



1985 - 2018

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

## ANNUAL REPORT 2019

### Membership

Year	2012	2013	2014	2015	2016	2017	2018	2019
Members	111	113	86	124	152	180	202	<b>212</b>

Membership for 2019 peaked at 212 members, which is a club record. Our visibility at Parkrun has definitely helped with numbers. Membership has opened for 2020 and nearly 100 have signed including 4 new members in the 1<sup>st</sup> 3 weeks. Hopefully we can build on last year's numbers over the coming year.

### 2019 Committee Members

**Chair:** Kevin Riddell; **Vice Chair:** Paul Hammersley; **Secretary:** Amy Bryson **Treasurer:** Catriona Liddell; **Championship Organiser:** Ronnie Glen; **Club Clothing:** Kevin Rogers; **Membership:** Douglas Robertson; **Website:** Alan Watson; **Welfare:** Dave Sinclair; **Race Organiser:** Fiona Morrison

### Club Events Calendar 2019

#### February

- Club Awards Presentation Evening
- Wee Winter Run

#### March

- Start of Club Championship and Hills Are Alive Series

#### April

- Tay Ten

#### May

- Summer Series begins

#### July

- Brig Bash 5
- Club Duathlon
- Launch of revised Club Standards

#### August

- Summer Social Run (Dunkeld "Chippy Run")
- Target Zero
- North Inch Relay

#### October

- Start of Cross Country season

## **November**

- PRR Parkrun Takeover
- Hartley Relays
- Start of Winter Parkrun Series
- Club AGM

## **December**

- “Yahoo” Handicap Race
- Club Xmas Run

### **1. CHAIR’S INTRODUCTION**

Considering one of the constitutional aims of the Club is “to advance public participation in the sport of amateur athletics within the Perth and district area”, it is safe to say we have had a very successful year in trying to achieve this aim! The club continued to grow in 2019 and the increase in number of members participating in races shows no sign of slowing down. It’s been great to see so many huge turn outs at Championship races in 2019, most notably at Inverness Half Marathon in March and Auchterarder Half Marathon in November. Indeed, the fact that 82 members signed up for Inverness did not go unnoticed by the organisers who gave us a “shout out” in their pre-race publicity material. The popularity of Cross Country also appears to be on the rise with a number of members making their debut in the early season races, helping us to field a record number of teams at the National Short Course Relays in October.

There have been a number of inspirational performances from many members this year, whether it be those who have recently started running and are already taking on ultra-marathons or those who are winning medals at National Championship races. As one of those who compiles the weekly media reports it has been great to see so many members regularly informing us of their PB performances and incredible challenges they have taken on.

I would like to thank my fellow committee members for all their hard work and support this year, as well as those on the race sub-committee who have once again organised two very successful and popular races. Thank you also to those of you who have volunteered your time to help out in various ways throughout the year – whether it was marshalling at the TayTen/Brig bash, organising the numerous Club events or doing the meet and greet duties on Tuesday nights. The Club wouldn’t enjoy the success it does if it wasn’t for everyone chipping in so your efforts are much appreciated.

### **2. SUMMARY ACCOUNTS 2018/19**

A draft of the annual accounts up to 31<sup>st</sup> October - which are to be submitted to OSCR once they have been independently examined - will be presented at the AGM with a brief commentary provided.

The finalised accounts will be made available to members once they are ready to be submitted to OSCR.

### **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 35 series medals earned (up from 34 last year), and 118 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.

The Summer Series was also very well supported, with 75 participants over the series, and a record 23 runners earning the series medal by finishing at least 6 of the 7 races (up from 18).

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

The **Club Championship** winners are Gillian Edwards and Stuart Robertson.

The **Summer Series** winners are Kristen Bain and Ronnie Glen.

The **Hills Are Alive** winners are Fiona Manson and Ronnie Glen.

Thanks again to all members for their support and participation in Championship, Summer Series and Hills are Alive races this year. See you again in 2019!

#### **4. RACE SUB-COMMITTEE**

##### **4.1 Tay Ten**

Sunday 7<sup>th</sup> April saw the 6<sup>th</sup> 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 all 350 places selling out very quickly. This is testament to the great reputation the race has gained despite still being a relatively new event.

The route has been very slightly altered in recent years to accommodate the various roadworks involved in the Bertha Park development. However, this year we were able to finalise the route and it has now been officially measured by Scottish Athletics.

Out of the 271 finishers, Jonathan Peebles of PB Racing Club was the first runner home in 55:13, with the first female prize going to Annabel Simpson of Fife Athletic Club in 59.21.

The weather was a tad chillier than we are used to at this event but good conditions for the runners and there were many PBs on the day.

The kids race went really well too - lots of little happy smiling faces, and we hope to build on this next year. Special mention to the Perth Panda and her chaperone who tail ran the kids race – the kids (and the adults!) loved you!

##### **4.2 The Brig Bash**

The 22<sup>nd</sup> running of the ever popular Brig Bash 5 took place on 3<sup>rd</sup> July this year with the “sold out” signs being posted the same night entries opened.

James Donald of Dundee Hawkhill Harriers was the first home in 24:51, with Annabel Simpson of Fife Athletic Club taking home the first female prize in 27:49. The race also has

prizes for the fastest first mile with James and Annabel also taking the male and female prizes for this with times of 4.44 and 5.20 respectively.

According to Facebook (so it must be true!), the Brig Bash is “the best race in Scotland”!

This year the sub-committee (or the “dream team” as we like to call ourselves!), was made up of Fiona Morrison, Jean McCullough, Nina Roberts, Maria Dale, Finlay Dale, Gillian Smith, Richard Ward, Steph Boyd, Kenny Cairns, Gillian McGuire and David Stokoe.

We are incredibly fortunate that our races seem to sell out quite quickly meaning that we don't have to focus too much attention on marketing and can concentrate on making them the best events we possibly can. The sub-committee are incredibly grateful to those club members who help out – these events could not happen without the support of our wonderful members.

If anyone has any feedback and/or comments/ideas for the future, please do let us know.

## **5. CLUB CLOTHING**

Last year we made the decision to change to a new kit supplier Zeon Sports and to move to an online ordering process. This has allowed members to order kit directly from Zeon Sports removing the need for the club to hold a high value of stock. The new club clothing has been selling well with 4 ordering windows having been opened for members to order kit over the past 12 months. Feedback on the kit has been very positive and has seen many members display their kit at events across the UK, and around the world.

We have made available for members to order vests and t-shirts in unisex and a female cut as requested by our female members. In addition, we have also now added a jacket and bobble hat to our range. We will have another 4 ordering windows over the next 12 months, January, April, July and October.

We only have a small amount of the older style tops remaining, reducing the price of these has helped reduce the remaining stock and to phase out the previous design.

## **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. Lorraine has recently completed her Coach in Running Fitness qualification, and we will soon have 4 members attending Jogscotland leaders courses with a view to them helping plan Tuesday evening runs.

Due to there no longer being a member of staff on duty at George Duncan Athletics Track, we have been “self managing” our Thursday night sessions since July 2019. To try and encourage more members to come along to track sessions, the Club have - for a second year - decided to pay the fees for those attending the track sessions until the end of March 2019.

## **7. UPDATE ON 2018 PROPOSALS**

1. *That the club introduce a medal for members participating in Cross Country races.*

Members who complete at least 4 of 7 selected Cross Country races in the 2019/20 season will receive a medal.

2. *To include proxy voting under Clause 44 of the Club's Constitution*

The Constitution was changed earlier this year to include provision for proxy votes at members' meetings. The 2019 AGM will be the first meeting where proxy votes are accepted.

3. *"To amend clause 52 of the Constitution of Perth Road Runners thus enabling Committee Minutes to be distributed to members rather than having to be requested."*

The Constitution was changed earlier this year and minutes of 2019 committee meetings have been sent to members.

4. *In line with Club Rules, club clothing, must be worn in all events to gain Championship, Summer Series or Hills are Alive points. This is to include marathons – if the member wishes to be awarded Championship Points for that particular event.*

The Club Rules were updated earlier this year and marathon points only awarded to members wearing club colours, unless they have notified the Championship organiser in advance they require to wear a different vest (eg if running for a charity)

5. *I would like to suggest that the format of the summer series be amended to allow some flexibility as is the position with the championship.*

This 2019 Summer Series included 7 races, with members completing at least 6 races qualifying for a Summer Series medal.

## **8. PRESS**

The "media team" of Dave Sinclair, Kevin Riddell, Caroline Hogarth and Kenny Cairns have had a busy year reporting on our members' fantastic running achievements. The report is published to the Club's official Facebook page on a weekly basis and is also submitted to the Perthshire Advertiser.

The team would like to thank everyone for submitting their race reports, which has made it much easier to find content to include in the reports. Indeed, more often than not it's been difficult to fit everything into the limited word count, however this is a much nicer problem to have than not having anything to write about!

Please continue submitting your race results and pictures to [media@perthroadrunners.co.uk](mailto:media@perthroadrunners.co.uk), or commenting on the Facebook posts started by the week's reporter in the members' page. Photos will have a better chance of being published in the PA if they are submitted by email as they are of better quality than if they are taken from Facebook.

## **9. WEBSITE / SOCIAL MEDIA**

### **9.1 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 October 31st, the website has received 23,354 page views in 2019, averaging 64 hits per day, representing a decrease on 2018 figures, page views are lower than in 2012-18, due to club content increasingly being shared on other platforms such as Facebook and Twitter. The Top 5 views are Welcome Page 7040 views, Tay Ten 2019, 2426 views, Club Championship 2019, 1631 views, Summer Series 2019, 888 views, Club Standards 717 views.

Aside from routine maintenance and changes to certain pages, the plugin Wordfence has successfully blocked 73,298 malicious login attempts, over 4500 more than last year and Akismet has blocked 2,634 spam comments.

### **9.2 Facebook**

The Club's official Facebook page has 831 page likes (compared to 716 last year) and is predominantly used to publish the weekly press reports as well as promoting the races we organise. The weekly reports regularly receive 30-40 "likes" and a handful of comments from members and non-members alike and has proved to be an easy way to spread the word of what our members have been up to. The page continues to receive regular enquiries from potential new members and we use this to encourage people to come along to our Tuesday and Thursday night sessions

### **9.3 Twitter**

Perth Road Runners continue to have a presence on Twitter via our page which can be found at @PerthRdRunners.

As of November 6<sup>th</sup> we have posted 2,788 tweets since opening our account in March 2015. We now have 274 followers and in return we follow 229 other twitter users. A fair proportion of our 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 @EntryCentral and @SiEntries, which enables us to pass on news of upcoming races and links to recently opened entry forms.

Scottish Athletics are now active on Twitter and correspond directly with clubs via their account at @scotathletics. Perhaps the best tweet since we opened our account was this

one from October 26<sup>th</sup>: [MV50 podium at #LindsaysXC National Relays 1. @PerthRdRunners 2. @CambuslangH 3. @CumbernauldA](#) It was a proud moment to be able to Retweet that one from Scottish Athletics.

Twitter is also useful for finding and sharing information about parkrun. We are therefore able to retweet information from @perthparkrun, pick up on new parkruns and tweet news about the PRR #parkruntourists after each weekend of parkrunning. A regular item that we retweet each weekend is the @FastRunning Top 10 fastest male and female parkrun times in the UK each weekend. When I wrote this report last year I mentioned that there hadn't been a time posted at the Perth parkrun in those Top Ten lists, "so therein lies a challenge for 2019". Well, on 22<sup>nd</sup> June 2019 Kris Jones not only broke the Perth parkrun record, he also set the fastest parkrun time in the UK that day, a fact confirmed on Twitter by Fast Running.

As in previous years, 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 retweet a few funny videos, so there is a good dollop of "social" on this social media page.

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. If you can't remember where the Thursday evening session is, then follow PRR on Twitter and you'll never need to wonder again.

Many thanks to Mike Dales for looking after the Club's twitter account once again this past year.

## **10. PARKRUN**

Our members continue to enjoy taking part in parkruns across the country (and the world!) and are often spotted taking on volunteer duties at the Perth event, particularly as pacers on the first Saturday of each month. The introduction of the Winter parkrun series last year proved to be very popular and encouraged a number of members to participate in some "parkrun tourism".

The growth in the club has undoubtedly been helped by the success of parkrun as a number of new members will testify they have started their running journey at parkrun, which has given them the confidence to join the Club. After approaching the event director of Perth parkrun, the committee decided to donate £500 to the event so they could purchase a new lap top to process the results.

## **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 and Steph Reid  
Lark in the Dark – David Stokoe

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**

Many thanks to all those people who continued to provide our club with the excellent welcoming reputation this year by doing the meet and greet volunteer role on a weekly basis. This crucial role allows us to introduce the friendly and welcoming nature of the club to new and prospective members on a weekly basis; from speaking to many recent members I know they really appreciate the welcome. Over the year a number of people have stepped forward to support this role however with such a large membership now it would be nice to see different people offering their time (5-10 mins) prior to a run on a Tuesday to assist with this important task. Once again, many thanks to those who stepped forward a lot of whom did so on more than one occasion. We look forward to a full volunteer roster in the coming year!

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