

COACHING

This year has seen a continued rise in attendance at our coached sessions, with a particularly strong turnout at the track. It's been fantastic to welcome many new members to these sessions, which remain free and open to all club members, regardless of ability. The inclusive nature of our coaching continues to be a cornerstone of our club's ethos.

Some snapshot stats for the year 1st November 2024 to 31st October 2025 (*slightly different to the main report year of 1.10.24 to 31.9.25*):

- There were 20 **track** sessions held, featuring 59 different athletes. The highest number of sessions attended by any athlete was 16. A total of 253 sessions were attended (exactly the same number of sessions attended as in the previous year), thus meaning an average attendance of around 13 PRRs at each track session.
- There were 23 **hill/trail** sessions held (at Bertha and Kinnoull), featuring 52 different PRRs. Again, the highest number of sessions attended by any athlete was 16.

Due to the growing popularity of these sessions, we are approaching the upper limit of our coach to athlete ratio. To ensure we maintain a safe and effective environment for all participants, **it is critical that members use Spond to book their place in advance**. This helps us manage numbers and ensure adequate coaching support.

With increased participation comes the need to expand our coaching team. We encourage any interested members to consider joining the coaching team—training is fully funded by the club through Scottish Athletics. The door is always open, and we're keen to support those who want to get involved.

Looking ahead to next year, we're excited to welcome Clive to the coaching team. Clive will help fill the gap left by Lucy, who is currently studying in London and will only be available to coach during holiday periods.

Richard Ward, Coaching Lead/Liaison, November 2025