



1985 - 2021

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

ANNUAL REPORT 2021

Membership

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

Membership for 2021 peaked at 172 members, which is slightly down on 2020, which is most likely attributable to the ongoing Covid pandemic, cessation of club activities, parkrun and races for part of the year.

2021 Committee Members

Chair: David Stokoe; **Vice Chair:** Paul Hammersley / **Kevin Rogers**; **Secretary:** Amy Bryson **Treasurer:** Catriona Liddell; **Championship Organiser:** Mark Crawford **Club Clothing:** Kevin Rogers; **Membership:** Douglas Robertson; **Website:** Alan Watson; **Welfare:** Louise McLaren; **Race Organiser:** Fiona Morrison

Club Events Calendar 2021

March

- Tuesday night club runs recommenced

April

- Start of virtual Summer Series and Hills are Alive
- Tay Ten Virtual Race
- Track and Hill training sessions recommenced

May

- Tuesday night return to running group started

August

- Ben Vrackie hill race and climax of the Hill are Alive series

October

- Cross Country staged at Scone Palace

November

- Climax of Summer Series at Perth parkrun
- Duathlon
- Target Zero
- 2021 AGM

December

- Perth parkrun club take over

1. CHAIR'S INTRODUCTION

I've just read Kev Riddell's chairs introduction from 2020, which succinctly captured how we moved into lockdown and how the implementation of restrictions severely limited the clubs and our own personal activities. 2021 started much the same after the 2nd wave of Covid and a great deal of uncertainty over what 2021 would bring. Fortunately, we've seen a gradual reduction in restrictions and a return to a more recognisable way of life, though with a few caveats. For the club it's meant a return to Tuesday night runs and a chance to catch up with people, have a chat and get a few miles in the bag. Track and hill sessions have returned, facilitated by our team of volunteer coaches. It also felt like a significant milestone to see Perth parkrun return so successfully. There has also been a steady if not spectacular return to races up and down the country. However back in the thick of winter all of this was a known unknown and the committee made an early decision to stage the Summer and Hills Are Alice Series as virtual competitions. Mark will provide more detail on both series later in this report as will Fiona on another very successful virtual Tay Ten event.

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 successfully stage formal and informal races and events.

Massive thanks to my fellow committee members who are standing down in 2021 - Catriona Liddell who has looked after our finances for several years now, Fiona Morrison for leading our ever-excellent Race Sub Committee, Alan Watson for looking after our website and Louise McLaren for covering welfare officer role. Big thanks also to Mark Crawford for all his efforts in designing the routes and publishing his (very) detailed course descriptions, Dougie Robertson for looking after membership, Amy Bryson for secretary duties and Kevin Rogers for being our "kit man" and stepping in as Vice Chair this year. Also, a mention to our great team of coaches who do a fantastic job week in and week out at track and hills, pushing us all to our limits and coming up with new and "interesting" training routines.

Special mention to Simon Grieshaber who is handing over the reins for the cross-country teams after many years of work and has overseen an increase in club members participating. Thanks also to Grant Wooler who along with Simon co-ordinated the cross country at Scone in October. I'd also like to thank Mike Dales, who behind the scenes helped us put the virtual race series together this year. See you on a start line somewhere in 2022.

2. SUMMARY ACCOUNTS 2020/21

Summary Accounts 2020/21

The income and expenditure account for the year ended 30 September 2021 is attached.

Income

Income in the year to 30 September 2021 of £5771 was achieved which was a slight decline from the 2020 figure of £5971. This was to be as expected given the reduced membership numbers impact on membership income and the associated gift aid claim.

The running of our virtual Tay 10k event brought in a surplus of £1925 to our funds.

Track fees of £222.30 were received from members, prior to the relaxation of covid restrictions allowing us to resume normal track activities and thereby allowing the club to resume offering the free track sessions to encourage member participation.

The return of the cross-country season with a Scottish Athletics event at Scone Palace, earned the club £300 host income for our contribution in helping set up the course and providing volunteer marshals.

Expenditure

Given the curtailed activities of the club due to the ongoing covid pandemic, expenditure incurred in the year of £1755 showed a significant decline on the £5526 of the previous year.

This major reduction in our annual expenditure was primarily as a consequence of no presentation evening being held (nor the incurring of the associated trophy and medal engraving costs), no Christmas social night and no cross-country fees during the 2020/21 season.

The largest single item of expenditure incurred by the club continues to be the Annual Scottish Athletics Affiliation fees paid of £1190 based on membership numbers at the date of the return submission in August '21, at the current level of £7 for each club member.

Other areas of significant expenditure were: -

Coaching Course Fees of £218

George Duncan Athletics Track Fees of £223

Website fees of £118

Overall

The resulting net surplus of income over expenditure for the year was £4016 (2020 £446).

The club's statement of balances shows the 30th Sept 2021 bank and cash funds held of £10529 (2020 £6513).

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, give a total assets balance of £12,009 (2020-£8433).

Post 30th Sept Year End Considerations

As a result of the unexpected and unprecedented surplus boost to our funds this year from the curtailed club activities due to the covid pandemic, the committee have agreed since the 30th September year end to make donations to the local parkrun community as below, which is in line with the promotion of our charitable objectives: -

Perth parkrun £500

Perth Junior parkrun £250

Faskally Forest parkrun £250

As we move into 2022, the club is in a strong financial position to cover the anticipated upcoming expenditure on our delayed hosting of the Hartley Relays, the increased cross-

country fees given the greater number of club members now participating, member track fees as we continue to encourage participation and the planned upgrade of the website.

3. CHAMPIONSHIP/SUMMER SERIES/HILLS ARE ALIVE

2021 was very far from orthodox for the club race series. Emerging from the winter COVID lockdowns and still facing travel bans, we were forced to adopt unusual measures to make any series of races possible. With no mass-start races in Scotland available (they eventually stuttered back into life in July/August), the contests were based on the most objective (yet COVID-safe) measure we could devise GPS-recorded time trials over specified and described courses.

It was felt that this approach could not reflect the loftier status of the PRR Championship; this was not held.

An adapted, seven-race Summer Series – more testing than normal – and a five-race Hills Are Alive (HAA) contest were launched in April, with one race held per calendar month. All races in the series were mandatory for completer medal. As COVID restrictions were reduced, a partial return to racing became possible, with club race evenings and use of the Perth parkrun employed for later events.

The Summer Series saw athletes run in such off beat and untested locations as Kinclaven Woods, along the Tay upstream from Waulkmill and over 10 miles in the shadow of the Sidlaws; the HAA used all of Kinnoull, Moncreiffe, Birnam and Deuchary Hills and was concluded on the rocky slopes of Ben Vrackie.

50 ladies and 46 men competed in at least one Summer Series race; 29 and 22 will respectively collect series completer medals.

In the HAA, 19 ladies and 29 men completed at least one hill; 9 and 17 respectively completed the series.

For the ladies, the Summer Series was won by Lorraine Macpherson with Rhona Younger winning a tightly contested HAA.

In both the men's contests, James Waldie was imperious and quite unbeatable (surviving a scare on the last day of the HAA in defending his 100% record). The chasing pack in the Summer Series contested a very close contest for the positions of second to fifth, this again being settled only on the very last day of racing.

In the other club competitions –

Duathlon - Eddie Torrie and Jimmy Fotheringham tied for the men's prize
Caitlin Ripley won the women's prize

Target Zero - Rhona Jane Barclay won without a second to spare

4. RACE SUB-COMMITTEE

Due to the ongoing Covid-19 pandemic we were disappointed to have to shelf our popular Tay Ten and Brig Bash club races for the 2nd year running (pardon the pun...).

Our first sub-committee meeting of 2021 was held (via Zoom) back in February and at least this time round we knew there was no prospect of being able to hold an actual live running event in early April. Therefore, we immediately turned our attentions to creating a bigger and better virtual event for 2021. We were very aware the appetite for virtual events was waning but felt that with the right publicity we could still make it work. We agreed to go BIG with the medals to help make our event stand out. To maintain an element of competition, prizes would be awarded in the form of engraved glass trophies. We agreed that we would once again hand deliver as many medals and trophies as possible to reduce postage costs.

We decided to stick with a 10K event again so as not to detract from the actual Tay Ten and also to encourage more entries. 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 more inclusive.

We agreed our competition window would run from 10am on the 10th April to 10pm on the 19th April – i.e., 10K from 10am on the 10th for 10 days (good marketing gimmick!). The cost however would be £15 – we were after all offering a substantial medal!

We were delighted to attract 287 entrants – 192 ladies and 95 gents, let's hear it for the girls! Our most senior runner was long standing club member Maureen Summers (78) and our youngest was 15-year-old Ben Marshall (son of club member Kate Marshall).

As well as lots of local Perthshire runners, we had entrants from all over Scotland – Inverness, Aberdeen, Dundee, Fife, Forfar, Glasgow and Edinburgh and some from south of the border too. We even attracted a couple of international runners, overall winner Calum Drever from Calgary in Canada and Ashley Casano from Florida in the USA. We had quite a few club members volunteering to deliver their medals!

Our 1st female finisher was Jillian Gordon of Kinross Road Runners in a time of 40 mins 10 secs. 2nd place went to local runner Rose Ryan of Perth Strathtay Harriers in a time of 43 mins 55 secs and in 3rd place was Karen Watt from Glasgow in a time of 44 mins 23 secs.

For the gents, in 1st place was Calum Drever from Canada in a time of 32 mins 54 secs. 2nd place went to Robert Harrison from Blairgowrie in a time of 34 mins 29 secs and 3rd place went to David Scott from Kinross Road Runners in a time of 35 mins 40 secs.

We had a bit of fun filming a virtual prize giving ceremony which was broadcast on our dedicated Facebook page – the out-takes were hilarious (and have long since been deleted.... or have they?!) Overall, the event was very 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 BIG bespoke medals! And we managed to raise just under £2,000 for club funds!

I would personally like to thank the sub-committee for all their hard work in what has been another difficult year. You've all been amazing!

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

NB - After 7 years, I have decided to let someone else have a shot at organising the Tay Ten and the Brig Bash and am standing down from the committee. So, if you fancy organising two of the best events in the racing calendar, now's your chance! Anyone interested in taking on the role of Race Organiser, please get in touch asap. Most of the sub-committee are also stepping down so it's likely that new members will be needed – I will leave that to the new Race Organiser to organise!

5. 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.)

As of November 16th, the website has received 3417-page views in 2021, averaging just over 9 hits per day, representing a vast decrease on 2020 figures, page views are lower than in 2019-20, 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 2162 views, Club Standards 295 views, Contact Us 187 views, Gallery 149 views and Join Club 134 views.

Aside from routine maintenance and changes to certain pages, the plugin Wordfence has successfully blocked 84,676 malicious login attempts, 7534 more than last year and Akismet has blocked 2,634 spam comments.