



1985 - 2018

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

ANNUAL REPORT 2018

Membership

Year	2012	2013	2014	2015	2016	2017	2018
Members	111	113	86	124	152	180	202

Club Events Calendar 2018

January	Great Edinburgh XC International Challenge						
February	Club presentation evening			Wee Winter Run			
March	Start of Club Championship and Hills Are Alive Series						
April	Tay Ten						
May							
June	North Inch Relay			Club Summer Series begins			
July	Brig Bash 5			Club obtains "SCIO" Status			
August	North Inch Relay						
September	Club Duathlon						
October	Target Zero			Cross Country Teams compete in East District League			
November	Parkrun Takeover	Hartley Relays	Start of Winter Parkrun Series		Club AGM		
December	Yahoo Handicap Race		Club Xmas Run		Marcothon		

Chair: Kevin Riddell; **Vice Chair:** Paul Hammersley; **Secretary:** Fiona Muir; **Treasurer:** Catriona Liddell; **Championship Organiser:** Ronnie Glen; **Club Clothing:** Kevin Rogers; **Press / Media:** Ella Webley; **Membership:** Sara Baillie; **Website:** Alan Watson; **Welfare:** Dave Sinclair

1. CHAIR'S INTRODUCTION

Another year has gone by and it's been another successful year for Perth Road Runners. My first year as Chair has been an enjoyable learning experience and it's been great to see so many people taking part in club activities and enjoying the health and social benefits that running brings. There have been some inspirational performances from members over the course of the year, whether it's relatively newer members continuing to push their limits by running further and faster than ever before, or the "veterans" who are finding new challenges or races to motivate them.

Membership of the club continues to grow and we broke through the 200 barrier a few weeks ago, ending the year with 202 members. We have seen some very impressive turn outs at races in the championship series with many other runners, including staff members from Scottish Athletics, commenting on the sea of green vests on show. With new members joining us throughout the year we feel it is important to properly welcome and introduce them to the club's activities and to this end, Sara Baillie has worked hard to pull together a welcome pack to send to new members, which we hope to be able to start distributing in November 2018.

We received confirmation from OSCR in July that we have achieved SCIO status as we join other athletic clubs across the country in becoming a charitable organisation. I would like to take this opportunity to thank those of you who helped us through this process, which admittedly took longer than expected. We also had the challenge of becoming compliant with the new General Data Protection Regulations earlier in the year. We look forward to hopefully concentrating on running in 2019!

Of course the club wouldn't be what it is without those of you who step up to volunteer at the various club events over the course of the year so I would also like to thank all of you who have helped the Committee this year, whether it's by organising or marshalling runs or races, volunteering at the Perth parkrun takeover or taking on the role of Tuesday night's meet and greet to welcome new runners.

2. SUMMARY ACCOUNTS 2017/18

With the club achieving SCIO status on 3rd July 2018, the final accounts of the former club are from 1st November 2017 to 2nd July 2018. The period from SCIO commencement on 3rd July 2018 will be included within the first set of the new charity accounts for the period to 31st October 2019 which will be reported upon in full at the 2019 AGM.

However, in order to aid comparison from year to year with our ongoing activities, in addition to preparing the required accounts for the period to 2nd July 2018, accounts have also been prepared for the normal year to 31st October 2018 as if no change in our legal status had occurred.

It is with regards to the year to 31st October 2018 that the below commentary relates.

The club continues to operate in a strong financial position.

In the year to 31st October 2018, the club's income of £5,264 was derived from membership fees (48%), our successful Tay Ten and Brig Bash event surpluses (49%) and other income (3%) including nominal profits on the sale of club clothing.

Although membership numbers increased, total membership income showed a decline on paper in comparison with the previous year, as a result of the membership fee being levied at £12.50 for 10 months (rather than the previous annual £15) as we moved the membership period to coincide with the accounting period of 31st October rather than the previous 31st December.

Membership renewals have now been re-opened at the £15 level for the full year to 31st October 2019.

Expenditure of £4,356 was incurred, with the largest single item being the Scottish Athletics Affiliation fees paid of £1,368 based on membership numbers at 31st August (at the current level of £7 for each 1st claim club member and £3 for each 2nd claim club member).

A resulting net surplus of income over expenditure of £908 was achieved. In the previous year a deficit of £746 had been incurred.

Reserves at 31st October 2018 were £5,953. (31st October 2017 - £5,045).

The financial statements showing the full details of both the period to 2nd July 2018 and the full year to 31st October 2018 are attached to provide members with the opportunity to review the accounts and consider any questions they may wish to raise at the AGM.

3. CHAMPIONSHIP/SUMMER SERIES/HILLS ARE ALIVE

It has been another successful year for the club race series events. Attendance throughout the Championship was excellent again, reflected in 34 series medals earned (up one from last year), and 96 members taking part in at least one of the races. Once again, the Club was represented across the country in great numbers, with green vests picking up various team & age group prizes (and the occasional open prize too!).

The Summer Series was also very well supported, with 82 participants over the series (the same number as last year), and 18 runners earning the series medal by finishing all 6 races (up from 13).

From March to August a smaller band of runners took to the hills & glens to take part in the Hills are Alive Series. They were rewarded with the odd stiff climb, superb views and the coveted series medals.

The **Club Championship** winners are Claire Douglas and Stuart Robertson.

The **Summer Series** winners are Lorraine MacPherson with Kevin Rogers & Ronnie Glen sharing the male win.

The **Hills Are Alive** winners are Lisa Aikman and Stuart Robertson.

Thanks again to all members for their support and participation in Championship, Summer Series and Hills are Alive races this year. The fun begins again at the Inverness Half Marathon in March 2019!

4. RACE SUB-COMMITTEE

4.1 Tay Ten

Sunday 1st April saw the 5th running of the Tay Ten, our 10 mile road race starting at George Duncan Athletics Arena and mostly on the riverside path along the Tay and River Almond. Once again it was a very successful event with entries filling up in just over 24 hours, which is testament to the great reputation it has gained in despite still being a relatively new event.

There was some late panic as the roadworks construction of the new bridge and road to Bertha Park were behind schedule and threatened to affect the route, however thankfully the road and paths opened the day before the race so we didn't have to revert to plan B, C or D! Now that the work has been completed, we will arrange to get the route officially measured before the 2019 event.

Out of the 297 finishers, Mike Houston of Chichester Runners was the first male home in 55:49, with the first female prize going to Anwen Darlington of Dundee Road Runners in 63:30. Kinross Road Runners won both the male and female team prizes.

4.2 The Brig Bash

The ever popular Brig Bash 5 took place on 4th July with the "sold out" signs being posted the same night entries opened, which was undoubtedly helped by the amazing turn out of 80+ Dundee Road Runners.

Mike McConnell was the first home in 27:56, with Michelle Mackay of Dundee Road Runners taking home the first female prize in 29:56. The PRR team of Mike, Stuart Robertson and Kev Rogers took the male team prize, with Dundee Road Runners winning the female team prize. The race also has prizes for fastest first mile with Mike and Michelle taking also taking the male and female prize for this with times of 5:13 and 5:32 respectively.

This was the first year we operated a waiting list system for the race, which we decided to do after spending a lot of admin time organising a swaps system for the Tay 10. This seemed to work well and was a lot less time-consuming so will likely be the system we decide to use for 2019's races.

5. CLUB CLOTHING

Club clothing sales have been going very well with the regular first Tuesday of the month being the primary opportunity for members to purchase kit. The club has expanded significantly over the past year and we now have over 200 members which is fantastic, but with this it brings other challenges. Due to the expansion of the club the current method of holding and providing a high value of satisfactory stock levels, and the capability for members to purchase kit they require needed to be reviewed. On this basis over the past year we have been in discussions with a few running kit providers in regards to what they can offer to our club with specifics to their range and quality of material, and also their direct online ordering capability. After consideration we have made the decision to move our supplier to Zeon Sports in a phased approach. The decision to select Zeon Sports was made due to the quality and diverse range of kit available, their portfolio of current clubs they supply, and also their ability for members to order kit directly online with Zeon Sports. Our approach is to phase over to Zeon Sports and initially offer a new club vest, and as requested by members a club jacket and a bobble hat. T-Shirts will follow. Members will order their kit directly online in an ordering window which will open in November 2018, with

kit to be delivered approximately 6 weeks later. We would like to take this opportunity to thank our previous supplier Vega, and wish them well in the future.

6. COACHING

The coaching team of Fiona Morrison, Kevin Rogers, Kevin Riddell, Sonjia Crow and Lorraine MacPherson continue to deliver regular Thursday night training sessions alternating between Kinnoull Hill/Taymount Terrace and George Duncan Athletics Arena. Many members have commented on how these speed sessions have helped them along the way to achieving PBs at races so hopefully we can continue to help more of you achieve your goals in 2019. To try and encourage more members to come along to these sessions, the Club will pay the fees for those attending the GDAA track sessions on a trial basis until the end of February 2019.

7. UPDATE ON 2017 PROPOSALS

- 1. That the club championship medal be renamed "The Jim McAndrew Championship Medal" and be engraved as such when purchasing new medals.*

Ronnie Glen is working with a medal supplier on a new medal design, which will be named after Jim McAndrew.

- 2. That the club look into the feasibility of erecting a club bench outside Bell's sports centre as a memorial for significant PRR members who have passed away.*

As expected, this has been a relatively complex project and continues to be looked into by Neil Muir.

- 3. Ella Welbey proposed a fun club relay for Summer, with possible routes being Dundee to Perth, Kinross and Loch Leven or a new trail run.*

Due to time constraints and other commitments, this did not take place in 2018.

- 4. Changes to the club ballot system for London Marathon places.*

The ballot for club places for the 2019 London Marathon will take place at the AGM, with those who were unsuccessful in the 2018 ballot receiving an extra ballot ticket.

- 5. A collection or donation for Gordon Donnachie to recognise his photography skills and his sharing of images with members for free.*

- 6. A collection or a donation for a voucher for Ian Morrison due to his excellent photography and support for the club at various races, parkrun and events.*

Members contributed approximately £100 to the combined collection for Gordon and Ian, which the committee agreed to match on behalf of the Club. We hope to have the cheques handed over to both parties either before or at the AGM.

8. PERTH PARKRUN

Club members continue to participate and volunteer at Perth parkrun in huge numbers and it's been great to see this local event go from strength to strength with their record attendance being broken on a few occasions this year. "Pacer week" regularly sees our members taking on the role of trying to help runners achieve personal best times. We also organised a "takeover" on 3rd November with all volunteer roles being taken on by members of the club.

9. PRESS

A report has been submitted to the Perthshire Advertiser every week this year and successfully printed in the paper (albeit sometimes edited to fit the page). There is always something to be reported on as the club continues to have members who enjoy running all over the world as well as those who love the more local races. We do try to stick to actual running races for the report however if it has been a 'quiet' week we include parkrun (it's a run not a race!), duathlons, triathlons and we also had a full Ironman.

Ella would like to thank David Sinclair for his support in helping with the article at times throughout the year - especially after the deadline moved from the Wednesday to the Tuesday - and Caroline Hogarth for filling in when she was in England running herself. She would also like to thank those that have sent in their information on the races they have done - a special thanks to Simon Grieshaber, Caroline Ness and Mike Dales who religiously send in their information - as it can often be very difficult and time consuming for one person in what is now such a large club.

10. WEBSITE / SOCIAL MEDIA

11.1 Website

The website is used mainly for static content and historic information (e.g. past results etc.) It is easier to promote immediate content via the social media platforms (Facebook and Twitter.) Full details of the Championship, Summer Series, Hills are Alive, Cross Country and other races are available.

As of November 12th, the website had received 26,193 page views in 2018, averaging 72 hits per day, representing a decrease on 2017 figures, page views are lower than in 2012-17, due to club content increasingly being shared on other platforms such as Facebook and Twitter

Aside from routine maintenance and changes to certain pages, the plugin Wordfence has successfully blocked 68,720 malicious login attempts and Akismet has blocked 2,634 spam comments.

Remember, you can use the web site links to submit results, news articles etc.

11.2 Facebook

As at 25th October the official Facebook page had 716 page likes. Up from 651 on the previous year. The page continues to raise the profile of the club through promoting the races we put on ourselves such as The Brig Bash and the Tay 10 and also being updated every week with the article for the local newspaper Perthshire Advertiser.

The page receives numerous enquiries from people looking to join the club in which we recommend coming along to our Tuesday night social runs - hence the meet and greet being so important. It also receives information on races coming up asking us to promote the race to the members of the club.

There is no official Instagram page but it is worth noting the hashtag #perthroadrunners has been used 505 times and positive feedback was received on there following both the Brig Bash and Tay 10 races. Particularly about the chocolate cake at the Brig Bash.

11.3 Twitter

For all the PRR running tweeps out there, the PRR twitter account is running at a fair old pace and offers a warm welcome to new followers. Your Tweet Master General is Mike Dales and you can find our page at @PerthRdRunners.

As of October 31st, we have posted 1,933 tweets since opening our account in March 2015. We now have 239 followers and in return we follow 187 twitter users. A good proportion of these followers, that we follow in return, are other clubs that are watching for news about the #TayTen and #BrigBash5. In return, Twitter is a good way of picking up on news about races organised by these other clubs. We also follow the likes of Entry Central and SI Entries, which enables us to pass on news of upcoming races and links to recently opened entry forms.

Twitter is also useful for finding and sharing information about parkrun. We are therefore able to retweet information from @perthparkrun, pick up on news of new parkruns and tweet news of the PRR #parkruntourists after each weekend of parkrunning. A new item that we've started retweeting most weeks is the @FastRunning Top 10 fastest male and female parkrun times in the UK and worldwide each weekend. In the time that we've been posting this information there hasn't been a PRR runner or a time posted at the Perth parkrun, so therein lies a challenge for 2019.

We also use the Twitter account to retweet information about training schedules, warm-up routines and stretching exercises, plus news from the world of top-class athletics. We also send out congratulatory messages whenever our local top-class athletes like @lauramuirruns and @EilidhDoyle perform well and we usually get a response from them in return.

Finally, a number of our own members follow us on Twitter, and the platform provides a means of passing on regular information about the Thursday evening session, upcoming entries opening up and any news from the committee.

11. HARTLEY RELAYS, TARGET ZERO, DUATHLON, WEE WINTER RUN, CROSS COUNTRY

Thank you to the following people for their continued efforts in organising events and activities for members to enjoy:

Hartley Relays – Grant Wooler

Target Zero – Sara Baillie

Duathlon – Kev Rogers

Wee Winter Run – Robin Wombill

Cross Country – Simon Grieshaber

Thank you also to those who have helped with marshalling and supporting these events throughout the year.

12. MEET AND GREET

2018 started well with Meet and Greet Volunteers but unfortunately there has been a severe lack of volunteers towards the back end of the year. We have all been a new member of Perth Road Runners at some point and know how nice it is to have someone come and greet you and make you feel welcome. With over 200 members now we feel it is imperative we don't lose our friendly club persona and would love to see Meet and Greet pick back up in 2019. All that is required is that you are at Bells 5-10 minutes before on a Tuesday Night and if there are new members chat to them, introduce them to some people and try to place them with the appropriate "Group" for their speed. If anyone can spare this time while attending Club please let the committee know.

The committee wishes to thank all members for their support during the year and best wishes for the festive season