

Strathearn Harriers Annual Report 2019

1. Introduction

- This report gives an account of Strathearn Harriers' activities, achievements and financial outcomes for the year January to December 2019. It is primarily intended to provide information for the club's own members, but may be shared with other relevant organisations.

2. Structure, Governance and Management

- Strathearn Harriers is an Unincorporated Association, governed by its Constitution and managed by an elected Committee whose members are appointed or re-appointed at the Annual General Meeting.
- During 2019, the Office Bearers of the club were Gordon Morrison (President), Iain Thomson (Secretary) and Jeff Sweeney (Treasurer). Other committee members were Mirela Macinnes, Kerry Sweeney, Nicola Watson, Nick Gough and Jason Miles-Campbell.
- As an Unincorporated Association, the club has no legal personality, and therefore club Committee members act on behalf of the club and have unlimited personal liability for any claims arising from what is done in the club's name.
- Major risks are managed by
 - Club affiliation to Scottish Athletics, through which UK Athletics (UKA) public liability insurance cover is held for all the club's activities.
 - UKA permits issued by Scottish Athletics for the races organised by the club, providing additional specific insurance cover
 - Compliance with UKA guidelines on coaching qualifications, standards and practice.
 - Holding financial reserves to allow the club to continue to operate in the event of a significant variance in its income.
- A revised Club Constitution was adopted at the AGM in March 2019, drawing on professional advice from an advisor provided by Scottish Athletics. The changes included the introduction of proxy voting at General Meetings and a limit of 5 consecutive one-year terms for Office Bearers.
- Having both served as Office Bearers for six years, Gordon Morrison and Jeff Sweeney will not stand for re-election in 2020.
- Strathearn Harriers has a welfare policy which follows the guidelines of UK Athletics and Scottish Athletics. We meet their requirements and ensure that all adults involved in regulated work with children (coaches, coaching assistants and parent helpers) are members of the Protection of Vulnerable Groups (PVG) scheme. Our coaches have a PVG update and attend Safeguarding and Protecting Children workshops every three years. Coaching Assistants have also been encouraged to attend the workshops. More detailed information about welfare can be found on the club website or by contacting the club's Welfare Lead, Mirela Macinnes.

3. Objectives and Activities in 2019

The purposes of the club, as formally set out in the Constitution, are:

1. the promotion of public participation in running as a sport throughout the Strathearn area; and
2. the provision of recreational activities and/or facilities with a view to improving the conditions of life of those for whom the activities and/or facilities are primarily intended.

In 2019, significant elements of the club's activities included the following:

- Club membership and local engagement
 - Adult membership at year end was 105 comprising 49 men and 56 women (in 2018, 120, 58, 62)
 - Junior membership was 60, comprising 35 boys and 25 girls (in 2018, 59, 36, 23)
 - Many voluntary hours were again given by a wide range of club members and parent helpers to plan and deliver the club's programme for the year.
 - Many other people from across Strathearn again gave active support to club activities, notably the races we organised, without which those events could not have taken place.
 - Morrison's Academy kindly allowed the club to use its floodlit all-weather hockey pitch for training, and the club's races received sponsorship support from a number of local businesses.
- Organising races in Strathearn
 - The 2019 Strathearn Marathon was on 9th June and for the first time all 250 race places were sold out.
 - The Crieff 10k and Junior 1 Mile races took place on 7th July. Entries for the 10k again reached the 330 limit.
 - With a new group of organisers led by Keira Reid, the Simon Wake Comrie Hills Relay on 1st September attracted the highest ever number of entries, and 35 teams took part on the day.
 - In 2019 it was the turn of our club to host the annual Hartley Relays. Rachel and Andy Gallagher led the organisation of the event, which took place at Crieff Community Campus on November 17th and involved 50 teams from 11 running clubs.
- Junior Harriers
 - Coaching
 - Junior coaching sessions were held twice-weekly, on Tuesdays and Thursdays through much of the year, taking advantage of the floodlit all-weather facilities provided by Morrison's Academy and also, during the worst of the winter weather, training indoors at the Community Campus.
 - In 2019 the juniors were again coached on an unpaid basis by two qualified coaches, Phil Mestecky and Andrew Aitken.
 - The coaches were supported by a number of trained Coaching Assistants as well as a group of parent helpers who assisted at training.
 - Junior racing

- Cross-country
 - 2018/19 XC season saw a very high level of participation by junior Harriers in cross-country events, setting new records for performances in the East League XC events and for XC overall.
 - A record number of Junior Harriers took part in the February 2019 National XC Championships.
 - A Junior XC open event was held at Cultybraggan in early 2019, with 22 junior athletes taking part. In 2020 this event will move to Monzievaird.

 - Other
 - In the November 2019 Hartley Relays, Harriers teams again won both junior categories.
 - Grangemouth Open races - Juniors went to several of these monthly track meets. Very good experience for them of track competition and many official PBs were set.
 - Time trials - our regular time trials remain very popular, with good numbers attending and lots of PBs.
 - Intra-club track day - 30 Juniors took part in this year's event at Dallerie

 - Awards 2019
 - Club Champions

▪ U11B – Scott C	▪ U15B – Charlie F
▪ U11G – Chloe B	▪ U15G – Anna M
▪ U13B – Tristan S	▪ U17B – Fergus M
▪ U13G – Molly M	▪ U17G – Sam F

 - Most Improved

▪ Boy: Cameron	Girl: Tash
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 - Coaches Award

▪ Boy: Andrew G	Girl: Elspeth M
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 - Martin Cup: Ryan C
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- Senior Harriers
 - Coaching
 - From Spring 2019 onwards senior training sessions on Thursdays were organised and led by a rota of senior members including the men's and ladies' captains. To support this, the club purchased a set of one year's weekly session plans for £300.
 - Organised club runs took place through the year on Mondays, Fridays and Sundays.

 - Racing
 - 15 men and 19 women took part in one or more of the twelve 2019 club championship races, with 4 men and 5 women completing the required 5 races. (In 2018, this was 15,12,4,2).
 - Club teams took part in: (# teams)
 - Devils' Burdens hill relay race Jan 2019 (4)
 - SWCHR (5)

- Hartley Relays (2 senior, 4 junior)
- Organising social activities for club members
 - After a dinner and ceilidh planned for February 2019 had to be cancelled because of insufficient bookings, members were surveyed about the kind of social activities they would support.
 - Drawing on that input, subsequent events organised were
 - Pub quiz following the AGM in March 2019 at Crieff Golf Club
 - Fun relay and bbq at Monzievairst in September
 - Sociable runs with coffee and cake after, including Mince pie run at Comrie Golf Club
 - Christmas lunch in Crieff
 - Headtorch run on Lady Mary's walk on December 27th
 - Annual awards ceremony in Feb 2020 in a simpler and lower cost format.

4. Achievements in 2019

- Senior Racing
 - Team events
 - **Devil's Burdens 2019** Men's team 25th position overall 3.32.47, Women's team 66th overall 4.02.39, Mixed teams positions 102 and 121.
 - **Scottish Ultra Trail Championships 2019** (i.e. The Highland Fling) Strathearn Harriers Senior Women's Team (Nicola, Julia and Josie) won Scottish Athletics Silver Medals
 - **Simon Wake Comrie Hills Relay** Men's A team 8th overall, Female V40 2nd in category, Women's A team 4th in category.
 - **Hartley Relays** Mixed teams 2nd and 16th in Mixed category.
 - Individual events
 - **7R Half Marathon** Tony Wayte 1st MV60
 - **Antonine Trail Race** Nicola Watson 2nd FV
 - **Ben Resipol hill race** Rhian Evans 2nd woman
 - **Ben Rinnes hill race** Iain Thomson 1st MV70
 - **Crieff 10k** Maddy Watson 1st woman, 1st Local Lady, 42.53.
 - **Dundee Half DRAM** Neil Scholes 23rd place out of 591, 3rd 'supervet' out of 77.
 - **Glen Coe Skyline race** 52k, 4,750 metres ascent, Rhian Evans finished successfully!
 - **Great Scottish 10k** Tony Wayte 3rd MV60, Fiona McDonald 2nd FV50
 - **Highland Fling ultra** Iain Thomson 3rd MV70
 - **Isle of Arran half marathon** Lauren Fairweather 4th woman, Fiona McDonald 1st FV50
 - **Killin 10k** Andy Gallagher 30th overall, 2nd MV60, Tony Wayte 32nd overall, 3rd MV60, Fiona McDonald 50th overall, 1st FV50
 - **Law Breaker hill race** Maddy Watson 3rd woman
 - **Meall nan Tarmachan hill race** Andy Gallagher 2nd MV60
 - **Milnathort Dash** Fiona McDonald 2nd FV50
 - **Neil McCover Memorial half marathon** Tony Wayte 1st MV60, Fi McDonald 3rd FV50
 - **Rannoch half marathon** Tony Wayte 10th overall, 1st MV60, 1.31.49
 - **Rannoch marathon** Lauren Fairweather 2nd woman 3.25.19
 - **Scottish Hillrunners Championship** Rhian Evans 6th woman

- **Scottish Mountain Marathon** Emily Greaves and Rhian Evans 11th overall and 3rd female team in the A class
- **Starman Night Triathlon** Beth Scholes 4th woman
- **Strathearn Marathon** Roger van Blerk, 6th MV50, 1st Local man; Lauren Fairweather, 7th woman and 1st Local lady; Nicola Watson 3rd FV50
- **The Two Breweries** hill race Iain Thomson 1st MV70
- **Tiree half marathon** Andy Aitken 3rd overall; Neil Scholes 7th overall and 2nd in age category; Beth Scholes 4th in age category
- **West Highland Way** Julia Greenlees became the first person in the Club to complete the Ultra Triple Crown of the Highland Fling, West Highland Way, and Devil o' the Highlands, all in one year, and setting V60 records in two of those races

- Club Champions
 - Andy Gallagher and Fiona Macdonald were 2019 Club Champions

- Achievement awards
 - Achievement Standards, used to help club members set targets for themselves and to recognise individual running achievement, were updated and a new Achievement Ladder was introduced. Susan Alexander kindly took on the work of administering the Club Championship and the Achievement Ladder.
 - 26 club members achieved one or more Achievement standards. The Gold standard was achieved by Fiona Macdonald in the 10k.

- Media and Communications
 - The main activity has been the continuation of the weekly club bulletin, sent on a Sunday evening to all members listed in the 'bulletin mailing list'. At the time of this report, this had 149 contacts. The bulletin has combined reports covering the senior and junior activities of the club. On average, around 60% of the bulletin emails are opened each week (between 75 and 97 'opens'). Whilst the bulletin takes some work to compile each week, it still seems to be an important channel for keeping members connected with the club.
 - Little has been done to develop the club website during the year – with the immediate aim for the homepage to be more focussed on attracting new interest in the club, rather than being a source of information for existing members, whilst keeping useful information like the club championship details and the structured training programme available. In addition, the number of press releases has dropped, and attention needs to be given to ensuring sufficient exposure to attract new members and raise the club's profile during the coming year.

- Charitable Donations
 - The net proceeds of the Simon Wake Comrie Hills Relay were again donated to support research into Upper GI cancer. This year the donation was £707.
 - 10% of the net proceeds from the Crieff 10k and Strathearn Marathon - £236.36 – was donated to the Malawi School Project run by Morrison's Academy.
 - The club donated £500 towards the costs of starting up a Junior Parkrun in Crieff.
 - The club donated £50 to Comrie & District Piping Association and £100 to Comrie First Response Team by way of thanks for their support of our races.

5. Future Plans

- Programmes such as the Club Championship and Achievement Awards aim to help members to set targets for themselves and compete in races. The club will continue to take all available opportunities to encourage club members to do that.
- Many people already contribute in many ways to the club's success, but we will always need new people to come forward to help with the work of organising and managing the Club and its activities. In particular, the Junior section by its nature needs a lot of adult participation, in the form of parent helpers, coaching assistants and qualified coaches.
- Resources will need to be found to address a number of issues with the club's communication systems, in particular official club email addresses and how we manage digital media channels.
- In 2019, club social activities which combined running and socialising appeared to attract the most support, so efforts will continue in 2020 to build on that and try to organise simpler social activities which can flexibly accommodate varying levels of participation.

6. Financial review

The club's accounts for 2019 are presented in summary below.

Strathearn Harriers					
Accounts for the year ended December 31st 2019					
		31.12.2019		31.12.2018	
		£	£	£	£
Events					
Crieff 10K	Income	4,609.35		4,601.12	
	Costs	3,005.94		2,806.72	
	Surplus	1,603.41		1,794.40	
	Charity Donation	160.35		179.44	
	Club surplus		1,443.06		1,614.96
Strathearn Marathon	Income	6,777.94		6,049.91	
	Costs	6,017.91		5,111.74	
	Surplus	760.03		938.17	
	Charity Donation	76.01		93.81	
	Club surplus		684.02		844.36
SWCHRelay	Income	1,193.06		962.16	
	Costs	485.58		339.57	
	Surplus	707.48		622.59	
	Charity Donation	707.48		622.59	
	Club surplus		0.00		0.00
Hartley Relays	Income	400.00		0.00	
	Costs	1,535.13		0.00	
	Clubs Surplus		-1,135.13	0.00	
Total Events	Surplus		991.95		2,459.32
Junior Harriers					
	Costs	1,656.70		964.01	
Social Events					
	Annual Dinner Income	0.00		1,663.42	
	Costs	0.00		2,452.42	
	Deficit	0.00		-788.77	
	Other Social Events income	307.91		397.60	
	Costs	374.00		451.10	
	Deficit	-66.09		-53.50	
Membership					
	Fees received	2,911.52		2,813.78	
	SAL Affiliation fees	1,084.00		1,111.00	
	Surplus	1,827.52		1,702.78	
Clothing					
	Sales	424.49		678.71	
	Cost of Sales	517.95		794.79	
	Surplus	-93.46		-116.08	
Total Other Activities	Net Surplus		11.27		-219.58
Miscellaneous Income					
		326.82		180.00	
Miscellaneous Costs					
		1,885.08		1,242.62	
			-1,558.26		-1,062.62
Overall Club Surplus 2019			-555.04		1,177.12
Overall Financial Position					
			£		£
Opening Bank Balance	01.01.2019		9,972.83		8,340.71
Closing Bank Balance	31.12.2019		9,279.84		9,972.83
Closing Clothing Stock					
			1,135.00		1,515.00