



1985 - 2020

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

ANNUAL REPORT 2020

Membership

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

Membership for 2020 peaked at 195 members, which is slightly down on 2019. There were understandably very few new members signing up since the country went into lockdown in March, which possibly prevented us beating the previous year's record of 212 members.

2020 Committee Members

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

Club Events Calendar 2020

February

- Club Awards Presentation Evening

March

- Start of Club Championship
- Club training sessions cancelled due to Covid-19
- Launch of Virtual Race Series

June

- Summer Series and Hills Are Alive Series cancelled

August

- Club Championship cancelled
- Wee Summer gRUNt – Ben Vrackie
- Club hosts Virtual Tay Ten

September

- Club training sessions resume

November

- Lark in the Dark
- 2020 AGM

1. CHAIR'S INTRODUCTION

Has it really only been a year since our last AGM? With the way 2020 has gone you could be forgiven for thinking it had been at least a decade! After a fairly normal start to the year all was well in the world and we managed to squeeze in a couple of Club Championship

races in Cupar and Balloch before we went into lockdown and everyone learned what the word “furlough” meant.

Unfortunately one of the many consequences of the Covid-19 pandemic and the resultant “lockdown” was all Club activities being cancelled for a few months and our three race series being scrapped. Thankfully the benefits of regular exercise were not lost on the Government and they allowed us to get our daily fix of running, albeit on our own for a few weeks.

And so the virtual racing craze was born! I know many members are extremely grateful to Mike Dales for organising a Virtual Race Series to keep us motivated throughout the summer months when all real races were cancelled. His weekly challenges have given many of us something to aim for and have challenged us to run distances we might not otherwise have considered. Many thanks are owed to Mike for his efforts.

There were other virtual races available for anyone to sign up to and our Race Sub-Committee followed suit by organising the “Virtual Tay Ten” to replace the “normal” Tay Ten and Brig Bash races which fell victim to the Covid-19 pandemic. Again, thanks are due to the Sub-Committee for their efforts in organising this and doing a fine impression of the Royal Mail to deliver the vast majority of medals and prizes.

This will be my last year as Chairperson of Perth Road Runners and I would like to thank everyone who has served on the Committee for their support during my 3 years in the role. It has been an enjoyable experience for me and I wish future committees all the best in ensuring the continued success of the Club. I’d also like to thank all of those who continue to commit their time to volunteer for the Club, whether it’s organising events such as Lark in the Dark, marshalling the Tay Ten/Brig Bash or any of the other roles that have been picked up by members.

2. SUMMARY ACCOUNTS 2019/20

As members may recall, we discussed and agreed at last year’s AGM the proposal to allow the committee to decide a variation on the membership fee by up to £5. This was because the club’s continuing low annual fee was reliant upon the successful fundraising events of the club, assisting in financing our activities. We wanted to be covered should any unexpected scenarios result in the club races not being able to proceed. Little did we realise when we debated this matter, that a global pandemic was only months away from having just that impact on our annual club races.

With the cancellation of the Tay Ten and Brig Bash we did initially consider that we may have to utilise this option, particularly as we had already incurred significant outlay on the Tay Ten and were uncertain as to whether we would be generating any fundraising income in the foreseeable future. However, with the success of the Virtual Tay 10k we have been able to continue to maintain a stable financial position and have avoided the need for such action this year but we continue to be financially cautious given the unpredictability of the duration of this pandemic’s impact.

The income and expenditure account for the year ended 30 September 2020 is attached. It is worth noting the comparative figures for the previous period cover the initial 15 months from Scottish Charitable Incorporated Organisation (SCIO) status being granted. This period length, together with the impact of the covid pandemic means a direct comparison with the previous periods figures is not always fully meaningful.

The club’s income for the year was £5971. Although the slightly reduced membership numbers led to a decline in our membership income, our charitable status allowed this to be supplemented by our first HMRC gift aid claim. Income was further boosted by the Virtual

Tay 10k surplus. Club clothing sales saw a substantial decline, however this was as expected given that we had now moved to members ordering kit directly online. These nominal clothing sales related to some old style clothing kit and a few items of new kit sold from stock prior to the covid lockdown.

Expenditure of £5525 was incurred, with the largest single item being the annual Scottish Athletics Affiliation fee paid of £1344 based on membership numbers at the date of return submission on 31st August, at the current level of £7 for each club member.

Other areas of significant expenditure were:-

£1187 on trophies, medals and engraving costs. This was lower than the costs incurred last period as the comparative spend last period included a one off cost for the new medal mould for the revised championship medal design, together with expenditure on medals retained as stock for future presentation.

Clothing purchases of £387 were as expected significantly lower than the previous period as we only had one ordering window with a few top up items purchased by the club for stock. Last period we purchased both old style kit and then with the new supplier, a substantial initial outlay on stock kit to enable members to try on items for size.

With the incentive of our new cross country medal, participation fees for cross country increased over the season to £951.

A donation of £500 to Perth parkrun was made to allow for the much needed replacement of their laptop for results processing.

The resulting net surplus achieved of income over expenditure for the year was £446 (2019 - £256)

The club's statement of balances shows the 30th Sept bank and cash funds held of £6513 (2019 - £6067).

These bank and cash funds held together with the other assets of clothing stock, medal stock and the gift aid accrued for the most recent HMRC claim made, gives a total assets balance of £8433 (2019 - £8070).

As we move ahead optimistically to 2021, the club is in a stable financial position to cover the planned expenditure on the hosting of the Hartley Relays and are hopeful to progress a website upgrade. Although we are confident that we have the funds to cover the ongoing impact of the pandemic in the short-term, should it continue into the longer term then further consideration will need to be given to our membership fee level and fundraising options.

3. CHAMPIONSHIP/SUMMER SERIES/HILLS ARE ALIVE

Unfortunately, due to the Covid-19 outbreak and the vast majority of races being cancelled, we were left with no choice but to cancel this year's race series'. Many of the races that were cancelled offered deferrals to next year for those who had entered so it is our intention to include as many of these as possible in our race series' in 2021.

4. RACE SUB-COMMITTEE

Well, where to start?! What a year! Sunday 5th April should have seen the 7th running of the Tay Ten, our 10 mile road race starting at George Duncan Athletics Arena and running mostly along the riverside paths of the Tay and Almond. By the beginning of March, we had sold all 350 places, secured some fantastic sponsorship from Highland Spring, Mackies, Tunnocks, Fyffes, Active Root and Run4It, and were just putting the finishing touches to our race day marshalling plan.

However, as race day drew closer so too did Covid-19 and the frightening prospect of national lockdown restrictions. Government and Scottish Athletics advice was changing daily and we were in complete turmoil as to what to do. Eventually, by 16th March it became apparent that we were not going to be able to proceed with the race and we made the heart breaking decision to cancel. This decision was not made lightly – I don't think I slept for 2 nights! We had already paid for medals and trophies and if we cancelled, we'd have to refund the entrants and thus be around £1,150 out of pocket. But the health and safety of our runners and volunteers had to be our top priority.

At that time, we had no idea that many more races, big and small, would also be forced to cancel and the entire 2020 race season was basically over before it had begun. We genuinely thought that our 2nd event of the year, the Brig Bash 5 Mile Race, would go ahead as planned in July. However, as the days rolled into weeks and the weeks rolled into months, we eventually realised that it too would have to fall.

So, after lots of discussion, we came up with another plan! We wanted to try to recoup the £1,150 the club was out of pocket for the Tay Ten medals and trophies. But, more than that, we wanted to offer a virtual event that would encourage people to run and give them something to aim for. And so, the Virtual Tay 10K Race was born!

Instead of being a 10 mile race, we decided it would be a 10K race. The reasons for this were two-fold, firstly we didn't want to detract from the actual Tay Ten and secondly we felt that 10K was more achievable for people who had perhaps not been able to train for longer distances this year for one reason or another. 10K also meant that we could lower the minimum entry age to 15 years (in line with Scottish Athletics rules on age and distance) and thus be even more inclusive.

To make the event seem more like an actual event, we asked runners to submit their times on a dedicated website – we are incredibly grateful to PB Timing for their assistance with this (which they provided free of charge). To introduce an element of competition, prizes would be awarded in the form of engraved glass trophies (which we had already purchased for the actual Tay Ten). The cost of posting the medals and trophies was factored in, and we agreed that we would hand deliver as many of these as possible to reduce the cost.

We launched the event on entry central on the 8th June and hoped to sell at least 121 places at £10 each as we calculated that would at least cover our costs. We were thrilled to sell 375 places by the time the event started on 17th August. This was way beyond our wildest expectations and meant that the club would net a profit of nearly £2,400!!

The event was incredibly well received and we had lots of lovely positive feedback from the running community. People posted about their runs on our Facebook page and everyone loved the bespoke medals!

I would personally like to thank the sub committee for all their support and hard work in what has been a very difficult year. From late night online chats, virtual hugs, hand delivering around 200 medals (and 11 trophies!), and much much more, you've all been totally brilliant!

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

5. CLUB CLOTHING

This year there is little to advise regards our club clothing or our association with our kit supplier Zeon Sports. We have had 1 ordering window in February 2020 where we received good levels of members ordering new kit. Unfortunately, Covid-19 then delayed the delivery of these due to the manufacturers having to close. The February delivery has now been received and members have either collected their order, or their order is available for collection. As there are limited races currently, I propose that we will open another ordering window at the start of 2021, and hopefully start to see our kit back at races again.

6. COACHING

Due to Scottish Government and Scottish Athletics guidance, all Club training sessions were suspended for most of the Summer months. Thursday sessions resumed in September with recently qualified Jog Leaders Maria Dale, Amy Bryson and Lou Ella Cole joining the coaching team and assisting sessions delivered by Kevin Rogers, Kevin Riddell, Fiona Morrison, Lorraine MacPherson and Sonjia Crowe. With George Duncan Athletics Track remaining unavailable for us to use, Thursday sessions took place at the North and South Inches as well as Kinnoull Hill. Circumstances allowing, we plan on continuing Thursday evening sessions over the Winter months, alternating between track and hill sessions.

7. UPDATE ON 2018 PROPOSALS

1. Changes to Hills Are Alive points system.

The Hills Are Alive points system has been changed to mirror the system used for Summer Series (ie 50 points for 1st, 49 for 2nd, 48th for 3rd, etc, etc)

2. Introduce a Trail Running Series to encourage participation in trail races

While plans were being put in place to introduce a way of encouraging members to participate in trail races, Covid-19 caused the cancellation of most races. Hopefully we will be able to put something in place for 2021.

3. To amend the Club Constitution to allow the Committee to decide on membership fee amendments up to no more than £5 without requiring approval at AGM.

Clause 18 was added to the Constitution to allow the Committee to change membership fee by no more than £5.

4. To amend the Club Constitution to include a line that membership fees will not include third party fees charged by third parties (eg Entry Central)

Clause 20 was added to the Constitution to clarify the membership fee does not include third party fees.

8. PRESS

The “media team” of Dave Sinclair, Kevin Riddell, Caroline Hogarth, Steven Harker and Kenny Cairns continued to take turns submitting press reports to the Perthshire Advertiser while races were taking place at the start of the year. However, with lockdown stopping pretty much all races there became very little for them to write about! We submitted the occasional report during lockdown to provide an update on the Virtual Races and the few “real” races that ended up going ahead towards the end of summer in but we look forward to reporting on real races again more regularly in future.

If you do manage to take part in any real races as we hopefully start to return to “normal”, please submit your race results and pictures to 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 6155-page views in 2020, averaging 16 hits per day, representing a vast decrease on 2019 figures, page views are lower than in 2012-19, due to Covid-19 and club content increasingly being shared on other platforms such as Facebook and Twitter. The Top 5 views are Welcome Page 3260 views, Tay Ten 1150 views, Club Standards 472 views, Club Championship 2020, 452 views, Summer Series 2020, 249 views.

Aside from routine maintenance and changes to certain pages, the plugin Wordfence has successfully blocked 77,142 malicious login attempts, 3844 more than last year and Akismet has blocked 2,634 spam comments.

9.2 Facebook

The Club’s official Facebook page has 866 page likes (compared to 831 last year). In “normal” times we post out weekly press report on the page and encourage new members to attend sessions, however for obvious reasons the page has been quieter this year due to the lack of races and Club activities being stopped for a few months.

The PRR Members page continues to be a useful tool for passing on information to members and was predominantly used during lockdown by Mike Dales for setting the virtual challenges and updating the results.

9.3 Twitter

Perth Road Runners continue to have an active presence on Twitter via our page which can be found at [@PerthRdRunners](https://twitter.com/PerthRdRunners).

As of October 19th we now have 310 followers and in return we follow 268 other twitter users.

In typical 2020 fashion, many of our tweets this year have been conveying news of postponed and cancelled events, but we have also used Twitter to inform our followers about the Virtual Tay Ten, as well as various events and virtual races that have taken place, especially those organised by Scottish Athletics (@scotathletics).

As more and more clubs gain a presence on Twitter, Scottish Athletics has started using the platform on an increasingly regular basis to communicate news to clubs, and PRR are often tagged in their tweets.

Despite the sad lack of racing this year, there has been a steady flow of other running-related news and information on Twitter, so we have been able to retweet information about some impressive long distance records and fastest known times, training and injury articles and a range of inspirational tweets from our guest speaker at February's presentation night, Chris Moon (@ChrisMoonMTB).

We have all needed a bit of fun and light relief to get us through this year, so the PRR Twitter page has seen a fair amount of non-running content to hopefully provide the odd moment of cheer to our followers. Tweets from the likes of @MrAndrewCotter with his Olive and Mabel videos have featured quite prominently in our recent retweets.

Let's all hope that we can get back to some kind of normality in 2021 and that our Twitter page can once again tweet along to the buzz we all get from parkruns, marathons, local races and club achievements.

In the meantime, #StaySafe.

10. CLUB EVENTS AND CROSS COUNTRY

We were due to host this year's Hartley Relays and planning was well underway for it to take place on the grounds of Scone Palace when lockdown took effect. Unfortunately we have had to postpone the event until Covid-19 restrictions allow the event to take place safely. Thank you to members of the Hartley Relays sub committee for their efforts in putting the event together and we look forward to hosting an enjoyable event when the time comes.

The Cross Country season would normally be in full flow by now, however thus far none of the planned races have taken place. The East District League events have all been cancelled for the upcoming season, however Scottish Athletics have not given up hope of running at least some of their events albeit the likelihood is there will be restricted numbers. Last season saw us have a record number of members take part in Cross Country events (it's amazing what the promise of a medal will do!) and thanks are due to Simon Grieshaber and Fabienne Thompson for their efforts in encouraging members to take part and for organising the teams.

We would also like to thank the following people for their continued efforts in organising events and activities for members to enjoy:

Target Zero – Sara Baillie and Steph Reid

Lark in the Dark – David Stokoe

Wee Winter Run – Robin Wombill

Yahoo – Dave Sinclair

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

11. MEET AND GREET

Thanks once again to those who volunteered for meet and greet duty back in the days we were allowed to run together and invite non-members along to club sessions. We will be looking for volunteers again once restrictions are relaxed and we are in a position to

welcome new members to Club runs so look out for information regarding this and please volunteer to meet new members and make them feel welcome.