) Andrew Gordon (Treasurer) Caroline Watt, Matt Brettle, Dennis McDonald, Lyndsay McEwan, Alan Cormack, Michael Stone, Kev Harper, Colin Lamour, John Colgrave, Ewen Rennie, Louise Provan, Jason Williamson, Kevin Heath, Richard Lang, Philip Kammer, Ian Hamilton, Steve Helmore, Graeme Cumming, Pauline Lamour

Apologies were received from Ian Searle, Anita Hamilton, Sue Taylor, Rod Campbell, Veronique Oldham, Peter Larkin, Fiona McDonald, Mark Stockton

MINUTES

Colin set out the meeting by saying the following:

- As per the detailed agenda I sent out, I haven't been as pro-active in my role as I should have been and I apologise. This means there are more things to discuss than there should have been.
- The reason for the detailed agenda was to try and make the AGM run more smoothly than it has done in the past. We should all accept that not everything will get finalised tonight, so the key thing is to agree what we can and for other matters agree who will take responsibility going forward.
- I wanted to start with some high level acknowledgements as follows:
 - Thanks to Ewen for his coaching on Tuesday, and organization of Krunces and the Beach Bum Run and his reminders to me of things I should be doing!
 - All race organisers – Elaine, Bob, Matt, Chris, Gary, Sue & Rod.
 - To all the committee members who help keep the club running.
- Elaine is moving down to Yorkshire in the New Year and as a long-standing club member she will be missed by many and I wanted to thank her for all her contributions through the years. One thing that will happen is there will be a more formal send-off.
- I also couldn't not mention the sad passing of Chris Tomlin and Arnie Mouat this year, which compounded the already sad death of Ben last year. Chris was obviously a hugely active member of the club and really epitomised what the Cosmics are about with his love of hill racing. In his memory the M40 trophy, which he won 5 times, has been renamed in his honour. I said a few words at Chris' funeral, which I've included at the end of these minutes as well as the list of his races and achievements I compiled.

1. Ewen Rennie presented the prizes for the Cosmic Championship. Congratulations to all prize winners

2. Election of Club Captains for 2016. Colin Russell proposed a change to the constitution to remove the posts of Club captains. Mike Stone asked if it was a problem to lose two people from the committee but the motion was carried with no objections.

3. Approval of minutes of last AGM (6th December 2016):. Proposed by Ewen Rennie, Seconded by Colin Russell. No objections.

4. Secretary's report:

Cosmics Champs

45 runners ran one or more race, winners were as follows. It was noted that Cosmic participants were down from 50 last year and 65 the year before. Overall results are as shown below.

Open	1	Jason Williamson
	2	Dennis McDonald
	3	Veronique Oldham
Female	1	Veronique Oldham
	2	Elaine Stewart
	3	Fiona McDonald
F40	1	Veronique Oldham
	2	Elaine Stewart
	3	Fiona McDonald
F50	1	Veronique Oldham
	2	Elaine Stewart
	3	Pauline Larmour
M40 - Chris Tomlin Memorial Trophy	1	Jason Williamson
	2	Dennis McDonald
	3	Ian Hamilton
M50	1	Dennis McDonald
	2	Ian Hamilton
	3	Colin Larmour
M60	1	Gary Gutteridge
	2	Philip Kammer
	3	John Colegrave

Cosmic Races

El-Brimick – 109 runners – new record. (76 in 2016, 78 in 2015). Previous record was 80

Clachnaben – 96 runners, (220 in 2016 when it was in the champs and 86 in 2015).

Cairn William – 37 runners (34, 47).

Summer Series

Total number of runners over 4 races – 259, (227 in 2016 and 227 in 2015). Overall results below, based on best of race three races. Hamish entered and won all four. 13 people ran three races.

Pressendye – 56, possibly a new record, (48, 48)

Hill of Fare - 71 new record, (44, 60)

Mither Tap – 53, (60, 60)

Cheyne Hill - 79, possibly a new record (75, 59)

Position	Runner	Club Name	Category	Overall Results	
1	Hamish Battle	Metro Aberdeen	M	Hamish Battle	1st M
2	Jamie Ross	Deeside Runners	M40	Jamie Ross	1st M40
3	Jason Williamson	Unattached	M40	Jason Williamson	2nd M40
4	Kevin Heath	Cosmics	M50	Kevin Heath	1st M50

5	Bob Sheridan	Deeside Runners	M40	Bob Sheridan	3rd M40
6	Jonny McKane	Rebel PT	M	Jonny McKane	
7	Richard Ingram	Cosmics	M40	Richard Ingram	
8	Marie Entwistle	Deeside Runners	F40	Marie Entwistle	1st F
9	David Duncan	Ochil Hill Runners	M60	David Duncan	1st M60
10	Sarah Knox	Metro Aberdeen	F40	Sarah Knox	2nd F40
11	Ian Hamilton	Cosmics	M50	Ian Hamilton	2nd M50
12	Katie May	Metro Aberdeen	F	Katie May	3rd F
13	Jane Oliver	Deeside Runners	F50	Jane Oliver	2nd F50

Krunce

Series winner – Steven Tuckwell with 36 points, best Cosmic was Colin Taylor with 22 pts.
363 Total finishers, compared to 450 total in 2016. A sizeable donation was made to the National Trust for maintenance of footpaths

SHR Results

Fiona McDonald – 5th Overall, 2nd F40,
Veronique Oldham – 7th overall, 3rd F40 and 1st F50
Woman's team - 8th overall, 2nd F40 (only two races completed as teams).
John Mitchell – 16th Overall
Dennis McDonald – 11th in M50
Phil Kammer – 1st M60

Success in Hill races

Veronique ran a total of 16 hill races this year, being first female in at least 4 – Tap O' Noth, Cairn William, Cheyne Hill and Bennachie. She won the trophy for 1st F50 at Carnethy and no doubt many others this year.

Phil Kammer –11 races this year including 2nd M60 at Ben Nevis.

Clyde Williamson won the Lord Arthur's Hill race for Cosmic and Deeside runners.

The club was represented at the Devil's Burden with one team, who finished 69th out of 147 – 4.05.16 – Debbie Fielding (leg 1); Elaine Stewart & Louise Provan (leg 2); Mark Stockton & Richard Ingram (leg 3); John Colegrave (leg 4).

Rob Brookes won the Clatt Tractor Rally Ben Abrahams race, Ben would have been pleased to see Rob win it!

Mountain Marathons

Caroline Watt kicked off her mountain marathon year with the Dark Mountains in January. Next up was the Great Lakeland 3-day event (where she finished second), which also included a number of other Cosmics (and almost Cosmics) - Elaine, Linda Smith, Colin R, Steve & Margaret and Corrie Black).

At the LAMM, Cosmics had members in 4 different pairs (including Caroline!):

- B Class 11th Chris Hill and Dirk Wallis (31 teams)
- C Class 27th overall and 8th Vets Ian Hamilton and Colin Larmour (57 teams)
- D Class 21st overall and 10th Vets Elaine Stewart and Richard Wade (45 teams)
- Score Class 25th Caroline Watt and Lynn Smith (76 teams)

Elaine completed the Roc Mountain marathon, while Caroline, Linda and Elaine all competed in the OMM in Langdale. It was noted that this is the club's second discipline after hill running.

Other races

Alan Cormack attempted the 615 mile race the Monarch's Way, which no one has ever finished. Alan made it the furthest anyone has, racing for 10 days and covering over 400 miles. He also ran the T184 again in 72 hours, finishing 3rd out of 4 races. He also took part in winter Escape from Meriden, a race where you run in whatever direction you want from the start. Doing this solo wasn't enough for Alan and he chose the category where he was chained to someone, and they covered almost 96miles. Alan also did Loch Ness marathon and 4 of the Scottish Ultra Marathon Series (SUMS) races, so a typically quiet year for Alan.

Mike Raffan won the SUMS with a win at the Great Glen Ultra and strong performances at the Cateran Way race and Glenmore 12 hour race. Mike also came 3rd at the Lon Las Ultra, covering the 250 miles from Holyhead to Cardiff in 82 hours. 6 runners finished the race.

Linda Smith and Colin Russell both completed the Dragon's Back race in 73 hours (120th) and 60 hours (59th) respectively, out of ~220 starters. 127 completed all five days.

Linda completed the CCC race in Chamonix with a time of just under 20 hours, finishing 1st F50.

Andrew Gordon and Rob Irvine also ran some ultras, 2 and 1 of the SUMS races respectively.

It was noted that ultra running was rapidly becoming the club's third favoured discipline.

Key Races to consider in 2018

SHR Champs

1. Chapelgill – (Short) – Saturday 17th March (tbc)
2. Yetholm – (Medium) – Sunday 3rd June
3. Glamaig – (Short) – Saturday 7th July
4. Ben Rhinnes (Long) – Saturday 28th July
5. Ochil 2000s (Long) – Saturday 18th August
6. Beinn Resipol (Medium) – Saturday 15th September

Colin Russell noted how hill running is the core discipline of the club and that it should be the aim to get more club members taking part in the SHR championship series.

Devil's Burden – 27th January

5. Treasurer's report: Andrew Gordon reported that the profit stood at £78.98 for the year 2016-17. Income from membership and races was £1551.80. Current bank balance stands at £5470.

Colin Russell proposed that the club make a donation to Scottish Hill Runners who provide the insurance for Cosmic's races. Phil Kammer proposed that a donation should be made to Chris Upson for his efforts in maintaining a very informative hill running website. Colin Russell proposed that £250 should go to SHR and £50 to Chris Upson. Vote carried.

Other donations to include £250 to each of Braemar mountain rescue and Aberdeen Mountain rescue.

Gary Gutteridge suggested that these donations should be a fixed figure to be made by standing order. There were no objections to this.

There was a discussion regarding what else the club should spend some money on. Kev Harper, Matt Brettle and Sue Taylor are to look at bringing the club website up to date and how much this would cost as a small "working group".

Colin Russell suggested funding trips to races such as the SHR championship series or the FRA relays.

Steve Helmore suggested investing in more first aid kit for races and updating what the club currently own. This is to be checked.

6. Social Secretary's Report: Elaine described the current club social events. These are the annual mince pie competition, the get together hosted by Rod and Sue after the Terpesie hill race, the meal after El Brim-ick in January and the annual run and BBQ (The BBQ was cancelled due to the weather so there are two spare BBQs) There was also a social gathering at Elaines house in November. Steve Helmore will be holding a festive gathering following the night run up Morven on 22nd December.

7. Membership report: It was agreed that Entry Central would be used for the membership, with costs as follows:

- Senior - £20
- Unwaged/Student/Junior - £5
- Lifelong member - £0

Gary reported that there are 73 club members. 21 Female and 52 male. The average age for male club members is 48.9 years and for female club members 47.5 showing that as a club Cosmics is getting older.

Entry central will be set up early next year to take club memberships. Ewen Rennie proposed that all club membership fees should be paid by March of that year at the latest. The committee will look at how that can be enforced when they look at renewing the constitution.

Overall club membership is pretty static with few new or younger club members joining.

8. Election of officers:

Secretary: **Colin Russell.** There were no other volunteers for the post. Ewen Rennie suggested that the club need to appoint a new secretary but as yet there are no volunteers. Ewen Rennie proposed, Denis McDonald seconded. No objections.

Treasurer: **Andrew Gordon.** Colin Russell proposed, Ewen Rennie seconded. No objections.

Membership: **Gary Gutteridge.** Colin Russell proposed, Denis McDonald seconded. No objections.

Social: **Elaine Stewart** retiring from this post. **Caroline Watt** has volunteered. Colin Russell proposed. Steve Helmore seconded. No objections.

9. Election of Committee members:

Sue Taylor (Web site) Colin Russell proposed, Phil Kammer seconded. No objections.

Alan Cormack (Club Kit) Gary Gutteridge proposed, Denis McDoonald seconded. No objections.

Jonathan Bellarby (Run programme) Colin Russell proposed, Steve Helmore seconded. No objections.

John Colgrave (Club kit manager) Colin Russell proposed, Colin Lamour seconded. No objections.

A discussion ensued about the value of social media in encouraging people to join the club. Gary Gutteridge described the success of Stonehaven running club and cycling club in attracting new members and attributed it in part to use of social media. It was felt that a social media secretary would be a useful addition to the committee. Lyndsay McEwen volunteered. Colin Russell proposed this and it was seconded by Louise Provan with no objections.

10. Membership fees for 2016: Membership fees to remain at £20 each. It was recognized that this is very cheap when compared to membership fees charged by other sports clubs but that some running clubs eg Deeside were cheaper. Various suggestions to be considered at a later date is whether the club should be stricter about allowing people to train with the club without paying fees and whether the first year of club membership for new members should be free.

Colin Russell proposed that students and juniors should have free membership and this was seconded by Ewen Rennie. There were no objections.

11. Cosmic Hillbasher races for 2018: Elaine is no longer going to be organizing El Brim-ick and so Richard Laing has volunteered to do this.

Clachnaben – Bob Sheridan is not planning to be the race organiser for this and so a new race organiser is required. At the moment no one has volunteered. Ewen Rennie pointed out that this is the club's "flagship" race and it would be a shame for it to be discontinued. Gary Gutteridge suggested that Stonehaven running club could be asked to assist and this is to be investigated. Colin Lamour suggested that the entry fee could be increased and so the club could give a portion of it to the mountain rescue if they would act as marshalls, Steve Helmore will investigate the possibility of this.

12. Cosmic Club Championship: Last year it was agreed to have 11 races over the year, with 5 to count. To ensure there is no tie it is proposed that in the case there is a tie then the differentiator would first be the head-

to-head record (i.e. who beat who more times in champs races) and then the performance compared to the winner (percentage). For this coming year it was proposed to reduce the number of races from 11 to 7 to increase focus and competition. This was proposed by Ewen Rennie and seconded by Phil Kammer with no objections. Nominated races are as follows, with the notable exception that Clachnaben has been removed to ensure it is supported by the club in terms of marshalls etc.:

- El Brim-Ick
- Scolty (now part of the summer series on Thursday 19th April),
- Mither Tap,
- Ben Rinnes,
- Tap O'Noth,
- Cairn William
- Morven

Monymusk has been removed as it is only held every second year, Both Bennachie and Lairig Ghru have been removed as they are pre-entry races that fill up quickly in advance. El Brim-ick has been removed as many club members are required as marshals and helpers and so can't compete.

Post-meeting note: At the AGM it was proposed that Lord Arthur's Hill Race would be one of the club champs counters, but Sue and Rod have advised they don't intend to run the race next year, so I have put in El-Brim-Ick instead, which gets a significant Cosmic contingent (albeit it is organized by Cosmics too).

13. AOB – Club Affiliation

The value of SAL membership was discussed. SAL membership costs the club £400 per year and SAL can provide race insurance. As the majority of the races organized are hill races the club can obtain race insurance through Scottish Hill Runners. SAL also give the club one London Marathon place per year.

Colin Russell proposed that the club should be affiliated with the Association of Running clubs rather than SAL as this will offer better value for money. There was no objection to this.

Meeting was closed at 9.55pm

Chris Tomlin – King of the Hill

I first met Chris around 8 years ago when he joined the Cosmic's hill running club and that common interest led to many shared experiences as well as a firm friendship. I'm hugely saddened to be standing in front of you all here today, but also privileged that I was able to call Chris a close friend.

One of the things I'll most fondly remember was his enthusiasm for all things running. It may have rarely been of the outward in-your-face variety, but there was plenty evidence if you knew where to look. It was there when he was at his most chatty during a social run, or when he was inevitably the first to respond to group texts about organising runs. Chris and I did a run earlier this year just after he'd got back onshore and he got so far ahead of me at one point that I got to a junction and I didn't know which way he'd gone, he'd just kept on running. There's no doubt that is very poor etiquette when running, but you'll all know that Chris didn't really do impolite. Instead, the way I see it now is that the sheer joy he got out of that first post-offshore trip run was so great that he couldn't help but act in a very un-Chris like way.

His enthusiasm was matched only by his competitiveness. Again it wasn't evident so much in what he said but *how* he ran. It was not uncommon for group social runs to end up with Chris racing ahead on the uphills, which was his strength. His downhill running wasn't quite as strong though and I for one enjoyed exacting some revenge there. Racing was where his enthusiasm and competitiveness merged together though and he'd race as often as he could. Due to his work the only way he could guarantee to be around for races was to book holidays at that time, which is exactly what he did for the last number of years to ensure he would make his target races.

Chris was far too humble to boast about his successes, but he regularly featured in the sharp end of races, in particular in his 40+, or veteran, age group. I think it's only appropriate that I share some of those successes with you now, which would have appealed to his love, and encyclopaedic knowledge of, race results.

His wins as a veteran included Bennachie, Morven, Scolty (twice), El-Brim-Ick (twice), Cairn William (twice) and Mither Tap (three times), as well as many other podium finishes. He competed in the overall Scottish Hill Racing championship and twice finished in the top ten of his category. He won the Cosmic club veteran championship five times, and the overall club championship three times. He won the Aberdeenshire Hill Running Series trophy once, which was for the combined times over three local races. He even did some road running and was twice the first veteran in the Proms 3K series. Caroline's influence led to him doing the UTRM race in the Alps last year, which covered 116 mountainous kilometres over three days. Although he performed well in that race, including being the first Brit, he would also agree he preferred the shorter distances he usually ran!

Perhaps his most memorable race success came at the Tap O' Noth hill race, which he won outright in 2012, not just first vet but first overall. The race got a small write-up in the sports section of the local paper, which was in itself was some good recognition for Chris. What made it really special was that on the same page were articles about Roger Federer and Bradley Wiggins. He certainly wouldn't have said his achievements were equal to theirs, but he really enjoyed sharing the limelight, even briefly, with two sporting legends.

I'm sure everyone has been thinking about the memories they have of Chris and how they might remember him. Among many things I'll miss his humour, his kindness and the understated but

committed way he went about all aspects of his life. I'll also miss hearing about the fun he had with Caroline on their many adventures and trips, both in Scotland and further afield. I was reminded by someone the other week that the heading of the piece in the paper about his winning race was 'Tomlin, King of the Hill', and I think that perfectly sums up the Chris I knew and will be the way I choose to remember him.

Chris Tomlin – Hill Race History

Cosmic Championships

- 2016 – 2nd Overall and 1st equal M40
- 2015 – 1st Overall and 1st M40
- 2014 – 1st Overall and 1st M40
- 2013 – 2nd Overall and 1st M40
- 2012 – 1st Overall and 1st M40
- 2011 – 2nd Overall and 2nd M40
- 2010 – 7th Overall (but only 4 races rather than 5).

Scottish Hill Racing Championship

- 2017 – No overall ranking as only two races (Criffel & Goatfell)
- 2015 – 24th Overall, 10th M40 (Birnam, Morven, Ben Lomond, Durisdeer, Slioch)
- 2014 – 18th Overall, 8th M40 (Scolty, Dollar, Lomonds of Fife, Two Breweries)
- 2013 – 28th Overall, 9th M40 (Carnethy, Tap O Noth, Goatfell, Run of the Mill, Ochil's 2000)
- 2012 – No overall ranking as only two races (Glamaig, Clachnaben)

Aberdeenshire Hill Running Series (Bennachie, Cairn William and Morven total time) – 1st in 2015

Scottish Hill Races – 88 logged races

Bennachie

- 2015 – 9th Overall, 2nd M40, 1:04
- 2014 – 9th Overall, 1st M40, 1:02
- 2013 – 11th Overall, 3rd M40, 1:04
- 2012 – 10th Overall, 2nd M40, 1:03
- 2011 – 9th Overall, 2nd M40, 1:02
- 2010 – 18th Overall, 6th M40, 1:05

Cairn William

- 2016 – 4th Overall, 3rd M40, 55:03
- 2015 – 4th Overall, 1st M40, 52:55
- 2014 – 6th Overall, 1st M40, 52:23
- 2012 – 5th Overall, 1st M40, 51:19
- 2011 – 3rd Overall, 2nd M40 52:50
- 2010 – 9th Overall, 5th M40 53:33

Morven

- 2015 – 20th Overall, 6th M40, 53:39
- 2012 – 5th Overall, 1st M40, 52:35
- 2011 – 6th Overall, 3rd M40, 52:26
- 2010 – 11th Overall, 7th M40, 55:15

Scolty

- 2015 – 6th Overall, 2nd M40, 37:44
- 2014 – 23rd Overall, 6th M40, 38:06
- 2013 – 7th Overall, 1st M40, 38:44
- 2012 – 3rd Overall, 1st M40, 37:18
- 2011 – 3rd Overall, 2nd M40, 38:39
- 2009 – 11th Overall, only race before he turned 40!, 41:17

El-Brim-Ick

- 2017 – 8th Overall, 3rd M40, 23:42
- 2016 – 7th Overall, 2nd M40, 25:23
- 2015 – 4th Overall, 2nd M40, 23:06
- 2013 - 5th Overall, 1st M40, 22:47
- 2012 – 7th Overall, 1st M40, 23:33
- 2011 – 6th Overall, 3rd M40, 24:44

Tap O Noth

- 2014 – 3rd Overall, 1st M40, 40:09
- 2013 – 24th overall, 4th M40, 39:36
- 2012 – 1st Overall, 39:41
- 2011 – 6th Overall, 1st M40, 40:00

Clachnaben

- 2015 – 8th Overall, 2nd M40, 1:19
- 2014 – 10th Overall, 4th M40, 1:17
- 2012 – 25th Overall, 1:17

Ben Rinnes

- 2017 – 18th Overall, 4th M40, 2:26
- 2016 – 20th Overall, 6th M40, 2:30
- 2014 – 32nd Overall, 2:46
- 2013 – 9th Overall, 4th M40, 2:28
- 2012 – 9th Overall, 4th M40, 2:22

Mither Tap

- 2016 – 8th Overall, 1st M40, 35:29
- 2013 – 2nd Overall, 1st M40, 34:12
- 2012 – 3rd Overall, 1st M40, 35:24
- 2009 – 18th Overall, 40:13

Other Notable Runs

- Ben Nevis 2017 – 131st Overall, 2:12
- Jura 2014 – 64th Overall, 4:31

- Lairig Ghru 2013 – 10th Overall 3:40 (also ran it in 2016)
- Carnethy 5 2013 – 65th Overall, 1:01 (also ran it in 2011 and 2010)
- Glamaig 2012 – 33rd, 59:57
- Glenshee 9 2010 – 48th Overall, 4:35
- Slioch Horseshoe 2015 – 62nd Overall, 2:43 (also ran it in 2011)

Krunces – Approximately 12 times over the years, including one 1st place.

UTMR - 116km/8000m over 3 days in 2016 – 24th Overall 1st Brit, 20:20

Grampian Mountain Challenge

- 2016 – 6th Overall, 2nd Mixed Team, Class B, with Caroline
- 2014 – 11th Overall, 1st Mixed Team, Class C with Caroline

Beach 3K Proms

- 2014/15 – 5th Overall, 1st M40
- 2013/14 – 4th Overall, 1st M40

Parkrun

- 5 runs total
- Finished between 2nd and 4th, best time of 17:53

Winter XC Series – numerous ‘round the castles’ races.

Road runs – Lumphanan 10k, Fraserburgh 10k (36:00)

Trail runs – Kinord 10K, Forfar Trail Half Marathon

Lynx Pack – 2014 Achievement Award

Highland Cross – 2015 – 20th Overall in 3:51 – Best Men’s Veteran Team