



1985 - 2022

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

ANNUAL REPORT 2022

Membership

Year	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Members	111	113	86	124	152	180	202	212	195	172	186

Membership for 2022 saw an increase to 186 members from 172 in 2021. While not back to our 2019 high of 212 members, we have returned to 2017 levels which is encouraging. At the time of writing, we currently have 142 members for 2023 and would expect this to increase as we go into the new year.

2022 Committee Members

Chair: David Innes

Vice-Chair: James Waldie

Secretary: Amy Bryson

Treasurer: Gillian Edwards

Championship Organisers: Mark Crawford and Mike Dales

Club Clothing: Kevin Rogers

Membership: Douglas Robertson

Website: Gillian Edwards/Mark Crawford

Welfare: Douglas Robertson

Race Organiser: Kevin Riddell

1. CHAIR'S INTRODUCTION

2021/22 saw us eventually return to pretty much what we had been pre-pandemic, allowing us to train and race together again. Numbers participating both in terms of club members and the broader population have not quite returned to pre-pandemic levels but hopefully we will see the numbers increase again in 2022/23. All the clubs' race series and club events returned this year and it was encouraging to see additions to the calendar in the form of the mob match v Kinross Road Runners and the team relays. It took a bit of effort to create a complete series, so thanks are due to Mark and Mike for pulling these together.

Along with a few fellow committee members, I'll be standing down this year, but I'd like to thank all of the current committee and the members who are always willing to volunteer and

give up their time to make the club work. We're only as good as our membership and its down to each and every one of us to make the club friendly and welcoming and to stage successful formal and informal races and events.

Great thanks are due to my fellow committee members who are standing down in 2021 – Gillian Edwards who took on two roles – treasurer and webmaster, Kevin Riddell who stepped up in our hour of need to lead our fantastic Race Sub Committee, Kevin Rogers who has for a number of years carried out the thankless task of kit master, and Douglas Robertson for covering welfare officer role. Big thanks also to Mark Crawford for organising the Championship and Summer Series and Mike Dales for the Hills are Alive and Parkrun challenges, Dougie Robertson for looking after membership and Amy Bryson for secretary duties. Personally, as well as on behalf of all club members, I'd like to thank Vice-Chair James Waldie for his help in a number of areas over the year. Gratitude is also due to our Cross-Country captains Fabienne Thompson and Kevin Riddell, Also, a mention to our great team of coaches who provide a well-structured programme of track, hills and cross-country sessions to help us go that extra mile or run the same number of miles faster. And thanks are also due to everyone who has helped out in any way over the year to make it a successful year back "in the real world" for Perth Road Runners.

2. SUMMARY ACCOUNTS 2021/22

Treasurer's Report 2021/22

The income and expenditure account for the year ended 30 September 2022 is attached.

Income

Income in the year to 30 September 2022 of £5,899.96 was achieved.

The running of our Tay Ten event brought in a surplus of £1,674.61 to our funds and the Brig Bash a surplus of £573.85.

Expenses

Expenses in the year to 30th September 2022 were £7,074.03

There was a large increase in our expenditure this year due to the return of the Presentation Evening (£1,450.56), Cross-Country (£1,542.00) and Coaching/track costs (£501.90).

Other areas of significant expenditure were:

Scottish Athletics Affiliation Fees - £1,281.00

Website fees of - £227.70

Trophies - £140.69

Donations - £1,000

Mob Match - £202.80

Overall

The resulting net deficit of income over expenditure for the year was -£1,174.07 (2021 £4,016).

The club's statement of balances show the 30th Sept 2022 bank and cash funds held of **£9,355** (2021: £10,529).

As we move into 2022/23, the club was in a strong financial position to cover the anticipated expenditure on our delayed hosting of the Hartley Relays, the increased cross-country fees given the greater number of club members now participating and member track fees as we continue to encourage participation.

3. RACE SERIES AND CLUB RACES

2022 has seen a resumption of normal racing service. We have managed to hold all of our established club race series and traditional internal races, plus a number of new fixtures. Some have seen good participation, but (especially in the race series) PRR has internally seen the racing trend much visible across all of Scotland and the UK: that is, of entries and participation very markedly down on previous years. Various theories abound as to quite why; none quite account for it. Even (free) parkrun attendance is down some 30-35% across the UK.

It has been a relief to bring back the **Championship**, the club's Blue Riband race series, held across (certain options of) its traditional ten chosen races plus a marathon. It commenced with the Inverness Half in March and, despite no fewer than three race cancellations, finished (unusually) across the Border at Brampton To Carlisle last weekend. The battles for the top silverware were closely fought, with the men's race going down to the last mile and a seldom-seen "next goal wins" situation in Carlisle. Stuart Robertson just edged out Kevin Riddell to come out on top; the ladies champion for 2022 is Rhiannon Laing. M40/M50 and M60 winners were Kev, Stuart and Roy Mitchell respectively, while F35/45/55 trophy holders for the next year will be Lou Ella Cole, Caroline Duffin and (the eternal) Maria Dale respectively. Attendance was sharply down: the last Champs in 2019 saw 37 series finishers (7 races run or more); this year saw just 13.

After its COVID-forced adaptation to a semi-virtual series in 2021, the shorter, second-string **Summer Series** returned in a pure racing format, held across shorter, more-local races up to 10K in distance. Despite a late start to the series, Stuart Robertson comfortably prevailed at the top of the men's series, while Lou Ella Cole held off a strong challenge from Kristen Bain. Again, participation numbers were sharply down: the 2021 series saw 51 series finishers, but this year's saw just 15.

The **Hills Are Alive** (HAA) series also returned to various steep slopes around Perthshire and Fife. It's a tough and select bunch that contest this series. Across the six-race series, James Waldie was unbeaten in his taking of the men's title, while Lynn Gatherer was first PRR home in four of her completed five races to take the ladies' crown. The HAA series also saw the inclusion in April of our own **Kinnoull Hill Race** (in a year when Perth Strathtay Harriers did not organise the traditional fixture); the club's on-off Hill Race was held on this evening with the trophies going to Paige Brown and James Waldie. There were just seven HAA series completers this year, compared with 26 in the 2021 (semi-virtual) series.

In the club's **internal competitions**:

- Elliot Collins's late (bicycle) sprint to the line resulted in a win in the men's **Duathlon** (organised well, as ever, by Kevin Rogers); Rhiannon Laing had a more comfortable

win in the ladies' competition. Attendance was much improved this year, with 22 competitors.

- David Stokoe again hosted the always-slightly-bizarre **Target Zero** race at (this year) Murrayshall. Bryan Jenkins collected the trophy, his estimated 5¼-mile course time being just 12 seconds from his estimate. 15 PRRs took part.
- The 2021 **Yahoo** (handicap race) was delayed into 2022 owing to COVID-19. A large field of 31 PRRs set out into a dark, wet January night over the 9½-mile course. All three trophy winners were making their Yahoo debuts: Rhiannon Laing and James Waldie were the fastest female and male; Elliot Collins was first PRR over the line to take the mighty and historic handicap cup. The 2022 race is the only remaining trophy fixture of the year's race calendar and is held on Tues 13th December.

Additionally, two new events made it to the 2022 calendar:

- Kristen Bain organised the excellent and prototype **Bertha Relays** in July: a two-up relay event over a 5K course at Bertha Park. A very tight finish and some clever sandbagging saw Grant Wooler make it into the winning pairing.
- Battle was joined between PRR and Kinross Road Runners in their first **mob match** at Birnam. 63 runners contested this team-on-team struggle, which was followed by a get-together (and nervous wait for results) at Birnam Arts. Alas, KRR were victorious in both matches – easily in the men's race and tightly in the ladies – and painfully took away the new Peter Rabbit trophy. The attempt to Regain The Rabbit now travels to Kinross next summer.

Finally, an **orienteering** evening at Kinnoull Hill in April attracted a good number of PRRs. Various levels of navigational skill became evident. James Brady, Charles Woodhead and Stewart Reid impressively all visited all 12 waypoints in the allotted time.

4. RACE SUB-COMMITTEE

A hastily-put-together race committee held their first meeting via Teams in January, tasked with organising the first "in person" Tay Ten and Brig Bash races since 2019. Despite getting started later than normal, but thanks to the fantastically detailed to-do list which was passed on by the previous sub-committee, we managed to put on two very successful events.

The Tay Ten took place slightly later in the year than it's usual first-Sunday-in-April date, which was partly due to the popular Tom Scott 10-mile race taking place the same day and partly to give us more time to get organised. With doubts still remaining over where the country would be in terms of COVID, we also felt the later date would give it a better chance of going ahead.

As a number of other race organisers had decided to do, we took the decision to post race numbers out in advance of both the Tay Ten and Brig Bash (rather than have crowds of people queuing up to pick up their number in person). This seemed to work well, with PB Timing taking on the task of attaching chips to numbers and posting them out to participants. At the Tay Ten, only one person didn't receive their number prior to the race and had to collect a replacement on the day. There were 4 people who collected replacements numbers on the night of the Brig Bash due to a variety of reasons, including one lady who somehow lost her number on the way to the race!

Disappointingly, but - in hindsight - not surprisingly, the **Tay Ten** did not sell out like it has in previous years. This seemed to follow the national trend of previously-popular races struggling

to sell all their spaces in the post-pandemic world. However, we were still delighted to welcome 237 runners on the day.

The winner of the men's category was former PRR, Alistair Gudgin in a new course record of 54:04. Andrew Wright finished second in 54:54, with our very own James Waldie in third with a time of 55:34. In the female race, it was a trio of Dundee Road Runners who stepped onto the imaginary podium, with Alison McNeilly first to cross the line in 67:10, Rachel Callaghan second in 70:22 and Hannah Tippets third in 73:06.

The sub-committee then gave themselves the evening off before turning their full attention to organising the **Brig Bash** on Wednesday 6th July. With very few flat 5 mile races available in Scotland, we were confident this would be as popular as ever and we were not disappointed: the race sold out well in advance of the closing date.

The winner was Callum Phillip of Central AC in a time of 25:07, followed by John Lenehan (Edinburgh AC) in 25:30 and Mark Ryan (PH Racing) in 27:26. For the females, Kate McIntosh of Dundee Road Runners finished first in 31:20, followed by Kerry Gibson of Fife AC in 31:47 and Tay Ten winner Alison McNeilly finishing third in 32:35.

It goes without saying that these events would not go ahead without the support of volunteers. I would like to thank everyone who helped make both races a success. As usual, we received very positive feedback from participants about how much they enjoyed the races and plenty of comments about how encouraging and friendly the marshals were. In particular, I would like to thank the members of the sub-committee whose efforts made sure everything went smoothly – Jimmy Fotheringham, Sally Newton, Caroline Duffin, Yvonne Bryson and Kenny Cairns - as well as Mark Crawford who procured Tay Ten medals for all participants and trophies and wine for the winners of both races.

Despite enjoying organising the races and in particular the buzz of seeing it all coming together on race day, I (Kevin Riddell) am stepping down as Race Organiser as it was only ever my intention of doing it this year to ensure the races went ahead. The Club will need someone to take the role on and I will be more than happy to support and offer advice to whoever steps up. As previously mentioned, the previous Race Organiser (Fiona Morrison) passed on a wealth of useful information to make life a lot easier so it's not as intimidating a job as some might fear. I'm sure whoever takes on the role will enjoy it and find it very rewarding. Even if you don't want to take on the role of organiser I would encourage you to join the sub-committee as many hands make light work!

Additionally, Perth Road Runners hosted the annual **Hartley Relays** in their post-COVID return year. 31 relay teams, each of 5 runners, (from eight East of Scotland clubs) descended upon the George Duncan Arena on 30th October, each runner running two legs of one mile. This was a smaller Hartleys than the last (of 2019), which saw 45 teams compete. The event comes at a major cost to the club, but is followed by many years of being able to attend at other locations without the burden of organisation!

Dundee Road Runners provided the fastest males and female teams, while Strathearn Harriers accounted for the fastest under-14 team. PRR were the fastest mixed team (this being, by far, the most contested category), comprising Mike McConnell, Claire Douglas, Duncan Ryan, Paige Brown and James Waldie (who also ran the fastest male leg of the day). A U18 team of Struan and Mairi Gatherer, Lucy Ward, Iris Ryan and Eilidh Hearn brought home a second trophy for PRR.

The event called for a great deal of organisation at PRR. Some 25+ volunteers were instrumental in the event being held and are warmly thanked. Particular logistical thanks are due to Mike Dales, Fiona Manson, Paul and Sarah Hammersley, Duncan Ryan and Grant Wooler.

5. WEBSITE

The website is used mainly for static content and historic information (e.g, broad race descriptions, club rules and Standards, past results etc.) It is easier to promote immediate content via the social media platforms (Facebook).

The website has been in a growing state of disrepair for some years. The Committee have looked at significant technical upgrades – at significant cost – to the website. However – and with the exception of a few minor, technical glitches – the website’s key limitation has not been technical, but of recent, frequently-updated and relevant content. 2022 has been spent eradicating historical content of little current value and adding pages that offer useful information to all of a) club members b) members of other clubs (eg seeking information of our races) and c) possible new club members.

The journey is far from complete, but much progress has been made. We plan, among other pages, to add a) greater detail of club trophies and records plus b) training tips and schedules in the coming months. Members are very much invited to take a look over the site and suggest such additions as are possible! The intention is to make the website the obvious, frequently-used, go-to repository for club information, especially for non-Facebook users.