

The Minutes of Cosmic Hillbashers AGM 2022 – Saturday 26th Nov 2022

Social with food commenced at 6pm, rudely interrupted by the AGM which commenced 7.20pm

1. Club Secretary's welcome

This year is the 30th Anniversary of Cosmics being formed. Special welcome to Ewen Rennie who is in attendance and a founding member of the club.

The club constitution requires (i) an annual AGM to be held during November/December. At which:

- ii. The audited accounts for the period to 31st October will be presented.
- iii. The (new) Committee shall be elected.
- iv. Any other business will be conducted.
- v. Motions to be discussed must be submitted in writing to the Club Secretary at least two weeks before the Meeting. There were no motions submitted.
- vi. Only members who have paid subscriptions for the current year will be eligible to vote at the AGM
- vii. Amendments to the Constitution can be adopted by a majority vote of members at an AGM.

The Cosmic constitution states the entire Committee will retire each year but each person may be re-elected. However, no Committee member shall occupy the same post for more than five years.

The 2022 Committee has been:

Rod Campbell (Welfare Officer)	Louise Provan (Social) ** Elaine Omand
Gillian Clunas (Runs co-ordinator)	Linda Smith (Membership)
Alan Cormack (Club kit)	Sue Taylor (Website)
Richard Lang (Secretary)	Jason Williamson (Committee member)
Colin Larmour (Treasurer)	** Louise moved away & Elaine has been acting

Attendees at the 2022 AGM

Gillian Clunas	Robert Jobling	Alan Cormack	Dennis McDonald
Anita Hamilton	Ewen Rennie	Annaella Harris	Louise Provan
Graeme Cumming	David Taylor	Tina McLeod	Richard Lang
Graeme Lornie	Gillian King	Elaine Omand	Sue Taylor
Ian Hamilton	Rod Campbell	Fiona McDonald	Jason Williamson
Kevin Heath	Mark Stockton	Richard Ingram	Lyndsay McEwen
(Daisy Williamson)			

2. Apologies

Apologies have been received from 11,

Colin Larmour (Treasurer), Linda Smith (Membership Secretary), Lynn Smith, Phil Kammer, Veronique Eloy (Oldham), Mark Myles, Alan Dick, Charlie Cooper, Luke Norris, Jayne Millar, Arek Chociaj. 36 Cosmic members did not respond to the invitation to attend the AGM.

3. Approval of Minutes from 2021 AGM

- i) Action points from 2021 AGM included the appointment of a welfare officer. Rod Campbell took on this role
- ii) Club Accounts were to be issued. Colin Larmour oversaw that.
- iii) Spond was to be adopted as a form of communication between club members. This has proved to be very successful
- iv) A survey monkey online survey was carried out regarding club runs

- v) Investigate the potential of 3 local clubs taking on the running of the Krunce race series (Comsics, Insch Trail Runners and Garioch Runners) Jason Williamson has been carrying out that task by liaising with Insch and Garioch.
- vi) It was decided to make donations to 3 different charities /organisations – Braemar Mountain Rescue, Aberdeen Mountain Rescue and Scottish Hill Runners.

It was proposed that the Minutes of the 2021 AGM were accepted. (Ewen Rennie proposed, Dennis McDonald seconded).

4. Cosmic Championship Results 2022

Thanks to Sue Taylor for carrying out all of the work on this.

The same set of races (with minor amendments) was used as chosen in 2019 prior to lockdown and Storm Arwen. Sadly, some of these were again cancelled, leading to the decision to reduce the number of races counting towards the Club Championship. The list was compiled to include mainly local races and ones which Cosmics were likely to participate in, to try to increase the numbers. This again did not prove to be the case but perhaps the cancellation of some of the evening races was a factor. Cosmics seem to be racing less, and doing other sports during the summer months. 9 Cosmics completed the required 4 races.

2022 Cosmic Championship Results

- OPEN: Jason Williamson
- MV40: Mark Stockton (Chris Tomlin Memorial Trophy)
- MV50: Jason Williamson
- MV60: Ian Hamilton
- MV70: Rod Campbell
- WOMEN: Veronique Oldham
- FV50: Veronique Oldham
- FV60: Sue Taylor

The race list for 2022 was as follows

- El-Brim-Ick (January) CANCELLED • Potarch night race • Krunce no. 1 (April) CANCELLED
- Scolty (April) CANCELLED • Pressendye (May) • Hill of Fare (June) CANCELLED • Balmedie Beach (June) REPLACEMENT FOR HILL OF FARE • Clashmach Hill (July) • Tom na Bat (July) • Ben Rinnes (July) • Tap o'Noth (August) • Tom's Cairn (September) CANCELLED • Cairn William (September) • Morven (October) • Meall a'Bhuachaille (October)

5. Treasurers Report (prepared by Colin Lamour, read by Richard Lang)

- The club account remains healthy with a £5,377 surplus currently banked with Virgin Bank. Richard and Colin L are now the club co-signatories and have access to the account.
- Income to the club was up on previous years due to a healthy profit from the Clachnaben hill race which was a SHR championship with 206 entries.
- Thanks to Alan and Graeme for all their hard work and Graeme for the very tidy spreadsheet detailing all the race expenditure.
- We also made a £157 profit for the Mither Tap race and thanks to Ian Hamilton for his race account information.
- Income from membership was very slightly down at £1,301. This compares with around £1,400 in 2020 and 2021.
- Overall comparing 2022 income and expenditure the club has made a small loss at £120.
- Expenditure increased with donations of £1,500 in total to AMR, BMR and SHR. We received thank you letters from all three. Race expenses for Clachnaben increased this year including portaloo's and water urns plus replacing club kit that had been lost or was worn out.
- The past 12 months has seen increased activity from club kit sales with Alan and Colin keeping a close eye on transactions. There have been £342 of sales to date.

- We have also purchased £800 worth of Cosmic Beanies so with winter approaching get your Beanie orders to Alan ASAP.
- Going forward. Income from Clachnaben will be less next year as it won't be a Championship race. Graeme has projected that if we have 100 entries (compared to 206 this year) we would make a profit of around £700 (compared to around £1,400 this year). If club membership remains stable the income from memberships should remain similar.
- Finally, on behalf of the club, I would like to thank Dennis McDonald Van Hire Company for subsidising the costs of the race shields and engraving last year with a donation of £130.

It was noted that Clachnaben will not be a SHR Champs race in 2023 so we could expect fewer runners, and therefore less income, from the race. There will be higher overheads than in the past with the hire of the portaloos.

Alan Cormack is currently investigating a new "Cosmics" branded club tent or gazebo and flags/banners for marking our presence at training and races and increasing the club profile. It may be a way of attracting new members.

Thanks to Dennis McDonald Van Hire for subsidising the costs of the race shields and engraving. It was discussed and agreed that in acknowledgement an advert for Dennis's company should be added to the club website.

Graeme Cumming proposed acceptance of the club accounts and Sue Taylor seconded.

6. Membership Secretary report by Linda Smith - presented by Richard Lang

Current membership of 79 as detailed below:

Category of membership as per entrycentral.com	£	Male	Female
Senior racing (first claim club) (20+ as at 01.01.22) = 61	£20	44	17
Senior racing (not first claim) & social = 7	£16	2	5
Senior social only = 3	£13	2	1
Junior member (under 20 as at 01.01.22)= 0	£5		
Unwaged or student = 7	£5	5	2
Life Long paid up member = 1	£0	1	
TOTAL		54	25

Cosmic membership (categories used for annual SAL submission end of Aug 22)

Membership Category	Female	Male
< 20 years	0	0
Senior (21-34 years)	4	4
Master (35+ years)	18	47
2 nd Claim athletes	3	3
TOTAL (79)	25	54

Linda had undertaken a clean up of the Google group member email list removing many old non-members. All existing members should have their current email addresses on the Google email list

A question arose as to why we have second claim and social membership. Query to be sent to Linda after the meeting but the social membership allows people who don't run still to be involved in the club and the second claim membership allows runners who may have moved away to compete for a club in their new area but also compete for Cosmics at any other time when circumstances permit.

Joining Cosmics is done through Entry Central and there is a link on the Cosmics website for potential new members to find.

New members can also sign up to Spond to stay informed of club activities.

The club received 1 London Marathon place last year. Unclear if this will be the situation again but if so the place will be offered to club members via a ballot.

7. Secretary's report (Richard Lang)

Some achievements of various club members over the last year were outlined

Alan Dick

The Lairig Ghru

The Spine challenger race along the Pennine way in January – that was the “fun run” (about 100 miles) so he will doing the full Spine race in Jan 23 (268 miles)

Ian Hamilton

Ben Rinnes 56th overall, 3rd M60 Cairn William 24th overall, 2nd M60 Bennachie 68th overall, 3rd vintage (over 60) Saunders Lakeland Mountain Marathon (with Julian Warren) Fairfield Course 17th overall, 10th veterans Kong Mountain Marathon Arran (with Colin Larmour) 21st overall, 11th vets

Rob Jobling

The DIY Cairngorm Triathlon finishing with the Lochnagar 5 after swimming in Loch Muick and 210k bike ride. Races were: Cnoc Dubh, Fetteresso Marathon, Clachnaben, Nottingham Half Ironman, Highland Cross, Speyside Ultra, Loch Ness Marathon, Illuminator 15k

Ewen Rennie

400th parkrun

Lyndsay McEwan

Lyndsay notched up her 150th Park Run, split roughly between Hazlehead and Aberdeen with 11 others for good measure. Her proudest moment this year was finishing the Glen Ogle 33 which she completed in 7 hours 22 mins knocking 19 minutes off her previous course best set in 2017.

Lynn Smith, Corri Black & Linda Smith all formed part of the Veteran Women's Munro Relay, completing all of the munros in Scotland with no motorised transport in between which meant kayaking and cycling between them instead.

Dennis McDonald

Most memorable race was Ben Nevis along with other Cosmics.

Clyde Williamson 11th overall in 1:47:47 & 1st under 21; 137th **Dennis McDonald** 2:20:36; 214th **Ally Sutherland** 2:36:10; 271th **Phil Kammer** 2:50:34

Anita Hamilton – Morven; the Cosmic women did well winning the Ladies team with **Elaine Omand** 1st, **Jayne Miller** 3rd and 1st FV50, **Annaelle Harris** 4th and **Anita** 5th and 1st FV60. Also **Rob Brookes** was 1st MV40. **Rod Campbell** was 1st M70 in the Half Morven.

There have been some impressive Ultra runs including **Gillian Clunas** at the Tweed Valley Ultra on 21st November, too many to count by **Alan Cormack**, **Lyndsey McEwan** for Glen Ogle 33.

Annaelle Harris, **Rob Jobling** and **Graeme Cumming** for Speyside way ultra. **Rory MacPherson** for Ben Nevis Ultra.

Anna Harris had a great race at the Speyside Way Ultra. 4th woman in the 35mile race

Rod Campbell Jason Williamson, Andy Chapman went over to Knockfarrel at the end of October on a Cosmics raid on HHR territory. It was nice day out with **Jason** doing well in the M50s (2nd); **Andy** a respectable 6th M40 and Rod 1st (only) M70. Lovely little race (9k), improved over previous versions with some very steep ascents and a great post race jolly in the Comm Centre in Strathpeffer. Well worth a club trip over next year. It took less than 2¼ hours from Huntly in Panda.

Linda Smith - finally achieved the Tour de Monte Rosa over 4 days between Zermatt and Grachen with a friend following the ultra-run route. They coped with crossing the Theodul glacier in freezing cold conditions and almost 20km of night running between Saas Fee and Grachen. It's a superbly scenic route that several Cosmics are familiar with from doing the race. Linda previously did the 119km ultra with Steve Helmore in 2016 so didn't have time to appreciate the scenery nor Italy.

The Illuminator 15 mile race: 40th **Alan Dick** - 2.45.58 (3rd SV) 41st **Gillian King** - 2.45.05 (2nd LV)

15k race: 13th **Annaelle Harris** - 1.32.15 (4th L) 14th **Robert Jobling** - 1.32.15 (5th M).

Many Races and great performances by **Veronique**. She was the fastest Cosmic of several who did the Balmoral 15 mile trail race in April. Strong finish to the year by **Elaine Omand**.

Clyde Williamson - 1st at Glenfinnan Highland Games Hill Race in 5 min 1 sec. 2nd in Hill Race at Drumnadrochit Highland Games (by 15 seconds). 11th and 1st U23 at Ben Nevis Hill Race in 1 hr 47 min. Cow Hill Race Fort William 2nd in 19 min 16 sec. Meall a Bhuachaille 8th (1st U23) in 1 hr 12 min. Meall an t-Suidhe 1st in 32 min 40 sec. Snow Running Glenshee 5th in 1 hr 9 min

Jason Williamson - Ben Rhinnes 32nd in 2 hr 46 min. Mither Tap 16th in 39 min. Bennachie Race 22nd in 1 hr 10 min. Morvern 15th in 1 hr 2 min. Clachnaben 58th in 1 hr 30 min. Potarch Night Race 7th in 35 min. Knockfarrel 16th in 40 min. Snow Run Glenshee 10th in 1 hr 17. Meall a Bhuachaille 34th in 1 hr 24 min. Meall an t-Suidhe 22nd in 44 min. Tap O Noth (8 Cosmics there) 1st in 42 min 45 sec. Tom na Bat 8th in 39min. Two Mamores 30th in 1 hr 53 min. Des Woods 6th in 40 min 42 sec.

Alan Cormack completed an amazing total of 7 ultras in 2022. The longest was running the 3 National peaks, approx. 450 miles, in 9 days 1hour 30mins, 39 starters and 17 finishers.

8. Web/Social Media Report (Sue Taylor)

- Global Web are the company that Cosmics use to maintain the web page and trouble shoot any problems. Sue edits it and keeps it up to date.
- Always on the look out for good quality photos to add to the wpage
- Old Cosmic comics and new reports have been added to the archive section
- It was noted that the webpage was not easy to find and was not the first to appear in any google search of say "Aberdeen running club". Sue will ask Global Web if this could be improved. Sue will also find out if having a sponsored advert on the webpage would help this.
- It was agreed that Spond was proving to be a very good way of keeping club members up to date and communicating.

9. Kit Report (Alan Cormack)

- There is still kit for sale, new kit hasn't been purchased for a while. The biggest problem was getting various sizes of ladies kit and the bulk order purchases of this.
- The branded "Cosmic" jackets will be arriving next week. There are a couple spare. These have been sourced from a company in Stonehaven.
- Quite a bit of kit has been sold this year with new members coming along to training.
- Dave Taylor noted that he might be able to get discounts on some high end labels through his work with Icebreaker. Dave to liaise with Alan Cormack early next year.
- Cosmic beanie hats are for sale - £10 each
- A box of kit was bought along to the AGM for people to browse and purchase.

10. Membership Fee for 2023

It was proposed that the membership fees for full club members, non racing/second claim members and social members should remain at £20, £16 and £13 respectively

(Proposed by Sue Taylor, Seconded by Gillian Clunas)

11. Training and social runs

Ewen (Tuesdays), Elaine (Thursdays) & Gillian (Saturdays)

- There is now a structure in place for training with Ewen taking the Tuesday session, Elaine taking the Thursday session and Gillian organising the Saturday runs.
- It was noted that the venue for these training sessions vary each week and club members should feel free to propose a venue.
- It was noted that numbers at training were still on the low side when compared to the Tuesday night sessions at Kings but this might still be a consequence of habits having been broken by the Covid lock downs.
- Incentive scheme to increase participation – Elaine will develop an idea. It was noted that Dundee Road Runners “galaxy race” was popular where once a month over the winter a run was held over a defined route and anyone who beat their time from a previous month got a galaxy chocolate bar.
- Headtorch runs are also popular.
- It was suggested that the Cosmic flags or “sails” could be put up at our training venues so that people know who we are and it might encourage interest and new members to join.
- Gillian organises the Saturday runs and Spond has been useful for this.
- It was noted that some “old favourite” routes such as around Scolty and Kirkhill and Tyrebagger are still closed due to the storm damage last year.
- It was suggested that the summer run and BBQ should be held again this year but make it a family day out – venue could be Collieston or St Cyrus
- It was suggested that the club could run the old Devils Burdens race route as an away day training run.
- A Munro away day run to Glen Lyon in October was enjoyed. Further such days requested.
- The Bake off could be held again with a different theme – maybe flapjacks.
- A Cosmics weekend away somewhere was also suggested. It should be somewhere where there are lots of different activities possible not just running
- It was suggested that a 9.30am start on the Saturday runs was too early, especially for anyone having to travel any distance. Annaelle Harris will send club members a survey monkey survey to see how club members feel about this
- Thursday training will be added to the website
- How do we attract more members? When we trained at Kings it attracted some students along. Moving to different venues is difficult for students or anyone without access to a car.

12. Cosmic organised races

Cosmic organised races for 2023 are to be as follows

- El-Brimick – organised by Alan Cormack and Lyndsay McEwan
- Krunce – organised by Jason Williamson
- Clachnaben – Organised by Graeme Cumming
- Mither Tap – Organised by Ian Hamilton
- Summer Series – Organised by Fiona McDonald
- Cairn William – Organised by Chris Hill

El Brimick Jan 23 race – update report from Lyndsay

- All of the correct permissions for this race appear not to have been obtained before.
- Had to go through SRUC which has been a minefield of risk assessments etc. It still has to go through their insurers but now appear to have their permission.
- Aberdeen City Council own some of the land and seem happy for us to go ahead so long as we get permission from SRUC. They had no knowledge of this event.
- Forestry only own the woods up to the bridge, the rest of it is owned by ACC
- Lyndsay has got bib numbers and caution runner signs
- Start and finish will be at Craibstone Golf Club and the “new” route is just under 4 miles
- Once final permissions are received SHR will be notified and it will go up on webscorer

Thanks given to Alan and Lyndsay for their work on this

Krunce 23 – Update Report from Jason Williamson

- There is no permission from the forestry commission to use their car park just yet although the car park is now open
- Still hopeful the first Krunce race will be in April
- Hoping not to have to provide WCs
- Lyndsay McEwan will assist with the risk assessments
- It is planned that Cosmics will organise the April and May races while two other clubs take on the other races in June, July, August & September.

Clachnaben 23 – Update Report from Graeme Cumming

- Clachnaben will be on 8th April 2023
- SHR to be informed of the date
- Not a championship race this year
- Portalooos will still be provided

Mither Tap 23 – Update Report from Ian Hamilton

- Date of Mither Tap will probably be 3rd July 2023
- No problems anticipated

Summer Series 23 – Report from Fiona McDonald

- Some venues still have issues with access due to storm damage such as Hill of Fare and Scolty. Decision on these to be made nearer the time
- Pressendye route is still accessible
- Report from Rob Irvine – Durris race route is accessible
- There are good trails at Carn Mon Earn that are accessible and a race could be created there
- Stonehaven running club offered to take on the Cheyne Hill race. That course remains badly affected by storms and fallen trees. Could a Stonehaven RC organised race be included in the 23 Summer Series?
- Cosmics used to organise 2 out of the 5 races

Cairn William 23 – Chris Hill

- Date required for the 2023 race. (RL heard from Chris after the AGM. He is liaising with Deeside about dates to ensure no clash with another local race).

Entry system used for Cosmic organised races – Organisers are adopting different entry websites and there appear to be royalty payments to the hosts of different sites. It should save money just to use a single race entry system for all our organised races. Could race organisers speak to each other about this?

13. Cosmic Championship Races for 2023

- It was agreed to have the same races on the championship list as were on the list in 2022. With lower than hoped numbers completing 5 (reduced to 4 in 2022) counting races, including quite a large number of races gives people more opportunity to complete the required number.
- It was noted that a larger number of races meant that some club members could complete the championship without racing against other club members who might be faster. The truest indication of a club champion would be if he or she had raced against and beaten their closest rivals in several races. Concern was raised that our scoring system might not produce the right outcomes.
- Ewen Rennie has an alternative scoring system that he will use and the difference between his scoring system and the current race scoring system can be analysed next year to see which gives the best and fairest result.

Championship races 2023

- El-Brimick (cancelled in 2022) - January
- Potarch night race - February
- Krunce 1 (Cancelled in 2022) - April
- Scolty (cancelled in 2022) - April
- Pressendye - May
- Hill of Fare (cancelled in 2022) - June
- Balmedie Beach race – replacement for Hill of Fare
- Clashmach Hill race - July
- Ben Rinnes - July
- Tap o Noth - August
- Toms Cairn (cancelled in 2022) - September
- Cairn William - September
- Morven - October
- Meall a Bhuachaille – October

There was a proposal that a long distance race be added as replacement for The Glenshee 9 which was a counter for the Cosmic Championship in previous years. There seemed to be a consensus that The Lairig Ghru race would be a worthy addition.

14. Charity Donations

In 2021/22 Donations of £500 were made to Aberdeen Mountain Rescue, Braemar Mountain Rescue and Scottish Hill Runners. This was because donations that has been agreed in 2019/20 and 2020/21 had not been made. It was agreed that donations of £250 will also be made to each of these three charities this year.

(Proposed by Richard Lang, Seconded by Gillian Clunas)

15. Election of 2023 Committee

- Secretary – Richard Lang (Proposed – Ewen Rennie, Seconded -Gillian Clunas)
- Treasurer – Colin Lamour (Proposed – Fiona McDonald, Seconded – Sue Taylor)
- Social Secretary – Elaine Omand (Proposed - Richard Lang, Seconded - Louise Provan) (Louise Provan stood down due to moving away from Aberdeen)
- Runs co-ordinator – Gillian Clunas (Proposed- Anita Hamilton, Seconded- Dennis McDonald)
- Welfare Officer – Rod Campbell (Proposed- Richard Lang, seconded- Gillian Clunas)
- Kit – Alan Cormack (Proposed- Richard Lang, seconded - Lindsay McEwen)
- Committee member – Jason Williamson (Proposed- Dennis McDonald, seconded - Gillian Clunas)
- Membership secretary – Linda Smith (proposed- Richard Lang, seconded - Gillian Clunas)
- Website – Sue Taylor (proposed - Gillian Clunas, seconded - Ewen Rennie)
- Social Media – Alan Cormack (facebook), Annaelle Harris (Instagram) (proposed - Gillian Clunas seconded - Anita Hamilton)

16. A.O.B

Richard Lang raised that he finds it hard to understand what many people want from the club and why they are in it. He suggested that the club comes up with a “club vision” or “picture of the future” which he felt could focus the club’s members’ thoughts about Cosmic Hillbashers, assist club cohesion, and also help attract new members to the club. Some scepticism was raised that this sounded a bit too much like being at work! Graeme Cumming added however that a club vision could help inform and justify the future decisions made by the club committees.

To be explored in 2023!

Meeting closed at 9.40pm. Thanks to all who attended