



1985 - 2016

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

## ANNUAL REPORT 2016

### Membership

Year	2012	2013	2014	2015	2016
Members	111	113	86	124	152

### Club Events Calendar 2016

<b>January</b>	Ne'erday Nonsense – 3 runs in 1 day	Great Edinburgh XC International Challenge			
<b>February</b>	Club presentation evening	Wee Winter Run			
<b>March</b>	Start of Club Championship races, Summer Series and Hills Are Alive	LAL P&K Sports Awards 2015			
<b>April</b>	Tay Ten	Volunteers Morrison's Great Edinburgh Run			
<b>May</b>	Perth parkrun take over				
<b>June</b>	Dundee to Perth Relay for C-R-Y	North Inch Relay	Ben Smith 401 Marathon Challenge Perth leg		
<b>July</b>	Brig Bash 5				
<b>August</b>	Club Duathlon – Run/Cycle				
<b>September</b>	Target Zero	Perth parkrun take over			
<b>October</b>	Cross Country Teams compete in East District League	Ben Smith 401 virtual Marathon			
<b>November</b>	Hartley Relays	Club AGM			
<b>December</b>	Yahoo Handicap Race	Club Xmas Run	Marcothon		

**Chair:** Neil Muir; **Vice Chair:** Stuart Fraser; **Secretary:** David Stokoe; **Treasurer:** Catriona Liddell; **Championship Organiser:** Ronnie Glen; **Web Organiser:** Simon Grieshaber; **Club Clothing:** Stewart Dallas; **Press:** Caroline Hogarth / Richard Hughes

## **1. CHAIRS INTRODUCTION**

The club has once again had a very successful year and has seen a number of our members placing in the top 3 either overall in races or in age categories. More importantly we continue to see the growth in our membership, which is very encouraging. We believe that this is down to the success of park run. It is important though that we must ensure anyone who comes along to our club for the first time that we make them feel welcome. We have feedback from new members telling us they are made to feel welcome on their first night. So if you see a face you don't recognise, please approach them and introduce yourself, help to break the ice! Remember how it was on your first night! It is worthwhile noting that we have people joining our club for different reasons, it is not everyone who wants to compete and that is good to see for one of our goals has got to be for the health and wellbeing that running brings.

## **2. SUMMARY ACCOUNTS 2015/16**

The club continues to operate in a strong financial position.

In the year to 31st October 2016, the club's income of £4843.20 was derived from membership fees (46%), our successful Tay Ten and Brig Bash event surpluses (53%) and a nominal profit on the sale of club clothing (1%).

Expenditure of £4103.89 was incurred, with 25% of this being on Scottish Athletics Affiliation Fees (currently £7 for each member out of the annual £15 membership fee).

A resulting net surplus of income over expenditure of £739.31 was achieved. In the previous year a deficit of £16.09 was incurred.

Reserves at 31st October 2016 were £5790.85. (31 October 2015 - £5051.54)

A summary financial statement as prepared by Catriona Liddell, Club Treasurer will be available for members at the AGM.

## **3. CHAMPIONSHIP/SUMMER SERIES/HILLS ARE ALIVE**

Reflecting the overall growth and strength of the club it has been a record breaking year in the Championship and Summer Series. In the Championship an amazing 48 PRRs took part in the Strathallan 5 in May (a third of the entire race field) setting a club record turnout which was to be broken again in September with an awesome 49 members running the Pitlochry 10k (with a further two running the 5k on the same day).

In all a total of 95 PRRs took part in at least one Championship race in 2016. The Summer Series was also very well attended, with the largest attendance being 34 at Perth parkrun, and a total of 64 participants over the series.

The **Club Championship** winners are Sonjia Crow and Michael McConnell.

The **Summer Series** winners are Julie Ramsay and Stuart Robertson.

The **Hills Are Alive** winners are Sonjia Crow and Stewart Reid.

Thanks to all the PRRs for their supporting and participation in Championship and Series races this year.

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

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

This year was the 3rd running of the Tay 10 on Sunday 3rd of April. The race day itself was the best conditions we have had yet for the race, a little damp under foot but no wind and cool, unlike the heat of 2015.

Again we had a limit of 350 race entries which filled up with a few weeks to go. This year we had 271 people turn up, with just one person not able to finish the course. First home for the men was David Cole in 55:09 and Ladies winner was Jo Williams in 1.03:19. Both setting new course records. Our own Sarah Douglas picking up 2nd female overall.

This year saw us introduce new bespoke medals and crystal prizes which went down very well with the field. Feedback was just incredibly positive again, with amazing comments on the organisation, course but mostly on the marshals and encouragement.

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

July 6th saw the 2016 edition of the Brig Bash run in Bridge of Earn. Yet again the 300 race places filled up very quickly a good few weeks before the race. The evening itself was dry and warm with a bit of cloud cover seeing it cool. A total of 210 came along and ran on the night with everyone safely finishing the race. Ladies champ was Central's Jennifer Whetten in 28:29 and Male winner was Kristian Jones from Swansea in 24.27. Both of those runners also won the Olympic 1 mile prizes. Neither course record was broken this year.

Again mainly positive feedback but we did run into some issues with Chip Timing that caused a delay in the prize giving and final results. Volunteers again doing a terrific job marshalling and organising, with the post race spread yet again being a massive hit.

Big thanks to everyone in the Race Sub Committee for all their hard work in 2016 and delivering 2 excellent races.

#### **5. CLUB CLOTHING**

Sales of club clothing have been very healthy over the last 12 months thanks to an increase in club membership. The first Tuesday of the month continues to be the main opportunity to buy clothing, and it is encouraging to see so many members wearing club colours on these occasions, as well as at parkrun.

Responding to members' feedback and comments about the club clothing, and following some problems with the ordering process, the Committee has very recently sourced new suppliers. This Perth-based supplier offers high-quality kit at competitive prices with a shorter lead-time than our previous supplier. They also offer an extended range of clothing, and we are pleased now to be able to add PRR running shorts to our stock. Other items may be available in the future – the Committee is happy to consider suggestions and requests from club members.

The Committee would like to thank Steven Gilbert at Campus Sports for printing exclusive t-shirts for the Marcothon finishers.

#### **6. COACH COLIN KEOUGH**

As we all know that sadly our club coach, Colin Keogh has had to give up coaching us due to family commitments. We will all miss his support and enthusiasm he has given us over the

past 10 to 11 years. Our thanks to Colin for all his hard work. However we are in the process of trying to get others trained up to cover this role and we have a number of members interested who will soon commence relevant coaching courses.

## **7. 2015 PROPOSALS**

It was agreed that there should be a club day out to Arran. This was duly arranged by David Wood and was enjoyed by a number of members.

We also agreed last year that we should arrange an awareness/fundraising day in aid of CRY, a charity which raises the awareness of heart illness amongst the young. A run was arranged from Dundee taking in the Camperdown park run and then running to Perth. As luck would have it the sun shone and several members enjoyed a beautiful run and finished on the North Inch with a picnic. Thanks to those who donated food and drink and to David Stokoe along with his team for organising this. A total of £1670.30 was raised.

## **8. PERTH PARK RUN**

As said earlier the park run continues to be a good source of new members and we have ensured that we continue to support park run. Week in week out many of our members volunteer to help and we are grateful to those who volunteer, this is a great way of promoting your club! Over and above that twice this year Caroline Hogarth and Richard Hughes have organised park run take over, whereby Perth Road Runners takes on every role. The first we did in May and was a huge success and you the members did your club proud in the response you gave and the roles you carried out. We are the only club who have done this locally! We also donated £250 to support park run.

## **9. JUNIOR PARK RUN**

Whilst we do not have a junior section, it is worthy to note this venture started in Perth through a lot of hard work led up by Stuart Fraser ably supported by a strong team. Once again the members of PRR are to the forefront each week volunteering for various roles to ensure the juniors have a safe enjoyable park run. It is encouraging to see an average of approximately 100 juniors taking part each week. The club have also donated £100 to support Junior parkrun.

## **10. 401 CHALLENGE**

Ben Smith visited Perth in the summer to run a marathon as part of this national charity event. Ronnie Glen organised volunteers to run part or all of the route with Ben. We also held a club run to mark Bens 401<sup>st</sup> marathon in October and raised over £200, including a donation from the club to this worthwhile cause. Once again you supported this venture in typical PRR style.

## **11. CONDUCT**

Can we ask that members please familiarise yourselves with the club constitution and club rules? It is with regret, that we have to say that we have had to deal with issues regarding inappropriate behaviour within the club. We are affiliated to Scottish Athletics and UK Athletics and we must ensure we meet with their code of conduct, in particular when using social media.

## **12. FIRST TUESDAY OF THE MONTH**

It is encouraging to see so many green tops on the first Tuesday of the month. It is an easy way to promote your club, as long as we continue to be courteous to our fellow road users.

## **13. PRESS**

Apart from one quiet week, the club has submitted weekly reports to the Perthshire Advertiser throughout 2016. Richard and Caroline would like to thank everyone who contributed and assisted in supplying photographs and race results, as it can often be difficult to find out what races have taken place. Along with the articles in the PA, some of the reports have also been published on the Daily record website.

Uploading the report and photographs to the Perth Road Runners Facebook page has helped increase publicity and promotion of the club, we have been contacted many times throughout the year with questions from people interested in joining. Simon has continued to add the reports to the club website. Richard and Caroline would also like to thank Sally Newton for submitting the reports whilst they have been on holiday.

Members are reminded to either email or use the “submit results” facility on the club website so that race times are recorded for the press report. When registering for races, please make sure you identify yourselves as a Perth Road Runners as it makes finding the results much easier.

## **14. WEBSITE / SOCIAL MEDIA**

### **14.1 Facebook**

As member numbers increase and activity for both the public and private group sites have also increased. The public site is a fantastic way of marketing the club and the various members' activities.

The weekly news bulletins are now on facebook (public site) and proving a great success with plenty of likes and comments. Some fantastic photos really adding to the news article content and highlights the vibrancy of the club and its members.

Followers – plenty of page likes, followers and readers of our articles (from across the world!) Queries – the public site receives a small number of questions mainly about race and club details – confirming the importance of the facebook presence in promoting the club.

Social site – 154 followers (and counting.) Very popular for all sorts of interactions - e.g. race planning and organising, social nights / events, car sharing, training questions etc. Used to quickly get in touch with the majority of the current membership (but not the sole means of communicating.)

### **14.2 Web Site**

The web site 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 available.

Photos – constant stream of new photos being added – please keep them coming. In fact, these could do with a clean up as there are a lot of older photos in the random photo selection area.

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

If you have any thoughts, ideas, and suggestions – please let us know. We need the web site to fit the needs of the members.

### **14.3 Twitter**

The PRR Twitter page has been active for two years and continues to be run by Mike Dales. Our page now has 108 followers, including PRR members, other local runners, other clubs throughout the country and a handful of people in Western Australia.

As of October 18th we had posted 401 tweets. These contained a mixture of news about training sessions and forthcoming races, plus retweets of training, stretching and injury treatment advice.

Feedback continues to be positive and the Twitter page has become the go-to place for some club members wanting to find out what is happening on Thursday evening.

Mike has expressed his willingness to continue in the role of PRR tweeter.

## **15. CROSS COUNTRY**

2016 has seen a big increase in the interest to compete in the Cross Country league and SAL arranged events. For the first time in many years, we had full team compliments for the first league meeting of the 2016/17 season at Stirling, meaning all teams scored well - the women's team finished 6<sup>th</sup> with the Senior men's team 15<sup>th</sup> and the Master team 5<sup>th</sup>.

We sent two teams to the National Relays at Cumbernauld with the Masters team finishing in 6<sup>th</sup> place.

All members are welcome to participate in any Cross Country race – the full details are on the web site: <http://www.perthroadrunners.co.uk/cross-country/>

2015/16 season:

- The male Masters team finished 6<sup>th</sup> overall in the East District league for 2015/16.
- The club had a good representation at the Scottish National championships back in March.

## **16. HARTLEY RELAYS, TARGET ZERO, DUATHLON, WEE WINTER RUN**

The committee would like to thank the following for organising the following events, which prove to be consistently popular –

- Hartley Relays and Target Zero – Grant Wooler
- Duathlon – Alan Patterson and Kirsty Johnston
- Wee Winter Run – Robin Wombill.

We look forward to the return of these runs in 2017.

### **17. MEET AND GREET**

The meet and greet proves to be popular with new members and thanks to Fiona Angus in her continued hard work in putting the rotas together for us. However, if you cannot attend your allocated evening please try and arrange cover or contact someone on the committee to let us know. We have had occasions it has not been covered and it has been late on before we have realised this! It can also be a problem on some evenings with the amount of new people who may turn up so please offer to support whoever may be on duty and do not leave it to the same people all of the time!

### **18. CONCLUSION**

Our club continues to go from strength to strength and this is fantastic to see. This is only achieved by us all continuing to work hard in promoting our club and enjoying one another's company in the sport we love. Your committee thanks each and every one of you for your support and participation throughout the year. Please remember if you have any ideas or thoughts/question, do raise them so we can make our club even better. Or if you wish to get more involved once again, please step forward. It is only by evolving we will be able to improve and enjoy our club.

**PERTH ROAD RUNNERS BELONGS TO YOU!**

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