

The Minutes of the Cosmic Hillbashers AGM – Saturday November 18th 2023

1. Club Secretary's welcome – meeting started at 6.15pm

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

- (i) The audited accounts for the period to 31st October be presented.
- (ii) The new committee shall be elected
- (iii) Any other business will be conducted

The 2023 committee has been:

Rod Campbell – Welfare officer	Elaine Murdoch – Social
Gillian Clunas – Runs co-ordinator	Linda Smith – membership
Alan Cormack – Kit	Sue Taylor – website
Richard Lang – Secretary	Jason Williamson – committee member
Colin Larmour – Treasurer	

2023 AGM Attendees:

Richard Lang (Secretary)	Colin Larmour (Treasurer)	Elaine Murdoch (Social Secretary)	Sue Taylor (Website & Trophy Winners)
Gillian Clunas (Runs Co-ordinator)	Alan Cormack (Club Kit)	Jason Williamson (Committee Member)	Rod Campbell (Welfare Officer)
Robert Jobling	Anita Hamilton	Tina McLeod	David Taylor
Nicola Edward	Lyndsay McEwan	Arek Chociaj	Annaelle Harris
Ian Hamilton	Graeme Cumming	Graeme Lornie	Louise Provan
Veronique Oldham	Mark Stockton	Kevin Heath	Rob Irvine
Lesley Marshall			

2. Apologies:

Fiona McDonald	Ewen Rennie	Alex Mitchell	Marianne Lang
Dennis McDonald	Linda Smith (Membership Sec.)	Bob Elder	Michael Stone
Lesley Gomersall	Jason Wild		

3. Approval of minutes of 2022 AGM, Adoption of new Club Constitution & other issues arising

The Secretary reminded those present that at the end of the AGM a new Committee is elected with all positions vacated and available. Several people had expressed interest in standing:

- Anna Harris to do Social Media
- David Taylor interested in being on the Committee
- Elaine Murdoch was interested in being the Chair. This was to be a new Committee post that would align the composition of the Cosmic Committee with that suggested by Scottish Athletics (SAL)
- Richard Lang stated that he wished to stand down from being the Secretary.

Approval of the minutes of 2022 AGM

- Proposed: Gillian Clunas
- Seconded: Elaine Murdoch

Approval of the revised Cosmic Club Constitution

SAL had advised all the affiliated clubs that their constitution must conform to a specific template. The Committee had reviewed the Cosmic Constitution and amended it to comply with new SAL guidelines. A copy has been e-mailed to all members ahead of the AGM and the Committee now recommended to the Members that the revised constitution be approved. It was approved by those present at the AGM and replaces the old constitution.

4. Cosmic Championships results 2023

For the 2023 Cosmic Championship 14 races were selected as counters. The list was compiled to include mainly local races and ones which Cosmics were likely to participate in, to try to increase the numbers participating. 13 Cosmics completed the required 5 races, compared to 9 in 2022. Only 2 ladies completed the 5 races which was disappointing (Veronique would have completed, but had broken her arm).

To be in the Championship results required at least five races to be completed with the best 5 results to count. The first Cosmic in each race received 25 points, the second 24, etc. This is similar to the SHR scoring method. Those with less than 5 race completions from the 14 races appear below a grey line in the results.

The 2023 winners were:

OPEN: Jason Williamson

MV40: Mark Stockton (Chris Tomlin memorial trophy)

MV50: Jason Williamson

MV60: Kevin Heath

MV70: Rod Campbell

WOMEN: Elaine Murdoch

FV60: Sue Taylor

2023 Cosmic Championship Results – Those who completed at least 5 races:

Name	Category	Points total	Best	Total Races	
Jason Williamson	M50	125	5	11	1 st M +1 st M50
Dennis McDonald	M50	120	5	8	2 nd overall & 2 nd M50
Elaine Murdoch	F	118	5	7	1 st Female
Mark Stockton	M40	116	5	5	1 st M40
Kevin Heath	M60	114	5	7	1 st M60
Richard Ingram	M50	113	5	6	3 rd M50
Rory McPherson	M	112	5	6	
Colin Larmour	M50	96	5	5	
Alan Dick	M50	95	5	6	
David Kirk	M50	94	5	6	
Andy Chapman	M40	93	5	5	2 nd M40
Sue Taylor	F60	87	5	7	1 st M60
Rod Campbell	M70	74	5	5	1 st M70

Congratulations to the winners.

The list of races during 2023 and the number of Cosmics taking part was as follows:

El-Brim-Ick (January) 17	Tom na Bat (July) 4	Tom's Cairn (September) 9
Potarch night race (January) 14	Lairig Ghru (July) 5	Cairn William (September) 6
Pressendye (May) 10	Ben Rinnes (July) 8	Morven (October) 3
Balmedie Beach (June) 9	Tap o'Noth (August) 14	Meall a'Bhuachaille (October) 1
Clashmach Hill (July) 4	Krunce (August) 11	

Cosmic Championship - Proposal for 2024

The Secretary read out to the AGM a note sent by Ewen Rennie where he expressed the view that the current Cosmic Championship format is clearly not working with a lack of participation. He expressed concern that requiring a minimum of five races reduced the number of racers eligible for trophies to 13 people and that if someone had only done 4 races but won them all they would be excluded.

Ewen's view was that the current scoring system that awarded 25 points to the first Cosmic, regardless of how many were competing, was rewarding people for driving long distances to races and not necessarily going to give us the correct "champions."

Ewen's proposal is a "Head-to-Head" format to give meaningful competition. He also suggested fewer races should count. Based on turnout in 2023 he suggested reducing the counter races to: Potarch, Pressendye, Ben Rinnes, August Krunce, Tap o'Noth and Toms Cairn - all had reasonable Cosmic turnout and reasonable spread across year. Could also include Bennachie if we wanted. He suggested excluding El-Brim-Ick, Balmedie and Cairn William as they are Club organised and so possible complications with folk officiating. Ewen suggested the number of counting races should be half plus one.

There was no desire expressed by those at the AGM to change the scoring system and it was agreed to keep the scoring system the same in 2024 as in recent years.

However, there was a consensus to base the 2024 Championship on a best 5 results from a smaller list of 10 races. The 10 races to count would be decided at the next Cosmic Committee meeting.

For consideration by the Committee in selecting the 10 races:

- The current long list includes a range of distances, terrain, months and difficulty. The new list should also seek to achieve a range.
- Meall a'Bhuachaille only had one Cosmic attending suggesting it is not popular and should be dropped.
- The Bennachie Hill race in October should possibly be included as it was well attended by Cosmics in 2023.

The **conclusion** was to retain in 2024 the scoring system adopted in recent years and the Committee would agree on 10 counting races at its next meeting. A runner's best 5 results were to count for the Championship.

Proposed – Richard Lang

Seconded – Sue Taylor

5. Treasurers report by Colin Larmour

The club account remains healthy with £6,798 currently banked with Virgin Bank. Richard and myself are club co-signatories and have access to the account. We have had several fraud attempts (e-mail impersonation) over the past year sent via the treasurers e-mail address. These have all been picked up.

The Committee has agreed that any outgoing transactions over £100 require approval by myself (Treasurer) and Richard (Secretary) before proceeding to allow for further verification.

Income to the club has increased this year from membership, race entries and clothing sales. However the accounts for the Krunce are in the process of being finalised with profits now to be split between the three clubs involved. Special mention to Jason for all his hard work organising and co-ordinating the Krunce series with three clubs this was not an easy task. Thanks to Alan and Graeme for all their hard work with the Clachnaben hill race and for the spreadsheet detailing all the race income and expenditure with a surplus of nearly £1,000. Similarly thanks to Lyndsay and Alan for

the account information for El Brim lck with a surplus of £484. We also had a surplus of £69 for the Mither tap race and thanks to Ian Hamilton for his race account information.

Andy Chapman organised two talks (Charlie Ramsay and Nicky Spinks) with both events well supported. These events were cost neutral to the club with any surplus after expenses being donated to a charity of the speaker's choice.

In terms of donations this year we donated £250 each to Aberdeen Mountain Rescue, Braemar Mountain Rescue, Scottish Hill Runners and also £400 to the Odyssey Cancer Charity (N Spinks talk profit).

The past 12 months has seen increased club kit sale activity with £584 income from sales. We have also purchased £1,330 worth of new kit over the past year. One large single expenditure in the past 12 months was £680 for a new Gazebo purchased prior to the Clachnaben Hill race.

Going forward we need to decide on donation amounts for mountain rescue teams and SHR as well as considering a donation to Craibstone Golf course for kindly hosting the El-Brim-lck race and the Krunce series so successfully.

Next year will return to entry central as a way of managing entries to races as this offers a cost advantage.

The estimated Krunce outcome with three clubs organising has been approx. £60-£70 was spent on prizes with each club likely to make approx. £150 profit.

A new payments system is being recommended by SAL for affiliated clubs. Initial impressions are that it is a hassle to use. Graeme Cumming agreed to liaise with Colin Larmour in looking to make future payments through the SAL portal.

6. Membership Secretary's report – summarised by Richard Lang on behalf of Linda Smih

At September 2023 Cosmics had 86 members with 54 male and 32 female. This compares with 79 members in 2022 (54 male and 25 female) and 82 in 2021 (60 male and 22 female).

So membership numbers have been relatively constant but with the proportion of female members increasing significantly.

7. Secretary's report

Not counting the Krunce series, around 40 Cosmics are recorded as having completed at least one of the races documented on the Scottish Hill Runners website in 2023, an e-mail was sent to all Cosmics on 18 November with a table summarising the Cosmic results. Unfortunately the SHR website did not yet have results for Cairn William but it has now been added. It now shows 38 Scottish hill races which had at least one Cosmic competing and 182 Cosmic results.

18 Cosmics completed 5 or more races and way out in front is **Jason Williamson** with 18 races followed by **Richard Ingram** with 12, **Dennis McDonald** with 11, **Alan Dick** with 10, **Elaine Murdoch** with 9 and **Veronique Oldham** and **Kevin Heath** both with 8.

The races that had 10 or more Cosmics competing were all local.

- January's El-Brim-Ick tops the list with 17;
- Tap O Noth is next with 14,
- Potarch Night Race and Clachnaben both with 13,
- Pressendye with 12.

Hopefully the Summer of 2024 can see more Cosmics doing Balmedie Beach Bash (9 in 2023), Mither Tap (7 in 2023), and Cairn William (6 in 2023) all of which we organise.

Stand out results include:

Rob Brookes winning El-Brim-Ick and coming 6th at Clachnaben out of 91.

Jason Williamson coming 2nd at Tom na Bat and competing well in a wide range of races including Ben Lomond, Ben Nevis, Bishop Hill, Creag Dhubh and Meall a' Bhuachaille.

Clyde Williamson was top Cosmic at Ben Nevis coming 45th out of 432 and nearer his Dundee base was 5th at Bishops Hill, 8th at Hunters Bog Trot (both had over 130 runners) the 8th at the White Tops race.

Veronique Oldham competing across Scotland and regularly placing well in her age category including at Ben Rinnes, Tap O Noth, Dollar Hill Race and the Goatfell race on Arran,

Elaine Murdoch also competing at a high level in her category with particularly good results at Tap O Noth, Mither Tap and Cairn William.

Kevin Heath, Rod Campbell and **Sue Taylor** also regularly achieve results that are at or near the top of their age category and raced regularly in 2023. Similarly **Ian Hamilton** put in some impressive performances including at Glenshee 9 and Tap O Noth.

Richard Ingram was impressive in competing in many of the longer races including: Jura, Stuc a' Chroin, Ben Rinnes, Glenshee 9 and Ochil 2000's.

Alan Dick completed the longer races at Ochil 2000's and Two Breweries and competed in The Spine race along the Pennines in January as did **Mark Myles**.

Alan Cormack and **Graeme Lornie** competed in several Ultra races this year including recently running 100 miles and 54 miles respectively at Huntingdon.

Alan Comack completed his **100th Ultra Marathon** in 2023 and received a round of applause for that amazing feat!

In March the Dee 33 saw Jason Wild, Alan Cormack and Tina McLeod complete the route together with 119 others.

Ben Nevis Ultra in September saw Anna Harris and Rob Jobling complete the course in 10 hours 16 minutes.

The same weekend Rory McPherson and Andy Chapman took part in the Glencoe Skyline race with Rory completing in 7 hrs 43 min.

8. Website/social media report – by Sue Taylor

It was decided that the website would contain “static” information such as membership information whereas social media would contain weekly updates.

The website could do with a few more nice photos

Last year a concern was raised that Cosmics website wasn't easy to find via Google but that no longer seems to be an issue.

9. Kit report – by Alan Cormack

Kit sales have been a bit slow but there have been a few enquiries and on the whole sales have been up with Jackets, hats and buffs selling quickly.

It can be tricky actually getting purchased kit out to club members, the best way to arrange collection of new kit is to contact Alan on Spond. There had been issues with Alan's Hotmail address being blocked but this seems to have been resolved.

Kit information could be added to the website with an option to buy online.

10. Membership fees

It was agreed that membership fees would remain as per 2022 with an adult member fee of **£20** for 12 month membership and other fees as before.

11. Training and social runs – by Gillian Clunas

The Spond App works really well for communication. A small minority don't use Spond but turn up; of course if you're not on the list we won't know to wait for you so there is an incentive to sign up.

At the beginning of 2023 some of our usual forests were still closed limiting our choice of runs. Most have reopened, but many of the maps on our website are not up to date due to logging and trees blocking paths. Storms and high winds have impacted our runs, if attending a run on Spond and there is a weather issue please discuss with the other attendees on Spond.

Our Saturday runs have in general not been well attended this year with lower numbers, even taking into consideration summer holiday plans etc. Some weeks we have no runners on a Saturday morning.

We need to address this problem. My suggestion is that we **switch to Sunday (rather than Saturday) runs on a trial basis. This was agreed by vote.**

At the beginning of the year Anna helped put together a survey monkey - this was principally about Saturday runs times, locations, and picnics etc. We agreed to have a

summer picnic. Run time for Saturday was 9.30am, Bake off to go ahead. Yes to club away days. We hope to introduce a few more away days in 2024. If you have suggestions for a new run venue, let me know and I will add it on Spond.

Tuesday training runs over winter are organised by Ewen Rennie, The summer timetable is shared between interval training runs in Aberdeen (Ewen) and hill runs (Gillian). Thursday training runs all year are organised by Elaine Murdoch, including torch lit runs.

2024 overview of the possible Cosmic year (items in italics provisional for discussion so may appear twice).

January	7 th El-Brim-Ick Dash.
February	3rd Devils Burden Relay 24th Jamie Aarons talk evening, Potarch night race?
March	2nd Cosmic Bake Off Trophy. 20th Craig Dunain race, Inverness based weekend away? <i>Pentland Skyline route – a Sunday away day?</i>
April	Krunce Race series, Clachnaben Hill Race, Scolty?
May	Krunce, Summer Series Pressendye
June	Krunce, Summer series Balmedie Beach, Summer Solstice run Moray Coast, Lairig Ghru race
July	Krunce, Clashmach race, Tom Na Bat race, Ben Rinnes 3 races that are all potential Summer picnic opportunities.
August	Krunce, Summer series Cheyne Hill?, Tap O Noth race, Poolewe Great Wilderness Challenge long weekend.
September	Krunce, Toms Cairn race, Summer series Cairn William race, Comrie Relays
October	Meall a Bhuachaille - make it an Aviemore weekend, Morven race
November	<i>Pentland skyline away day?</i>
December	Marcothon, Winter Solstice run.

Additional Notes

Italics above suggested Pentland skyline, to support Carnethy as they have been prevented from running a race over the Pentland Skyline route.

Weekend of 20th March around Craig Dunain race, suggested Inverness hostel based weekend to include the hill race plus other hill or cycling activities.

Poolewe long weekend exploring the area and could include the Great Wilderness Challenge.

Races above were taken from the 2023 Cosmic Championship calendar.

The 2023 summer picnic at Tap O'Noth was a great success.

It was suggested that some races such as the Devil's Burdens would benefit from organised travel in say a club hired bus. This is to be looked at further as a possibility. It would help with a team atmosphere.

12. Social Secretary Report – Elaine Murdoch

We had a number of fun events this year, starting with a Burdens away day in Fife which was well attended and a great introduction to the area for some people. We also had a shortest night run, organised by Rob, which we will hope to run next year again.

The flapjack bake-off was hosted by Gillian in March and was really popular. We already have a date planned for this next year.

Our summer picnic was held after the Tap o Noth hill race due to having so many races over the summer. It was a lovely afternoon, with people staying a while after the race to enjoy some food. Next year, we will plan to hold a similar picnic or bbq again.

We had one post-training dinner this year which went well, and hopefully we can organise more of these too.

We are always open to more ideas and interested to know what members want, so feedback is always very welcome.

13. Cosmic organised races for 2024

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

All the above races are going ahead in 2024

Summer Series

There was discussion over the 2024 summer series which will be continued at the next Committee meeting and in consultation with Fiona McDonald. The summer series is usually organised in conjunction with Deeside runners.

It was suggested that Durris could be resurrected as a summer series race which Rob Irvine tentatively agreed to explore the possibility of organising. Note that Rob made enquiries after the AGM but was told Fetteresso (what we call Durris) will have too much forestry work ongoing in 2024 for us to run a race there. Rob was advised that Durris (what we call Carn Mon Earn) would be “available” for leisure use – such as hill run events – if we wanted to use it.

There was an inconclusive discussion about what races should be included in the 2024 Summer Series. The Committee and Fiona McDonald to decide how many races we should have (3 or 4) and where and when. The discussion threw up:

- April – Scolty – There has not been a race here for a while. Would require co-ordination with Deeside Runners.
- May – Pressendye – This seemed to be a definite for 2024 Summer Series.
- June – Balmedie – Up to Fiona whether she wants to run it, and if she wants to keep this venue or move venue.
- July – Mither Tap - A definite for 2024 Summer Series.
- August – TBC Possibly Hill of Fare or Durris. Cheyne Hill is no longer possible due to the number of fallen trees.

Fiona is unofficially co-ordinating the summer series. This could / should become a post on the Committee to be discussed between Committee and Fiona.

The turnout for 2023 Balmedie Beach Bash was disappointing. Suggestion made that more could be done to promote it through social media and if we do that it should boost the number of runners.

Krunce 2024

Jason Williamson is looking at a new figure of 8 route for the Krunce races next year. Feedback has been that the 2023 route is a bit too long, particularly in April and September when it was getting dark earlier.

Jason suggested that the Krunce organiser should be a 3 year term.

14. Charity donations

Last year £250 donations were made to each of the local mountain rescue teams and to SHR. It was proposed that the same is done this year

It was also proposed that the club donates £100 to Craibstone Golf Club as a “thank you” for being race HQ for the Krunce races and El-Brimick. (Note that since the AGM Colin Larmour has arranged for these payments to be made).

- Proposed: Jason Williamson
- Seconded: Richard Lang

15. Welfare Officer – by Rod Campbell

No issues were reported during 2023.

All of the SAL policies have been read and the club has adopted them and these have been added to the club website.

Under 18s can only come to Cosmic training sessions if accompanied by a parent or guardian. It would be extremely time consuming for a club the size and make up of Cosmics to put all of the necessary safeguarding in place that would allow children to attend training in compliance with SAL policies regarding junior members and athletes.

16. Election of 2024 Cosmics Committee

All the 2023 Committee stood down to allow the election of a new Cosmic Committee. This will be as follows:

Position	Name	Proposed By	Seconded By
Chair	Elaine Murdoch	Richard Lang	Alan Cormack
Secretary	David Taylor	Richard Lang	Alan Cormack
Treasurer	Graeme Cumming	Colin Larmour	Sue Taylor
Membership Sec.	Linda Smith	Richard Lang	Louise Provan
Club Kit	Alan Cormack	Elaine Murdoch	Anita Hamilton
Website	Sue Taylor	Richard Lang	Colin Larmour
Social Media	Annaelle Harris	Richard Lang	Sue Taylor
Runs Co-ordinator	Gillian Clunas	Colin Larmour	Anita Hamilton
Welfare officer	Rod Campbell	Gillian Clunas	Anita Hamilton
Team Captain	Jason Williamson	Sue Taylor	Gillian Clunas
On Committee	Richard Lang	Elaine Murdoch	Colin Larmour

17. A.O.B

First aid training for club members is to be organised. This has been raised several times by Alan Cormack during 2023. It was agreed that the club will find a provider of an organised first aid for hill runners / hill walkers course and offer a training course to the Cosmic membership.

Ian Hamilton raised that Hand held Walkie Talkies for race organisers would make the organisation far easier. The financial viability of his is to be investigated.

The AGM concluded at around 7.45PM