

**Minutes of Annual General Meeting of Scottish Hill Runners
Symington Sports Centre, Symington
Saturday 10 November 2012**

Members present:

David Duncan, David Scott (both Ochil), Gordon Pryde, Richard Gatehouse (both Lomond), Martin Hulme (Corstorphine), Hugh McPherson (Tinto), Bruce Smith, Helen Wise, Hilary Spenceley, Andy Spenceley, John Blair-Fish, Angela Mudge, Gregor Heron, Keith Burns, Ronnie Gallagher, Cameron Scott (all Carnethy), Tony Stapley (Portobello), Brian Brennan (Westerlands), Trevor Shaw, Dan Watson.

1. Welcome and Apologies for absence

Dave Scott welcomed everyone to the meeting.

Apologies for absence were received from: Shane Bouchier, Chris Upson, Andy Millard, Malcolm Patterson,

2. Adoption of Minutes of 2010 AGM

The minutes were accepted as published. Proposer: Ronnie Gallagher; Seconder: Keith Burns.

3. Convenor's Report

Dave Scott presented his report (see Appendix 1).

4. Secretary's Report

Bruce Smith presented his report (see Appendix 2).

5. Treasurer's Report, Adoption of Accounts and Appointment of Auditor

Martin Hulme presented his report (see Appendix 3).

The accounts for 2011 were adopted as published. Proposer: Ronnie Gallagher; seconder: Andy Spenceley.

The meeting endorsed the appointment of Tricia Smith as auditor.

6. Subscriptions for 2012

The meeting endorsed the Committee's proposal that the subscription for 2013 remain unchanged at £8 (£2 junior / student / unwaged, £4 for additional members sharing the same address as a full member).

7. Election of Officers and Committee

The meeting endorsed the nominations for the elected positions on the Committee, as follows:

Post	Nomination	Proposer	Seconder
Convenor	Gordon Pryde (Lomond)	Dave Scott	Bruce Smith
Secretary	Bruce Smith (Carnethy)	Ken MacDougall	Cameron Scott
Treasurer	Brian Brennan (westerlands)	Martin Hulme	Chris Upson
Committee	Cameron Scott (Carnethy)	Ronnie Gallagher	Martin Hulme
	Ronnie Gallagher (Carnethy)	Andy Spenceley	Ken MacDougall
	Ken MacDougall (Tinto)	Dave Scott	Bruce Smith
	Chris Upson (Westerlands)	Andy Spenceley	Cameron Scott

The meeting endorsed the co-option to the committee of the following: Co-opted members for endorsement at AGM:

Tony Stapley (Portobello)	(Membership)
Andy Spenceley (Carnethy)	(Statistician)
Angela Mudge (Carnethy)	(Championships)
Dave Scott (Ochils)	

8. Motions

There were no motions raised.

9. Any Other Business

Long Races and Slower Runners:

Ronnie G raised a proposal from 2 members from Deeside runners who were unable to attend (Alan Smith and Owen Bass) that for long races slower runners be allowed to officially start early. This would allow runners who travel long distances to races to avoid being timed out and allow race organisers to conclude races sooner with marshals spending less time on the hills waiting for back-markers.

This was considered a good idea by all present

SHR championship results in the journal: A request was made for the journal to include the top ten runners in each category. Andy Spenceley (statistician) and Ronnie (journal editor) will see if this is possible, dependant on sufficient space in the journal.

SHR Championships Over 70s Category: It was proposed that given the increasing number of O70s in SHR that a new category be created for the championships. Again this was roundly approved by [the membership those present](#).

SHR Championships Changes to route: John Blair-Fish raised a concern that the Clachnaben course was revised immediately prior to the championship and may not have been a full category A race.

It was explained that the race had to be rerouted partially due to the forestry work in the area, which created a more runnable route. It was also assured to remain a Cat A.

SHR Championships not using same Scottish race as British Championships: JBF also questioned why the SHR champs were not using the Culter Fell race next year which is in the British Championships.

It was explained that the Scottish races were selected prior to the British races and the FRA were told of the Scottish races prior to deciding to resurrect Culter Fell partially for their benefit. [\(In fact Culter is no longer to be used for the British due to routing issues\)](#).

Unentered Runners causing confusion at races: Cameron Scott (Tinto Race Organiser) raised a concern that runners who take part in races without entering are causing problems for Race Organisers, making it difficult to correctly count the number of runners in races. This happened in both the Tinto race and the Two Breweries this year.

It was widely agreed that this practice is confusing, discourteous and potentially dangerous (especially in the wake of the Buttermere tragedy). SHR as a committee will look to see what general guidance and potential sanction (e.g. banning miscreants) for SHR insured races can be introduced. This will probably also include specific wording in the calendar for 2013.

Membership database: Tony expressed his gratitude to Nigel Rose for his assistance in getting the membership database up and running on his PC.

5-Fingers 'natural' running shoes: Brian Brennan questioned whether, as these shoes have no grip in slippery conditions, they be explicitly banned from races.

The general consensus was that it is up the individual to choose their own footwear, and after discovering their lack of adhesion they will be unlikely to continue using them. Some of the members present also considered it would give additional entertainment to other runners.

Vote of Thanks to David and Martin:

The meeting concluded with an expression of thanks to Dave and Martin for their time in office.

Appendix A

Convenor's report 2012

This has been my third year as Convenor, and in many ways the easiest. There have been no major issues to address, with the focus being on making sure the day to day running of SHR proceeds smoothly. Just to remind everyone however what that smooth running involves:

Publications: the calendars, journal and newsletters all require considerable effort to put together and distribute on time

Website: needs almost daily attention to make sure the latest race results and reports are added, and other content must be regularly updated

Championships: the Senior Championship, Long Classics and Bog and Burn Series, all need planning, monitoring, issues resolved, statistics provided, prizes awarded

Events: the annual prize giving and do has to be organised, navigation and other courses provided

Insurance and race safety: insurance is provided to members, and guidance provided on race safety

The above are the outward manifestation of some of what SHR does, but internally we have secretarial, accounting and membership functions which also need to be fulfilled.

None of this would be possible without the considerable efforts of everyone on the Committee and some who are not: Bruce as Secretary and responsible for senior championship races; Martin as Treasurer; Tony as Membership Secretary; Cameron as webmaster; Chris as calendar editor and Long Classics/Bog and Burn supervisor; Andy as statistician for the senior championship; Angela as junior calendar editor and "do" organiser; Ken as newsletter editor; and Ronnie as journal editor, insurance manager, and mug designer. Others who help out on an occasional basis with the website include Pete Duggan (long distance records), Graham Arthur and Jim Hardie. Having such a great team has made my role as Convenor that much easier, and I would like to thank them all for their contribution.

Having served for three years as Convenor, I am standing down this year and I am pleased to say that Gordon Pryde of Lomond Hill Runners has agreed to stand in my place. I will be staying on the Committee in a co-opted capacity to help Gordon during the handover period and in any other way needed. Martin is also standing down as Treasurer and we welcome Brian Brennan of Westerlands in his place. Many thanks to Martin who has done an excellent job over the past 3 years.

Turning now to other matters:

One of the issues raised under AOB at the 2011 AGM concerned reducing the "free" period given to newly joining members. At the time this was thought to be a constitutional matter requiring AGM approval, but this was later found not to be the case. It was thus agreed in Committee that any new member joining between 1st September and 31st December would be entitled to membership until the end of the following year.

The number of runners completing the three SHR championships was down significantly this year: the Senior championship had 74 completers (compared with 113 in 2011; 90 in 2010; 74 in 2009), the Long Classics 30 (39 in 2011), and the Bog and Burn 34 (50 in 2011). In the latter 2 series, certain races were cancelled or postponed, some due to bad weather, and this may have contributed to the decline. In all three cases, however, runners completing one or more races were not significantly different to 2011.

Many thanks to Run4It, who again sponsored the SHR Senior championship, providing trophies for the winners (this year made by the Buchlyvie Pottery). They are now also distributing a flyer promoting SHR with all off-road shoes sold by them, and offered a special discount for SHR members in October. Many thanks also to Angela who has had a new ladies trophy made by a local cabinet maker.

The SHR prize giving and "do" were again held at the Forth Inn this year. Two weeks prior to the event there were only 15 bookings, but fortunately this turned into a healthy 42 on the night and a good time was had by all. There were two other events on the same weekend which contributed to numbers being lower than last year's 60.

The tie-in last year with the last championship race also no doubt helped. We will give some thought to the most appropriate venue for next year. Ideas welcome!

We did not run any navigation courses this year as Bruce Poll, our past course organiser, was not available. We hope however to offer another course in the spring subject to demand, either with Bruce or another provider.

Earlier in the year we were contacted by Cumbria Constabulary to ask if we would carry out an independent review of events relating to the Sailbeck race in Cumbria, at which a hill runner tragically died. This review is now being undertaken by a sub-committee chaired by Keith Burns, and I would like to thank them for agreeing to undertake this sensitive task. The purpose of the review is to inform the coroner at the inquest and to provide conclusions that might help to avoid such a tragedy happening again in the future.

Both Angela and I represented SHR during the year on the Scottish Athletics (SA) Hill Running Commission (HRC). The purpose of the HRC is to assist SA in setting objectives for the sport of hill running and carry them forward. In practice, most of the activity of the HRC is focussed on agreeing fixtures for national, UK, and international events, and selecting and supporting Scottish athletes to attend such events, at both junior and senior levels. Events include the Intercounties, the Home Internationals, the European and World Mountain Running Trials and Championships, the World Longs, and the British Championship. HRC also selects a hill running squad of promising athletes and organises squad development events. Mark Johnston, secretary of HRC, is now also a member of the UK Athletics Mountain Running Advisory Group (MRAG), which among other things is responsible for agreeing the format of and selecting races for the British Championship. Given Mark's position, it is hoped that in future there will be better liaison between SHR, HRC and MRAG on that championship. Despite differences in the past between SAL and SHR, their support for hill running through the HRC is invaluable in promoting talented junior and senior Scottish runners at the highest level and is to be welcomed.

With regard to the British Championship, next year the format is to be *any* 3 races out of 4, to avoid the problem experienced this year whereby anyone missing the first race could not complete the series. The format for 2014 is likely to change again, and SHR have stated their preference for a return to the original format of 4 out of 6.

As Martin reports elsewhere, SHR finances are in good shape, with membership levels steady. Our aim is to maintain a certain level of funds, above which any additional funds can be used for development activities for members, such as the navigation courses, social events, and equipment for Race Organisers. If anyone has any ideas that they feel would benefit the membership, please let us know.

On that note I will finish, and repeat my thanks to all on the Committee for their help over the past 3 years.

Appendix B

SHR Secretary's Report 2012

I would like to start my review of the year with a word of thanks to Dave and Martin for admirably filling the roles of Convenor and Treasurer for their 3 year allotted period. They leave their posts with SHR running smoothly (in the right direction as you would expect from Dave's navigation skills) and with a healthy balance sheet (more of which later of course).

As you probably know SHR does not actually organise any races but we do look after the interests of race organisers as well as runners. Not only do we advertise the races in the SHR calendar and on-line but we also provide a race insurance policy. As such I would like to remind runners that the rules that race organisers put in place are not to make life difficult for them but to make sure you are safe on the hills. Don't expect race organisers to keep you safe from the weather, they'll do their best to keep you away from extreme risk but you need to take responsibility for yourself. Always carry body cover and a map and compass to a race alongside your shoes and this includes short races in the winter; if you twist an ankle at the top of Beinn Lora and don't have any kit you could be hypothermic before you get back to the woods if the weather's bad. In a similar vein if you see another runner in trouble always stop to help them even if it costs you a prize.

With cycling all over the headlines many of us have been absorbed by TV coverage of professional races throughout the continent as well as the Olympics. This is possibly the reason some runners are

using so many cycling style energy gels, however, it's worth pointing out that unlike le-tour there is no-one coming along behind us picking up our empty wrappers. So PLEASE TAKE YOUR LITTER HOME. It's not hard and the hills we run in don't deserve to be treated this way. Of course those dropping the litter might not be members of SHR so if you do see a perpetrator please politely remind them of their responsibilities to the environment (and encourage them to join up at the same time).

Talking of membership, we have increased our numbers once again to 502, which is great news. Possibly the fear of not collecting a mug at the end of the year has spurred a few more into joining. This year around 70 members will pick up their coveted drink-ware, congratulations to all of them as well as the winners who picked up their trophies at the do last weekend. Thanks to Ronnie for organising the mugs in his usual efficient manner.

Next year's challenges have already been advertised, this time we're going to start with the perennial favourite the Carnethy 5, follow it up with another classic at Stuc a Chroin (their 25th anniversary), the classic theme will continue with our island adventure to Goatfell in Arran. After a wee lay off our trip around the country heads to the North East in August with our first visit to the Tap O'Noth race, quickly followed by the Ochil 2000's race, already a classic even though it's only a recent introduction. The same can also be said for the even newer final race in the series the Run of the Mill in October. (For all races we'll do our best to ensure challengers for the championship can get an entry but nothing is guaranteed.)

The sharper eyed amongst you may notice that the Goatfell race co-incides with the UKA inter-counties (as well as the boat race) and we also were unfortunate that the final race this year clashed with the relays. We try our best to avoid clashing with British championships and international events but in a congested calendar sometimes this is nigh on impossible.

For 2014 we've already pencilled in the Two Breweries and Meal nan Tarmachan, and hopefully can avoid clashes. Any other organisers that think they can cope with 200 to 250 runners please get in touch and if your race fits in we might include it.

Finally as I sign off just a word of warning, by this time next year we'll need a new secretary, any suitable volunteer applicants, just get in touch (or don't run too fast away from me at my next race....)

Appendix C

SHR Treasurer's Report 2012, Martin Hulme

tbc

Summary of SHR account for 1 January 2011 to 31st December 2011

Description	Details
Subscriptions 2011	
Subscriptions 2012	
Insurance	
Website	Adverts
Journal 10/Calendar 11	Printing
Calendar 2011	Adverts
	Sales
Newsletter	Printing and distribution
Office	AGM Mailing, Telephone etc.
Calendar/journal distribution	Postal expenses
Development Fund	Donations from SHR
	Navigation Courses
Donation Income	Clubs and individuals*
	Bog and Burn/Long Classics/SHR
Mugs and Trophies	mugs/engravings**

SHR annual Do

Douan's Aberfoyle/Forth Inn.

SHR merchandise
Interest

Totals

Carried forward from 2010

Balance on 31st December

* Individual SHR members, Kintyre Relay and Cort-ma-law

** Mugs £409.72; Bog and Burn £184.24; Long Classics £168.89; Engraving £18