

Minutes of Annual General Meeting of Scottish Hill Runners

Badaguish Outdoor Centre, Aviemore

4.30pm Saturday 26th October 2019

AGENDA

1. Welcome and apologies for absence
2. Adoption of Minutes of 2018 AGM
3. Convenor's Report
4. Secretary's Report
5. Treasurer's Report, adoption of accounts and appointment of auditor
6. Subscriptions for 2020
7. Election of Officers and Committee
8. Motions
9. Any Other Business:

Extra race for over 60s in SHR Championship
SHR contribution to British Championship medals

Members Present:

Roderick Pugh (Convenor), Hugh McPherson (Treasurer), Hilary Ritchie (Secretary), John Tullie, Peter Simpson, Gordon Pryde, Richard Gatehouse, Ronnie Gallagher, Rosemary McPherson, Des Crowe, Jill Stephen, Craig Freshwater, Jamie Thin, Sarah Stovell, Russ Valentine, David Duncan, Angela Mudge, John Donnelly, David Oliver, Jane Oliver, Graham Arthur, James Ashworth, Eliot Stedman, Stewart Whitley, Michael Reid, John Cunnaghan, Kenny Richmond, Sam Alexander, Niall McAlinden, James Callender, Julian Warman, Alison Ridyard, Liz Bloomfield, Anita Laidlaw, Don Reid, Helen Macpherson, Jenn Riddick.

1. Welcome and Apologies for absence

Roderick Pugh welcomed everyone to the meeting. Apologies for absence were received from Neil Gilmore, Chris Upson, Andy Spenceley and Hilary Spenceley.

2. Adoption of Minutes of 2018 AGM

Roderick Pugh asked the meeting to consider whether the minutes as circulated, accurately reflected what was agreed last year. Proposed by Gordon Pryde, and seconded by Richard Gatehouse, the minutes were approved by the meeting.

3. Convenor's Report

Roderick Pugh presented his report (see Appendix 1)

4. Secretary's Report

Hilary Ritchie presented her report (see Appendix 2)

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

Hugh McPherson expressed his thanks to the previous Treasurer Ian Hawkins, for leaving the accounts in good order and providing support throughout his first year in post. He then presented his report (see Appendix 3)

Hugh noted that some members were still paying £8 rather than £10 as they had not updated their direct debits to reflect the increase in subscriptions and asked that they be informed.

The accounts for 2018 were adopted as published and the meeting approved the audited accounts, proposed by Ronnie Gallagher and seconded by Graham Arthur. The meeting agreed to continue with the Auditor David Hirst, proposed by Angela Mudge and seconded by Gordon Pryde.

6. Subscriptions for 2020

The meeting agreed that there would be no change to the subscription for 2020. Fees would remain at £10 for senior members, £5 for additional members sharing the same address, £5 for juniors/students.

Election of Officers and Committee

Hilary Ritchie is stepping down from her position as Secretary and a replacement has come forward. Proposed by Angela Mudge and seconded by Des Crowe, Jill Stephen was elected as Secretary.

Dave Scott is also stepping down from the committee.

The committee will therefore comprise:

Roderick Pugh	Convenor
Jill Stephen	Secretary
Hugh McPherson	Treasurer
Ronnie Gallagher	Committee Member
Angela Mudge	Committee Member
Chris Upton	Committee Member

Co-Opted Positions

Gordon Pryde	(Membership)
Andy Spenceley	(Statistician)
Graham Arthur	(Web Support)
Neil Gilmore	(Race Results, Website & Calendar)

7. Motions

No motions raised.

8. Any Other Business:

Extra race for over 60s in SHR Championship

The meeting was asked to once again to consider adding an extra medium race to the Championship for over 60s only as they were often effectively excluded from the two long races due to cut-offs.

Roddy outlined the conclusion of previous discussion; explaining that while there was some sympathy for the request, the committee believed the championship should be challenging and already giving the over 60s the option of not having to complete a long was enough of a concession and therefore were not in favour of adding another race. He then asked the meeting to comment.

Following discussion, it was agreed that early start options and relaxed cut-off times were a better solution than adding another race.

There will be no change to the current Championship format but SHR will continue to ask race organisers to consider early starts and/or relaxed cut-offs when their races are included in the Championship and will advertise this in advance

On a separate issue, Jamie Thin suggested SHR should recognise and respond positively to race organisers who tried to make their races environmentally friendly. **To be discussed further at committee level.**

SHR contribution to British Championship medals

Ronnie Gallagher raised his concerns over the financial contribution made by SHR to British Championship masters medals that only UK Athletics or SAL members could win. He felt it was absurd that SHR members were paying for medals that some of them were not eligible to compete for. He suggested we either stop paying or if we continue to pay, non-SAL members must be allowed to take part and it should be advertised that SHR and other bodies are paying rather than the UK Athletics branding.

The meeting generally accepted Ronnie's point and it was suggested that Scottish Athletics should be asked to contribute. **Roddy to raise it at the next SA HRC meeting in November.**

GPS

Sam Alexander questioned the SHR stance on GPS in races. Roddy explained that it had been discussed and the committee were against the use of GPS for navigation in races. He explained that SHR were an advisory body so could not ban general use but would request that GPS not be used in championship races. There was no issue about using GPS in an emergency if individuals were lost in the hills but it was not acceptable as a navigational aid in races. After some discussion around safety issues and loss of basic navigational skills, it was agreed **there would be no change in the SHR position on GPS.**

Poles

Angela Mudge brought up the issue of poles. SHR are against the use of poles as a running aid in races, mainly on the grounds of safety they can present a danger to other runners. Ronnie reported that insurance conditions will specify that poles are not allowed.

Long Classics scoring

Jill Stephen asked the meeting to consider again her request that the women's Long Classics results be scored separately from the men's. She argued that it would be fairer to have a score based on your fellow competitors' performance and not an external influence as the outcome of a closely run series could be decided on which man turned out to run a particular race. There were enough women to merit separate scoring and it would make it much easier to know where you were in the series if women were scored separately like they are in the championship.

Roddy explained that this had been discussed and the committee was in agreement with her proposal but the series organiser was resistant. **It was agreed that the committee should insist on the change.**

Encouraging participation

The Whangie Whizz organiser reported that by rebranding his race as the Dumbartonshire Hill Running Championship, he had a big increase in the number of participants and suggested this might be a model that other race organisers could follow to promote the sport.

Venue

Jamie Thin commented that Badaguish was a good AGM venue and he would like to see it repeated.

The Convenor brought the meeting to a close.

Appendix 1

SHR Convenor's Report to the 2019 AGM

This is the first occasion that I have been convenor that the AGM has coincided with the presentation of prizes and the ceilidh. I promise to try and keep things moving along this afternoon, although everyone will get their opportunity to have their say.

Hilary is going to cover the SHR championships in her secretary's report, so I will start by considering the achievements of Scottish hill runners beyond Scotland.

The year began with Jasmin Paris winning the gruelling Montane Spine Race along the Pennine Way.

This stunning achievement rightly created a lot of interest and widespread media coverage.

As well as winning his 10th consecutive Ben Nevis race, Finlay Wild set a new record for the Welsh 3000s (the 15 Welsh mountains over 3000 feet). In so doing he broke Colin Donnelly's longstanding record set back in 1988. Finlay also had convincing wins at Buttermere, Ennerdale and Langdale, three of the Lake District Long Classics.

In July, Jacob Adkin won the European Mountain Running Championships in Zermatt, Switzerland and led home a victorious GB team that included Robbie Simpson and Andrew Douglas.

Andrew Douglas was the winner of the WMRA World Cup (over a series of 7 races, including a victory at Snowdon).

These are hill running achievements of the highest order. The WMRA championships take place next month in Argentina.

At home, hill running continues to become ever more popular. I was surprised earlier this week when a University Challenge question featured the Bob Graham Round, The Dragon's Back Race and the Spine Race.

Several races with online entry were oversubscribed. Before today's race over 450 runners had run at least one championship race, with 846 runners competing in the Long Classics and over 900 in the Bog and Burn series.

Online entry is here to stay and is likely to become more widely used. The SHR can simply ask that race organisers try to offer some on the day entry where possible.

As ever, safety while running on the hills is of paramount importance to all of us. This past year thankfully has seen no incidents such as those at the Lomonds of Fife Hill race last year when several runners required hospital treatment. I was running again at the Lomonds this year, where after a morning course inspection, the bad weather route was deployed (thus avoiding the 'Bum Slide') and the race passed without incident.

There were issues however at An Teallach in the summer, where several different groups of runners lost their way, some admittedly by playing 'follow my leader'. Some of these runners realised their mistake and retraced their steps to return to the race route. Others found their way off the mountain safely but had a long run back to the finish. Three runners required the assistance of the Mountain Rescue team, one of them requiring to be collected by helicopter before darkness set in. No runners suffered injury or exposure.

What can we take from this?

I do believe that the message regarding carrying full kit when required to do so has got home to the vast majority of hill runners in Scotland. What I am less sure of is just how proficient some of us are at navigating by map and compass.

To this end, the SHR continues to run navigation courses led by Steven Fallon every March and I commend these courses to all members. The courses are subsidised by the SHR and offer excellent value for money. See the website for details.

Given what I have said about navigation, the SHR committee's decision to ban the use of GPS devices in SHR championship races might seem perverse. The committee feel that the use of GPS devices is not in keeping with the spirit of hill running, and runners must rely on map and compass.

Another aspect of race safety that became a real issue in a championship race this year was that of lighting during a race. This happened during the later stages of the Arrochar Alps race. The best advice is to head off the hill as quickly as possible and get indoors or into a vehicle. If this is not possible, it is safer to sit it out in the open in low lying ground, in a depression or hollow but away from casual water. The SHR will be publishing advice on lightning and what to do on its website and in next year's handbook.

I'm aware that we are going to discuss the possibility of an additional championship race for the over sixties later in the meeting.

I can announce the SHR championship races for next year and these are as follows:

Short - Tomnabat, Yetholm Shepherds Show hill race.

Medium - Alex Brett Cioch Mhor, Hartfell Horseshoe.

Long - Stuc A'Chroin, Glenshee 9(British counter).

I would like to thank all the members of the committee for their enthusiasm and hard work over the past year. Hilary is going to say a few words about each of them, but I am going to talk about three of them.

Andy Spenceley is our statistician and his unenviable task today is to get the results from today's race and to update each individual runner's final championship placing. Many of the race category outcomes were in the balance before today's race. If he's not here at the AGM then he's still working on the results as we speak. Thanks to Andy and his wife Hilary.

Hilary Ritchie became secretary when I became convenor some three years ago. We were both uncertain what we had let ourselves in for, but she has helped and supported me greatly during this time. I will miss her advice, her common sense and her unflappability as she steps down after her three year tenure as secretary. Thank you, Hilary.

Dave Scott is also stepping down after ten years on committee, initially as convenor and currently with the responsibility for organising the navigation courses, the championship prizes and occasions such as this evening. I will miss his company and his endless knowledge and experience of the world of hill running, and I hope I can still turn to him for advice in the future. Thanks Dave.

Roderick Pugh

Appendix 2

SHR Secretary's Report to the 2019 AGM

Welcome, thank you all for coming. I hope you will agree that it's been another successful hill running season, And I'd like to start by thanking my fellow committee members who have helped make it happen. So much hard work goes on behind the scenes that isn't normally seen by our members, so I'd like to acknowledge the efforts of **Roddy Pugh**, who in addition to his duties as Convenor has also recently taken on the role of our representative on the HRC (the Hill Running Commission of Scottish Athletics), our Treasurer **Hugh MacPherson**, Membership Secretary **Gordon Pryde**. Thanks also to **Angela Mudge**, for amongst other things, her work arranging the championship races. Angela also provides a useful link through her involvement in other organisations such as Scottish Athletics. And **Harry Gilmore**, who looks after the SHR Calendar and updates the website with news and race results. Harry also deals with the social media, frequently posting on the Scottish Hill Runners and Scottish Hill Racing Facebook pages. We are grateful also to **Andy Spenceley** for compiling the senior championship results and keeping us regularly updated with results and reports on the current standings. **Ronnie Gallagher** for his continuing work on the journal and handling the insurance requests and organising the mugs. **Graham Arthur** who is continually working to improve the website. And last but by no means least, **Dave Scott**. As Roddy has said, a long serving member of the committee who has been responsible for organising the navigation courses, the championship prizes and the annual do in recent years, a real stalwart who will be sorely missed.

I'd also like to say thank you to all the runners and race organisers who have been involved in our various championships and give you a roundup of the results.

Starting with the **Senior Championship**:

Once again, Angela selected a fine set of races but they did throw up some challenges! We started off with a nice sunny uneventful short at Screel in April, but this was followed by the Arrochar Alps, a challenging race at the best of times made extra interesting by a lightning storm this year! And then there was the first medium in July, An Teallach, also eventful! While Jill Stephen and Andy Fallas were setting new course records, several runners were going off course due to poor visibility and competitors could be seen coming from all directions into the finish. Most found their way back eventually but unfortunately the mountain rescue was required and a helicopter had to be called out. However, everyone got home safely in the end and, as the organiser said, it was good training for the Mountain Rescue and it raised about £1500 for the team. Creag Dhubh presented no such problems and fears that it would be horribly congested as it was also British Championship counter were not realised. The other long counter was the Two Breweries in September and the option of an early start meant that runners who felt unable to tackle Arrochar could have a good chance of finishing a Long to complete the championship. Thanks go to the organiser for offering this concession, it was much appreciated. And of course, we are finishing with Meall a'Bhuachaille today. No dramas that I am aware of but it does mean I don't have the final positions to report.

Consequently, I can't tell you how many runners have earned their SHR mug this year or give you all the final results. However, some categories were already decided before today's race including all the female champions, though second and third places are up for grabs. Congratulations go to HBT's Jill Stephen, senior women's champion for the second time. Heather Anderson of Fife AC takes her first Vet 40 title, Veronique Oldham of Cosmics has won the over 50's for the fourth year in a row

and this is actually her 10th championship gold as she is also a 6 times over 40 winner! Fife AC's Jocelyn Scott has held onto her over 60s title.

Westerlands are leading in the senior women's team competition but they could still be challenged by Highland Hill Runners. Highland have never won this and the last time Westerlands won was in 1995. Safe to say that Fife AC have definitely regained their Vets title after a momentary lapse last year. This is the 7th time Fife have won this title in its 13 years.

The male categories are much more open, partly due to many of the favourites only having done three races, perhaps saving themselves for today's race? The only male categories decided are the Under 23 which goes to Carnethy's Alexander Chepelin and the Team categories, with Shettleston taking both the senior and vets titles this year.

Thanks to Andy Spenceley, our Statistician who does a fantastic job compiling all the results and keeping us updated with positions, although this year he can't be with us for the final race so the responsibility of working out the final placings has fallen to Gordon Pryde. I suspect he (and some of the winners) may already have worked it out but the rest of us will have to remain in suspense until the prizegiving. All will be revealed soon!

In the **Scottish Long Classics Series**, a total of 38 runners completed at least 4 races this year. The winners were John Yells of Lochaber, a first time win for John, ahead of Steve Halsall (Keswick) and Alistair Masson of Carnethy. The winning woman was once again Jill Stephen, that's Jill's 4th consecutive series win and so well done to her. Scuz Wingrove of Cosmics and Michelle Hetherington of Carnethy finished 2nd and 3rd respectively. We didn't have anyone do all 9 races this year but for the first time ever, we did have an Over70 completer! Congratulations to Graham Arthur of Highland Hill Runners!

Thanks go to Chris Upson for organising the Long Classics.

41 runners completed the minimum 6 races to qualify this year's **Bog and Burn Series**. Westerlands once again took both the male and female titles. Niall McAlinden was the men's champion ahead of Cambuslang Harrier Justin Carter and James Bowden of HBT. The female title went to Ella Peters ahead of Alex Berry, also of Westerlands and 3rd placed Romy Beard from Bellahouston Road Runners.

Many thanks to Jamie Thin for his work on this.

Thanks again to all involved. The trophies for the Senior Championship and the Long Classics will be awarded tonight.

On a final note, this will be my last AGM. I have come to the end of my term as Secretary. I have thoroughly enjoyed the experience and am therefore a little bit sad, but I think it is so important to rotate these positions. There is a hard core of hugely committed individuals who have been involved long term in the running of the SHR and this continuity of expertise and experience is invaluable. These are the people I mentioned at the start of this report and they are the real powerhouse of the

organisation, but it is also vital to bring in new people on a regular basis to keep things fresh and forward looking. For that reason, I think we are very lucky to have Jill Stephen standing for Secretary.

I'm sure she needs no introduction; her name has been mentioned several times already in relation to the Championships today! But in case anyone doesn't know Jill, she's a fairly recent convert to the hills. She only started running in 2014 but has already had so many adventures and achieved so much, including winning and getting the record for Ben Rinnes. That was special as it's her home race and apparently, she was almost last the first time she ran it. Hard to believe! She also took part in this year's Scottish Islands Peaks Race with her partner Craig and describes it as one of the best adventures they've had together! Jill obviously loves the sport, she's a talented and enthusiastic runner and she's keen to get more involved. She's also lots of things that are under represented on the current committee - she's young, female and HBT. I'm sure she will be a great asset.

I would like to finish by thanking my fellow committee members for making me so welcome. It has been an interesting and rewarding 3 years and I would encourage anyone who has been thinking about joining the committee or putting yourself forward when a vacancy arises to just do it. You won't regret it.

Hilary Ritchie

Appendix 3

SHR Treasurer's Report to the 2019 AGM

Introduction

I took over as Treasurer following the AGM in November 2018, although it was some weeks before I could fully function in this role owing to the time taken by the bank to transfer things over from my predecessor, Ian Hawkins. One of the first jobs was to complete the accounts to the end of the year and prepare them for submission to the auditor, David Hirst of Deeside Runners. Fortunately Ian had left the books in excellent order so I had little difficulty in this task. In recognition of David's services as unpaid Auditor over the years, the Committee resolved this year to make an annual award of a bottle of malt whisky.

Audited Accounts for Year Ended 31st Dec. 2018.

The Income and Expenditure Account plus the Balance Sheet are attached to this report, the former including figures for the preceding year plus a forecast for the current year for the purposes of comparison. By SHR convention, only subscriptions and donations are classed under "Income", with other funds received being attributed to the various categories of Expenditure as negative costs, shown using the accountant's practice of enclosing in brackets.

Subscription income for the year was £566 higher than in 2017, which was very encouraging. For those new to SHR accounting practice, it is worth noting at this point that for simplicity, all income and expenditure figures relate to those sums received or spent during the calendar year, with the exception of income in respect of the Navigation Course, which is entered for the course running in the particular year, although some may have been received at the end of the previous year.

We were very fortunate in receiving £300 in donations from Highland Hill Runners and Deeside Runners, plus £30 from the proceeds of the Cort-ma-Law Race. The HHR donation near the end of December exactly made up for projected advertising income which did not materialise, resulting in the surplus for the year being very close to that which had been forecast by Ian.

A small profit was made on the Social ("Do"), with moderate losses of a few hundred pounds being made on the Calendar, Journal, Navigation Course and Website. As usual, the largest outgoings were on Prizes and Trophies at £1,337 and on Race Insurance at £1,233. As in previous years, we continued to contribute to the cost of the British Athletics medals, and have done so again this year.

Forecast Accounts for Current Year Ending 31st Dec. 2019.

Subscriptions to date are £72 down on last year, with a tentative estimate of £400 being entered for those yet to be received in November and December. It is worth noting that 37 members continued to pay £8, having failed to up-date their direct debits following the increase to £10 in 2018. It would be worth e-mailing a reminder to those members before subs start rolling in for next year.

We received an exceptionally high sum in the form of Donations, totalling £630 from Cosmic Hill-Bashers, Tinto Hill Runners, and again the Cort-ma-Law Race. To this year's and last year's donors we are very grateful, and hope that clubs will continue to support SHR in this way in the future.

Whereas 2018's Social made a small profit, a loss of £830 was made this year owing to the fact that last year's Do was largely sponsored by the Ben Resipol campsite, who provided accommodation in a marquee free of charge. Income from the Do is considerably higher than before, owing to a doubling of the ticket price to cover this year's occasion.

The loss on the calendar is somewhat higher than in 2018, with that on the Journal continuing much as before. Expenditure on Prizes and Trophies is £74 down on last year.

The Website costs are shown as £140 as opposed to £221 in 2018. In fact, the hosting charges were

identical, last year's total of £220.79 including a sum of £81 to Flicker. The £200 under "Adverts" relates to advertising by Run and Become on the website during 2018.

A deficit of £297 is currently estimated for 2019, but this may not be as accurate as last year's forecast.

Hugh McPherson. Presented at 2019 AGM with corrections incorporated for inclusion in Minutes.

The full accounts as presented at the AGM are available to SHR members. Please contact the Treasurer or a committee member: <https://www.scottishhillrunners.uk/Contact.aspx>