



1985 - 2017

Perth Road Runners

Established 1985

Affiliated to Scottish Athletics 1986

## ANNUAL REPORT 2017

### Membership

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

### Club Events Calendar 2017

<b>January</b>	Great Edinburgh XC International Challenge					
<b>February</b>	Club presentation evening			Wee Winter Run		
<b>March</b>	Start of Club Championship and Hills Are Alive Series					
<b>April</b>	Tay Ten			Volunteers Morrison's Great Edinburgh Run		
<b>May</b>	Perth parkrun take over					
<b>June</b>	North Inch Relay			Club Summer Series begins		
<b>July</b>	Brig Bash 5					
<b>August</b>	Club Duathlon					
<b>September</b>	Target Zero			Club EGM		
<b>October</b>	Cross Country Teams compete in East District League					
<b>November</b>	Hartley Relays			Club AGM		
<b>December</b>	Yahoo Handicap Race		Club Xmas Run		Marcothon	

**Chair:** Kirsty Johnston; **Vice Chair:** Kevin Riddell / Stuart Fraser; **Secretary:** David Stokoe; **Treasurer:** Catriona Liddell; **Championship Organiser:** Ronnie Glen; **Club Clothing:** Stewart Dallas; **Press / Media:** Caroline Hogarth / Richard Hughes; **Membership:** Steph Reid

## **1. CHAIRS INTRODUCTION**

This year has flown by, and I can't quite believe that I have been the Chair for PRR for a whole year. I would like to thank everyone who has helped me settle into the role and given help, advice and encouragement as I have found my feet.

The club continues to build on its past success, with a roll of 180 – this is the biggest membership we have had since I joined in 2012, and I am sure that we will hit over 200 members in 2018.

We continue to be a club to be reckoned with, and many events have been awash with the sight of the green machine taking to the roads in large numbers, picking up individual and team prizes on many occasions. It is also encouraging to see members who join not to compete – but for the social and health benefits that running brings, we continue to strive to be the “friendly running club” and the welcome we give to people joining is always great to see. I remember how nervous I was on my first night – and walking through the doors of Bell's sports centre on a Tuesday night can be hugely intimidating – when facing a sea of hi vis and lycra.

The biggest challenge that has faced the committee this year is the change to a SCIO, which gives us charitable status and protects members of the committee from personal liability. I would like to take this opportunity to thank all of the committee for the work that they put into pulling all of the information required, and to all the members of the club who attended the EGM in order to progress this important move for the club.

We are pretty close to the 1st December – so good luck to all those who are undertaking marcothon this year. And I hope that you all have a peaceful and injury free 2018.

## **2. SUMMARY ACCOUNTS 2016/17**

The club continues to operate in a strong financial position.

Income in the year to 31st October 2017 of £4364.68 has seen a decline however from that achieved in 2016 of £4843.20. Although membership income has increased in line with the continuing rise in member numbers, the combined surplus of £1402.06 from our successful Tay Ten and Brig Bash events was lower than that achieved in the previous year of £2559.86. This was primarily as a result of additional expenditure being incurred particularly on the Brig Bash, with chip timing costs which had been waived in 2016 and additional costs for the race momento in recognition of the 20th anniversary event.

Expenditure of £5110.76 was incurred, with approximately 24% of this being on the Scottish Athletics Affiliation fees (currently £7 for each member out of the annual £15 membership fee). Coaching course fees of £460 were incurred this year as investment was made to ensure the longer term provision of qualified club training sessions for members.

As a result of the reduced income level and increased expenditure incurred, a deficit of expenditure over income of £746.08 arose. In the previous year a surplus of £739.31 had been achieved.

Reserves at 31 October 2017 were £5044.77 (31 October 2016 - £5790.85)

A financial statement as prepared by Catriona Liddell, Club Treasurer will be distributed prior to the AGM 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 record breaking year for the club race series events. The 50 runner barrier was finally broken at Kinross PTA 10k in April with an impressive 55 members taking part. Attendance throughout the Championship was excellent again, reflected in the amazing 33 who qualified for a series medal (up from 28 last year). From Newtonmore to Jedburgh, Cumbrae to Crammond, the green vests featured strongly, often picking up team & age group prizes (and the occasional open prize too!).

The Summer Series was also very well supported, with the largest attendance of 39 at both Milnathort Dash and Pitlochry 10k. There were a total of 82 participants over the series (up from 64 last year), and 13 runners completed all 6 races.

From March to August a hardy band of runners took to the hills of Perthshire (and in one case steepest Stirlingshire!) to take part in the Hills are Alive series. They were rewarded with mud, superb views and this year, for the first time, series medals!

The **Club Championship** leaders are Sonjia Crow and Stuart Robertson.  
The **Summer Series** winners are Lorraine MacPherson and Stuart Fraser.  
The **Hills Are Alive** winners are Sonjia Crow and Mark Dunn.

Thanks again to all the PRRs for their support and participation in Championship and Summer Series and Hills are Alive races this year. See you at Loch Katrine in March!

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

#### **4.1 Tay Ten**

2017 was the 4th running of the Tay 10 on Sunday 2nd April. Race day conditions were more or less ideal with dry weather and reasonable temperature. There was a limit of 350 race entries which filled up within a couple of days of entries opening online. This was the first year we offered transfer of names for people who could no longer run, which undoubtedly helped us achieve a higher number of finishers than previous years (307 finishers). Due to road construction works ongoing in Huntingtower/Ruthvenfield there were a couple of slight adjustments to this year's course, which will likely remain in place for 2018.

First male home was Roger Clark of PH Racing Club in 58:48, closely followed by our own Alistair Gudgin in 59:15. The ladies winner was Morgan Windram-Geddes of Dundee Road Runners in 65:36. PRR won the male team prize (Alistair Gudgin, Ronnie Glen and Stuart Fraser).

Feedback received from participants was extremely positive with a number of fantastic comments on the race Facebook page – the support from marshalls and other volunteers featuring regularly amongst the praise. One runner fell ill around at around the one mile mark and was kindly helped by fellow runners, spectators and marshalls, which the runner was very thankful for.

Unfortunately there was no catering available before or after the race as we were unaware the on-site café is no longer open at weekends. This issue was fed back to the venue and we are confident there won't be a similar issue next year.

## **4.2 The Brig Bash**

This year saw the 20<sup>th</sup> annual Brig Bash 5 mile race take place on Wednesday 5<sup>th</sup> July 2017. There were 241 finishers out of a total entry of 300. The first male home was Iain Macdonald of Edinburgh AC in 27:08, with Annabel Simpson of Fife AC the first lady to cross the line in 28:36. Both winners also took home the prize for fastest first mile – Iain with a time of 5:07 and Annabel with 5:23, taking 6 seconds off the previous female record held by Jennifer Wetton.

The committee decided to hand out commemorative water bottles to all participants and volunteers in celebration of the 20<sup>th</sup> running of the event, which seemed to go down well. Again, this was the first year of allowing name transfers, which worked well and we intend to make this a regular offer for our races.

Feedback was once again extremely positive, especially for the legendary post-race spread – thank you to all who contributed to this. There were issues with blocked toilets at the venue which will require addressing next year, however this will ultimately be up to the venue operators to rectify.

## **5. CLUB CLOTHING**

Clothing sales have continued to grow over the past year as the Club's membership has edged towards 200. This has required us to order and stock a greater number of garments and to formalise our paperwork and procedures. The first Tuesday of the month continues to be the main opportunity to buy clothing, and the sea of green which ascends on Perth at these runs and parkrun is a great advert for our club.

Responding to members' feedback about clothing, we now provide slightly longer vests and shirts at no extra cost. We are also pleased to be able to offer club hoodies, which can be ordered directly through Campus Sports. The Committee thanks Steven Gilbert for his assistance with this.

## **6. COACHING**

Having lost the services of Colin Keough due to family commitments last year, the Thursday night sessions have been primarily led by Fiona Morrison, Sonjia Crowe and Kevin Riddell with a mix of track sessions at George Duncan Athletics Arena and hill sessions at Kinnoull Hill. Kevin and Fiona have since started their Coach in Running Fitness qualification, with Sonjia looking to do the same next year. Kevin Rogers and Lorraine MacPherson have also undertaken their Coaching Assistant course and will be taking some sessions over the winter months. PRR have contributed towards the cost of these courses to help provide a knowledgeable coaching team to lead the Club training sessions.

Fiona has created a training plan for the winter months which will consist of track sessions, hill sessions at Taymount Terrace, and "hills with headtorches" at Kinnoull Hill.

## **7. UPDATE ON 2016 PROPOSALS**

7.1 Club Payments can still be made via cash or cheque, however members are encouraged to pay for clothing, social events etc via bank transfer.

7.2 Transfers for Tay Ten and Brig Bash were successfully introduced for this year's races.

7.3 Rules for ballot entry into London Marathon were amended.

7.4 Club relay for charity didn't take place.

7.5 Honorary membership was granted to John Johnston and Dave Sherman.

## **8. PERTH PARKRUN**

Club members play an active role in parkrun and it continues to be a source of new club members. Along with members volunteering on a regular basis, the majority of runners at the monthly 'pacer' day tend to be club members, organised by Ronnie Glen. There was also a successful parkrun takeover in May, organised by Caroline Hogarth, where all of the volunteering positions were carried out by club members.

## **9. 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.

## **10. PRESS**

The club has submitted reports every week to the Perthshire Advertiser throughout 2017. 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.

Richard and Caroline would also like to thank Sally Newton for submitting the reports while they have been on holiday, continuing the 100% submission rate.

The club received further promotion early in the year with an article published in Scottish Athletics PB magazine. The article highlighted recent successes and continual growth of the club.

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 or parkrun, please make sure you identify yourselves as a Perth Road Runners as it makes finding the results much easier.

## **11. 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 29,189 page views in 2017, averaging 93 hits per day, representing a marginal increase on 2016. However, page views are lower than in 2012-15, possibly due to club content increasingly being shared on other platforms such as Facebook and Twitter

Aside from routine maintenance, there was also clean-up work required to tidy the effects of a “pharma hack” which was corrupting some search results. A new plugin was introduced to detect unauthorised access attempts. It also highlights non-standard Wordpress files for inspection/deletion.

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

## **11.2 Facebook**

At November 12th, the official Facebook page has 651 likes. It continues to be a fantastic way of marketing the club and the various members’ activities. We received plenty of page likes and positive comments. It is common for posts on the official page to be viewed by over 1000 people.

The club is contacted regularly via Facebook messenger. The most common reasons are potential new members asking for information about the club and training sessions, or other clubs/race organisers asking us to promote their event.

Although the club does not have an Instagram page, we note that #perthroadrunners has been used in 250 posts and we would like to thank those members who use this tag when promoting their achievements, it’s more great publicity for the club.

## **11.3 Twitter**

The PRR twitter account is operated by Mike Dales and has continued to gain new followers throughout the year. You can find us at @PerthRdRunners.

As of November 21st, we have posted 1,124 tweets since opening our account in March 2015, so with an average of just over one tweet per day we can’t be accused of tweeting above our station or causing undue noise pollution on the platform.

We now have 186 followers and in return we follow 123 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.

We also use the Twitter account to retweet information about training schedules and treating injuries, plus news from the world of top-class athletics in the form of Laura Muir, Eilidh Doyle, Mo Farah, Usain Bolt, Kilian Jornet and others. Indeed, within an hour of winning at the European Indoor Championships, Laura Muir had liked our “Congrats from PRR” message.

Finally, a number of our own members follow us on Twitter, and the club follows them in return, so members get all the news of training sessions, races and Mo Farah being knighted, and we get to see your race photos and family get togethers, plus the highly entertaining blogs from @littlemrswebley.

Remember to Reduce, Reuse, Recycle and Retweet.

## **12. 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.
- Cross Country – Simon Grieshaber

We look forward to the return of these runs in 2018.

## **13. 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!

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