

# Ochil Hill Runners AGM 2023

*Tuesday 5<sup>th</sup> December, 19:00  
at the Birds & Bees, Causewayhead*

## **Present:**

Fiona Kelsall, Lucy Rosa, Richard Coombs, Collette Ashworth, James Ashworth, Michelle Best, Celeste Kellock, Stuart Neillands, Davy Duncan, David Scott, Russ Clare, Gregor Malcolm, Andrew Davis, Alex King, John Stevenson, Grant Baxter, Tom Vasepuru, Cameron McCartney, Bob Wiseman, James Anderson, Angela Mudge, Helen Winton, Ron Martin, Pat Fitzpatrick.

## **1. Welcome and apologies**

Andy Stratton, Hazel Dean, Robin Watson, Gareth Bryan-Jones, Kevin Davie, Sam Wainwright, Trevor Shaw, Isla Campbell, Edel Mooney, John MacEwan, Philip Williamson.

## **2. Approval of Minutes of AGM 2022**

The minutes of the AGM held on 1<sup>st</sup> December 2022 were accepted as being correct.

**Proposed: Grant Baxter Seconded: Tom Vasepuru**

## **3. Chair's report [James Ashworth]**

Another busy year for the club: winter race series; membership questionnaire, navigation course, club races, club weekends away, Sunday social runs, twice-weekly training sessions, Tuesday evening hill runs, 3 newsletters. A big thank you to everyone involved.

## **4. Election of Office Bearers**

- i. James Ashworth stepped down from his role as Chairman. Whilst no-one has volunteered for the role John Stevenson intimated that he'd step in until someone came forward.
- ii. John Stevenson and Angela Mudge stepped down from their respective roles as Club Captains.

The following nominations were made, and election confirmed:

<b><i>Post</i></b>	<b><i>Nomination</i></b>
Chair	(John Stevenson)
Secretary	Fiona Kelsall
Treasurer	Alex King
Membership Secretary	Andy Davis
Men's Captains*	Gregor Malcolm <i>[New]</i>
Ladies' Captain*	Michelle Best <i>[New]</i>
Webmaster	Alex King
Club Coach	John Stevenson

*Ladies' Captain:* proposed Angela Mudge, seconded Helen Winton

*Men's Captain:* proposed John Stevenson, seconded James Ashworth

## **Co-opted members**

Welfare officer (new requirement for Scottish Athletics) - Fiona Kelsall  
Social Secretary - Viv Crampton  
Club Kit - Victor Insausti Aranega

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## 5. Club Championship [Alex King]

Men's winner: Alastair Thornton

Ladies' winner: Edel Mooney

Handicap winner: Jack Taylor

They win a prize of a bottle of wine or 3 bottles of beer.

i. Next year it is proposed to split out the women and men and also 2<sup>nd</sup> claim OHR members can compete.

ii. After a straw poll of those present at the AGM it was decided that the club vest must be worn at races in order to be part of the championships.

## 6. Christmas Run

For those that were fed up of Ben Vrackie (!) a change was decided upon: Wednesday 27<sup>th</sup> December, Beinn Each with food afterwards at the Lade Inn.

## 7. New website [Alex King]

The new website went live yesterday (4<sup>th</sup> Dec 2023). It is mobile friendly. All OHR members can create a login which gives the ability to add news items. These items can be marked public or club only.

## 8. Treasurer's report [Alex King]

Alex presented the club finances up to mid-November 2023.

As an aside, a new sponsorship agreement with Williams Bros. Brewing Co is in place which allows for 1 beer for every runner in a race. This is an informal arrangement and race organisers should make contact prior to a race. At present the club isn't showing acknowledgment of our new sponsors so a discussion is needed to decide how to 'repay' them.

Kit sales (£690) and membership fees (£1349) provided most of the club's income. The only significant outgoings were for the Ochils 2000s race, which was for coach and dibbers hire. A loss was made on one of the social weekends as the club had to cover the non-refundable deposit. This year there is a surplus of £1400, which is high due to the Ochil 2000s being a SHR Championship race.

## 9. Donation to local charity

NOTE: At 2017 AGM it was agreed that half of any surplus made each year should be donated to charity, subject to the overall financial status of the club.

Following the note above this would mean that £700 needs to go to charity this year. There was a brief discussion about whether this should be amended to 50% up to a maximum of £xx

Angela Mudge suggested donating to organisations that look after the environment. Possibilities include contacting local landowners, Alva Glen Trust, Paths for All, environment charities improving access to the Ochils

The usual donation to Ochils Mountain Rescue should go ahead at £150.

## 10. Membership Secretary's report [Andy Davis]

Currently there are 183 members with an approximate 72% / 28% male / female split.

Question: Do we need a women's participation role to promote women hill running?

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The membership survey back in January highlighted a desire for more social interactions and communications. The main outlets for social interactions are the Sunday social runs, the weekends away and the weekly Tuesday evening hill runs, as well as volunteering at OHR events.

The navigation course arranged by Angela Mudge was a direct response to the survey. Fourteen club members attended this, at a bargain cost of £5 per head.

Communications are via the club website, newsletter, email and the WhatsApp groups.

Question: Do we need a Communications Officer?

Due to the ongoing issues with our membership platform, LoveAdmin, and PayPal, the club will be launching the membership registration via Slentries which will be open for renewal shortly after the AGM. Brand new members joining in December will get 13 months membership for the price of 12!

## 11. Club Coach's report [John Stevenson]

Tuesday sessions tend to be better attended than Thursday, with some regulars not appearing for a while. John will be out of action for at least 6 weeks from Christmas, but hopefully Pete will take on the role of coach temporarily. There will be a detailed training schedule so that runners can do sessions themselves.

## 12. Club Captains' reports [Angela Mudge, John Stevenson]

There has been a lack of Senior men and Female under-40s at races. The club wasn't able to send a female team to the FRA relays this year due to lack of interest (6 in a team). This is a brilliant race, and ability is not as important as willingness. John Stevenson expressed frustration with trying to get enough of the fast male runners to make a team for races. The 'older' runners had a great time at races with some notable wins. Read the full report [here](#).

## 13. Race Organisers' reports

- **Dollar HR** [Alex King] had only 41 racers this year due to it clashing with the Melantee race, a counter in the SHR Champs.
- **Maddy Moss** [Tom Vasepuru] had 80 racers this year, with around 20 OHR runners. Tom thanked all those who volunteered, though there weren't enough to have a Marshall at every 'checkpoint'.
- **Ochil 2000s** [Alex King] was a SHR Champs race this year and had 139 racers. There was a new course record, set by Kris Jones, of 02:47:44. This beat the previous record by 8 minutes!
- **Kirk Craigs Christmas Cracker** [Grant Baxter] had a shortened course due to ice. There were 49 racers, which was down from the usual 70-100 racers. However, the race still made a profit due to a donation of £500 from JH Contractors. Baynes provided the post-race pies at a discounted price.

## 14. Social Secretary's report [Viv Crampton]

There were two weekend meets during 2023, both to the Lake District. Both very successful but lower numbers than hoped for on the 2<sup>nd</sup> trip meant the club was out of pocket. You can read the full report [here](#).

If you have any ideas for future weekends away, please pass them on to Viv.

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## **Annex 1: Report from the Club Captains [Angela Mudge and John Stevenson]**

The 6 races in the **SHR Championship** started off with Birnam in April. A good turnout of Ochils from almost 300 runners. Angela Mudge was 1st F50, Pat Fitzpatrick 1st M70. Goatfell followed and Angela was 1st F50 again, Hazel Dean 1st F60. Then 'Melantee' (Angela 1st F50) followed by Ochil 2000's with Angela 1st F50, Hazel 1st F60. Ben Rinnes and The Merrick were the final 2 races in the series. Overall, unsurprisingly, Angela was 1st F50 and also 1st F40, Michelle Best was 3rd F40 and Fiona Kelsall 4th F50. Ochils women were 4th F40 team and won the F50 category – "A toast to the lassies". In the men's competition Steve Feltbower was 2nd M40 and the team were 4th overall senior and also 4th M40.

After a strong 2022 **Bog and Burn series**, finishing a very close runner up to Westerlands overall, I had high hopes of going one better in 2023. Unfortunately, we did not get enough top men out to support the guys who did turn out, especially Ali Thornton who had a strong series, winning the senior men with a 1st at Kaim and 3 2nd places. Ochils women had a very successful B&B 2023 with Edel Mooney, Fiona Kelsall, Susan Lindsay, Angela Mudge and Hazel Dean all winning their categories in races - bringing home the Booze especially at Ben Sheann. Susan ran all 13 races.

In the **Long Classics Championship** series Angela was 3rd woman overall as well as 1st F40 and 1st F50, Hazel took the F60 prize.

The **Scottish Athletics Championship** was a single race at Goatfell in May with Angela winning the F50 and also the F40, Hazel won the F60.

In other news Ali Thornton won at the Cobbler and also Glamaig (albeit in a Howgills vest), Rory Abernethy 1st at White Tops, Jack Taylor 1st at Durisdeer, Edel won at Kinnoul and the Martin Hyman Memorial.

Two mixed teams 'enjoyed' a scorching day at The Simon Wake Relays finishing in 12th and 17th places overall. And talking of relays our senior men's team of Will Bowers, Alastair Graves, Gregor Malcolm, Ali McLeod, Graham Gristwood, and Rory Abernethy had a superb run to finish 7th overall and 1st Scottish team at the FRA relays in the Lake District in October.

Robin Wilkins and Dave Wallace (along with their boat crew) won the Scottish Islands Peaks race in May overall and Class 2, Will bowers (with crew) won the Class 3.

Rory Abernethy was selected to run for Scotland at the Mountain running world cup race – Vertical Nasego in Italy in August finishing 17th in a world class field.

Well done to all who ran for Ochils this year, at the front or backing up and thank you for turning out.

Sorry if I missed anyone.

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## **Annex 2: Report from Social Secretary [Viv Crampton]**

There were two weekend meets during 2023, both to the Lake District. The first in April, near to Windermere, with luxury accommodation kindly provided by Dave Scott. Nine people attended plus one day tripper. Superb ridge runs on the Saturday, great views and dry weather followed by a home cooked multi course meal in the evening. Various lower key activities on the Sunday including a few swimming in the local tarn.

The October meet was organised to coincide with the FRA relay race based near Keswick and we stayed at a local hostel. Again, nine people attended plus a day tripper. The OHR team achieved 7th place overall and 1st Scottish team, a fantastic achievement made sweeter by beating Carnethy by 18 seconds. Those not racing set a relaxed pace round the Coledale Horseshoe ending up at the race finishing area and managing to find cakes and scones before catching the express bus back to Keswick for more cake and coffee at Booths. Sunday saw many of us visit nearby Bishop and Clerk (a couple of painted stones) and some of us managed to successfully navigate our way to the Whinlatter Forest Visitor Centre for more coffee and cake.

Unfortunately, we didn't achieve the expected number of people staying overnight and since the hostel fees were non-refundable the club made a loss on the hostel fees. I would be pleased to receive any suggestions for next year's meets regarding venue and dates. Note next year's FRA relays will take place from Appletreewick in the Yorkshire Dales but given the disappointing numbers staying over for the weekend it may not be best to choose to coincide our weekend away with this event. Or at least find refundable bunkhouse accommodation (likely to be scarce).

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