

Harmeny Athletic Club

Trustees' Annual Report

September 2018-September 2019



Charity contact information

Harmeny Athletic Club

Scottish Charity Number: SC048917

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Charity Trustees

1. Susan Ross - Chairperson
2. Judith Campbell – Welfare Officer
3. Mark Jones - Treasurer
4. Darren Cavaroli – Vice Chair and Runners Council rep
5. Sam Denis – Membership Secretary
6. Elaine Walker – Board Member
7. John Pringle – Board Member
8. Craig Stewart - Club Secretary

Objectives and activities

The Club will operate as a non-profit distributing charity whose principal objectives are:

- The advancement of public participation in Athletics as a sport;
- To provide recreational facilities and/or organise recreational activities, available to members of the public at large, with the object of improving the conditions of life;

In furtherance of the above shall:

- Provide a base for successful competitive track and field athletics and country running and to develop the full potential of each member;
- Encourage enthusiastic instructors, coaches, officials and administrators within the club and provide opportunity for qualification and experience; and
- Provide a base for non-track and field runners and those wishing to run as a recreational activity or to improve their general fitness

The club continues to support its objectives by providing further opportunities for its members to train in a friendly and supportive environment. There are now 6 club-organised sessions per week for adults, including 3 that have qualified coaches.

The junior section have 10 training sessions across 4 nights and each session now forms part of an athlete pathway. Additionally, Harmony coaches, employed through the Scottish Athletics Club Together programme, coach at a further 7 club-funded sessions and another 12 sessions on behalf of Active Schools meaning the club is reaching around 400 junior athletes every week.

Crucially and in support of these numbers of athletes, the club has provided training to its members and parents of members meaning we now have 21 qualified coaches, 7 qualified athletics officials (with a half a dozen more working their way to qualification) and 13 newly-qualified First Aiders.

For adult members the Club has continued to provide social runs on a Wednesday, Friday and Sunday and the track session on a Thursday. In addition to this a new session has been added at the Meadows or Arthur's Seat on a Tuesday kindly coached by Ian Beattie, and a Strength & Conditioning Class on Monday's at Currie Community Centre, coached by Gordon Robertson. Both have given up their valuable time for free, for which the Club are hugely grateful, which has enabled the club to provide all of these sessions inclusive of the annual membership fee.

Finally, the club continues to organise races and social events for both its members and the wider community.

Structure, governance and management

Type of governing document

In 2018 the club members voted to accept a new club constitution which had been written with the support of a Scottish Athletics funded lawyer. In parallel to this, the club applied to the OSCR to become a Scottish Incorporated Charitable Organisation (SCIO). The application was accepted on 9th December 2018.

The Board of Trustees currently numbers 8. The constitution allows for between 5 and 12 members. The core roles of the Board are: Chairperson, Secretary, Treasurer, Welfare Officer. The Board also currently contains a Vice Chair and Membership Secretary plus 2 other Board members.

The affairs of the adult running section are overseen by the Runners Council and the junior section by the Coaches & Team Managers. No other sub-groups currently exist.

Trustee recruitment and appointment

The Board of Trustees was initially made up of 6 members as agreed at the EGM in October 2018. 2 further club members (Elaine Walker and John Pringle) were approached by the Board to both ensure that the Board was as representative of the diversity of the club as possible and to help support the activities of the existing Board members.

Achievements and performance

2018-19 Report Stated Priorities

- Run a local Coaching Assistant course, recruiting more volunteers (January)
 - Completed on 19/20 January with 8 new coaching assistants trained.
- Embark on Indoor League season for 1st time (Dec-Mar)
 - Successfully competed in 3 events, with our U11/13 teams doing particularly well
- Expand into areas of Scottish Index of Multiple Deprivation (SIMD)
 - Partial success; Wester Hailes continues to be a difficult relationship with Active Schools. WHEC session did not happen and will now start in Q4 2019. Primary school sessions continued and their success was mixed with a number being highly successful, but some being less so and subsequently cancelled. New sessions at St Augustine's school started on 13th September and it is hoped this will help address this objective.
 - Key relationships with the organisers of the Wester Hailes fun run led to a new (non-club) session being set up at Clovenstone Community Centre to their after-school club. Subsequently this has also led to the recent creation of a session for Score, a local charity set up to fight racism <https://www.scoreScotland.org.uk/>
 - As a result, a number of athletes from these sessions attended the recent friendly XC race in Juniper Green and a few have expressed an interest in becoming full members.
- Implement changes to Coaching Structure to support athletes objectives
 - Our coaching and competition structure continues to evolve as our core group of athletes grows older and their needs become more specialised. Saughton groups now smaller in size with a greater coach:athlete ratio (approx. 1:6 for technical events and 1:8 for endurance). Each athlete in these groups has a named coach.
 - We have been involved in a Scottish Athletics focus group whose aim is to set up a new U17 league in Scotland, the details of which are due in October with a view to launching in summer 2020.

- Further policy and procedure review
 - Financial controls implemented by Treasurer to control the set up of new beneficiaries
 - Financial plans have started to be written, but will continue to evolve in 2019-20
 - Codes of conduct written and published for athletes, parents and coaches



Off-field Achievements

Club Development

- In late 2018, Lorraine Boyd resigned from her part time role as School to Club Coaching Officer to take up a new, full time role at Oriam. Gordon Robertson was appointed to the role from January 2019, but due to personal circumstances, resigned from role in June. Both remain involved with the club.
- Olympic hammer thrower Chris Bennett and International runner Jamie Crowe were appointed to the role in August 2019.
- Graeme Stewart continues to fulfil the Club Development Officer role.
- Additional sessions at Craigmount, St Augustine's schools and Clovenstone and Score community groups have been added to the weekly roster.
- 3-day summer and Easter camps held
- New branding, including new, modern club badge
- Introduction of range of training gear and ability to buy all gear online for delivery.
- Club hosted the National Scottish Athletics Youth Road Running Champs at Ingliston.
- Initial meetings held with Edinburgh Eagles AC with a view to implementing an athlete pathway between the clubs.
- Creation of new Welcome Pack for junior members.
- Dave Law, after 17 years, will no longer be coaching with Harmeny following relocation to the Borders. We still expect to see Dave around and hope he doesn't miss us too much!

Membership Statistics

Membership Group	2018/19	2017/18
Members		
Senior members	167	135*
2 nd claim senior members	4	2
Junior members	173	162
Total	344 (up 15%)	299
Coaches & Officials		
Level 3 (Event Group)	4	3
Level 2 (Athletics Coach of CIRF)	5	3
Jog Scotland Leaders	8	12
Level 1 (Coaching Assistant)	11	4
Other	1	0
Officials – Qualified	2	1
Assistant Officials	5	0

* once database clean-up had been done.

Junior on-field achievements

Cross Country

- East District XC League Champs U11 & U13 Boys including a 1st, 3rd and 4th in U11 Boys at Broxburn
- Finlay Ross – Interdistrict, Scottish Schools and National XC Champion + 3 East District League race wins
- Inter-district vests for Finlay Ross, Alastair Wallace, Nathan Denis (and Ethan Lorimer would have had one but for injury)
- Fergus Ross won East District race at Broxburn
- Top 20 finishers from Matthew Holden, Dan McGuire, Dair Alexander, Daniel McIntyre, Natsai Nyabadza, Charlotte MacPhie, Tendai Nyabadza, Alastair Wallace, Ethan Lorimer, Nathan Denis
- SIAB Scotland team representation for Finlay Ross in Ireland
- First win in 'friendly' XC match Vs CAAC in 5 years.



Road Running

- Scottish Athletics National Youth Road Running Champion – Finlay Ross
- Great North Junior Run Champion – Matthew Holden

Track & Field

- Promotion to Division 1 of Forth Valley League for first time since 3-division structure in place.
- U13 Boys East District 1500m Gold - Finlay Ross
- U13 Boys East District Discus and High Jump Silver – Archie Lynch
- U13 Boys Scottish Schools Bronze 1500m – Finlay Ross
- Won the annual T&F Match Vs CAAC

Club records (39 records, 25 different athletes)

- U11 Girls 75m – Olivia Faith Muir 11.58s
- U11 Girls 80m – Olivia Faith Muir 11.92s
- U15 Girls 300m – Orla Roberts 47.74s
- U17 Girls 100m - Peace Oriabure Okaka 13.4s
- U17 Girls 200m – Helina Adams – 31.96s
- U17 Girls 800m – Fatoumata Ndure – 3m31s
- U17 Girls HJ – Fatoumata Ndure 1.32m
- U17 Girls LJ – Helina Adams – 3.12m
- U17 Girls Javelin - Peace Oriabure Okaka 13.14m
- U17 Girls 60m (Indoor) – Helina Adams 9.49s
- U17 Girls 200m (Indoor) – Helina Adams 32.49s
- U20 Girls 100m – Amy Thompson 15.1s
- U11 Boys 100m – Alex Columbine-Green 14.4s
- U11 Boys 150m – Alex Columbine-Green 22.3s
- U11 Boys 200m – Alex Columbine-Green 30.1s
- U11 Boys 60m (indoor) – Alex Columbine-Green 9.31s
- U11 Boys 600m (indoor) – Fergus Ross 1.53.3s
- U11 Boys 800m (indoor) – Fergus Ross 2.32.78s
- U13 Boys Pentathlon – Ben McDonald 1120pts
- U14 Boys Pentathlon – Archie Lynch 1007pts
- U15 Boys 300m – Calum Gladwin 40.14s
- U15 Boys 1500m – Finlay Ross 4.18.3
- U15 Boys Javelin – Shane McConnell 30.30m
- U15 Boys Discus – Theo Johnstone 25.36
- U17 Boys 100m – Col Dracup 11.5s
- U17 Boys 200m – Col Dracup 23.57s
- U20 Boys 100m – Dave Valdez 14.0s
- U20 Boys LJ – Dave Valdez 5.09m
- U12 Boys 4x100m - A Columbine-Green, Fe. Ross, D McGuire, B McDonald 59.27s
- U12 Boys 4x200m - C Weir, G Robinson, D McIntyre, Fe. Ross 2m10.6s
- U17 girls 4x100 (Peace, Fatoumata, Helina and Orla) 55.26s
- JM11-14 Junior Parkrun (2k) Finlay Ross 6m27s
- JM10 Junior Parkrun (2k) Fergus Ross 7m03s
- JW11-14 Junior Parkrun (2k) Natsai Nyabadza 7m39s
- JW10 Junior Parkrun (2k) Leah Buchan 7m55s
- JW11-4 Parkrun (5k) Charlotte MacPhie 20m43s
- JM11-14 Parkrun (5k) Finlay Ross 17m20s
- U15B Water of Leith Mini Mara (4.2k) Tendai Nyabadza 15m01s
- U13G Water of Leith Mini Mara (4.2k) Charlotte MacPhie 16m57s

Other Sporting Achievements

- Ability to fill U15 team in FVL was a contributing factor to gaining promotion
- Multiple teams entered Scottish Athletics Indoor League for first time, including U17 teams and U20 teams.
- Teams in Relay Champs – 4 4x100m and 4 3x800m



Club Awards

- Male Athlete of the Year : Alexander Columbine-Green
- Female Athlete of the Year : Olivia Faith Muir
- Competitor of the Year : Esther Taylor
- Best Performance: Tendai Nyabadza
- Endeavour Award: Col Dracup

Adult On-field Achievements

Club members have represented the Club in races not only locally, but throughout the UK, and also in Hungary, Italy, Spain, Netherlands and Belgium, plus further afield in the USA, Canada, Nepal and Namibia. At the last count over the past 12 month period, 106 members have represented the Club at over 180 different races.

Many of our athletes have achieved personal goals, PBs or commendably and successfully tackled distances they have not covered previously, or simply enjoyed their running either on social runs or at races for the pleasure of simply competing and being amongst fellow runners. It is difficult to make mention of specific results, however, I have highlighted the AGM year's best performances at the recognised distances of 5k, 10k, half marathon and marathon, plus other notable results

Distance	Male	Female
5km	Darren Cavaroli 17:18 (Scottish 5k Championships)	Seona Burnett 22:23 (Sri Chinmoy, Meadows)
10km	Ian Hutchinson 35:23 (Edinburgh Mens 10k)	Jennifer McKenna 43:53 (Newhailes)
Half Marathon	Ian Hutchinson 1:19:29 (Budapest)	Jennifer McKenna 1:34:52 (Alloa)
Marathon	Ian Hutchinson 2:53:39 (Edinburgh)	Helen Falconer 3:24:51 (Gran Canaria)

Three athletes recorded overall first place finishes in races:

- Lindsay Cockburn (Tiree 35 miles Ultramarathon)
- Peter Kadobynskyj (Glen Lyon Trail Race)
- Darren Cavaroli (Loch Rannoch 10km)

Other significant performances were recorded by Helena Mackay and Patricia Hampton who were 3rd and 4th respectively in their age groups at the Virgin London Marathon, and Norma Bone who yet again became the oldest female to complete the gruelling West Highland Way Race in 31 hours and 45 minutes.

85 members completed at least one parkrun, with locations including the USA, Australia, Namibia, Germany and Norway. The fastest male and female parkrun times were;

- Iain Hutchinson (Edinburgh) 17:11
- Jennifer McKenna (Hartlepool) 20:17

Adult Club Records (31)

Congratulations to the following who have appeared on the all-time club records this year;

- Helen Falconer 3rd fastest (all time) & fastest over 35 marathon – 3:24:51 (Gran Canaria)
- Helena Mackay Fastest over 75 marathon – 4:55:32 (London)
- Liz Cargill 2nd Fastest over 65 marathon – 4:31:56 (London)
- Pat Hampton Fastest over 70 marathon – 4:25:09 (London)
- Pat Hampton Fastest over 70 half marathon – 2:04:28 (Loch Katrine)
- Pat Hampton Fastest over 70 10km – 58:19 (Great Scottish)
- Pat Hampton Fastest over 70 5km – 27:03 (Edinburgh Parkrun)
- Carol Blamire Fastest over 65 half marathon – 1:52:33 (Inverness)
- Carol Blamire 3rd = Fastest over 65 10k – 52:58 (Forth Bridges)
- Seona Burnett 3rd = Fastest over 50 5km – 22:23 (Sri Chinmoy Meadows)
- Phil Buckley Fastest over 45 marathon – 2:56:23 (Stirling)
- Iain Hutchinson 2nd Fastest over 40 marathon – 2:53:39 (Edinburgh)
- Iain Hutchinson 2nd Fastest over 40 half marathon – 1:19:29 (Budapest)
- Darren Cavaroli 2nd Fastest over 45 half marathon – 1:20:37 (Monklands)
- Phil Buckley 3rd Fastest over 45 half marathon – 1:20:42 (Monklands)
- Phil Buckley 2nd Fastest over 45, 10k – 35:50 (Grangemouth)
- Iain Hutchinson Fastest over 40 5km – 17:11 (Edinburgh Parkrun)
- Darren Cavaroli Fastest over 45 5km – 17:18 (Scottish Champs, Edinburgh)
- Phil Buckley 2nd Fastest over 45 5km – 17:32 (Edinburgh Parkrun)
- David Syme 2nd Fastest over 75 5km – 31:10 (Edinburgh Parkrun)
- Iain Morrice 3rd Fastest over 65 5km – 25:14 (Livingston Parkrun)

Club Race New records:

Rigg Race

- Phil Buckley Fastest Male over 45 35:00
- Jackie Pringle 3rd Fastest female over 60 56:54
- Samantha Denis 3rd Fastest female over 45 46:14

Water of Leith Handicap

- David Syme Fastest Male over 75 1:07:02
- Keith Martin Fastest Male over 55 46:18
- Lesley Muego 3rd Fastest over 45 Female 49:42

7Rs Half Marathon

- Jennifer McKenna Fastest Female All time (also under 35 record) 1:40:48
- Helen Falconer 2nd Fastest Female All time (also over 35 record) 1:43:40
- Sam Walsh Fastest Male under 35, 1:35:33
- Keith Patterson 3rd Fastest Male over 40 1:36:56

Social Events

The Club held their annual awards night in Balerno, during which the Most Improved Athlete Awards were presented to Phil Buckley and Jennifer McKenna. The Grand Prix winners were Darren Cavaroli and Elaine Walker, and the award for outstanding Service to the Club was presented to Craig Stewart.

In addition, following the last Grand Prix Event in December at the parkrun at Cramond and an earlier event this year at Vogrie parkrun, the club provided funds towards coffee and cake for each club member taking part or volunteering. Further funds were provided for two more social events at Christmas and following the Edinburgh Marathon Festival. The board feel that social cohesion should be a considerable part of the ethos of the club and will provide funds where appropriate towards such events and the annual awards night.

Similarly, the juniors held social events: Paintballing and Foxlake adventures, which doubled as the kids' awards presentation. Many thanks to Susan Ross for organising both events.

Club Races and Team Management

The club are hugely indebted to Damien O'Looney and Moira Smith and all their volunteers who provided the necessary logistics and support to plan, organise and run the Rigg Race and 7R's Half Marathon. Donald Sandeman has taken over the reins for the organisation for the 7Rs this coming December and has added some new sponsors to the event which has already sold out.

Also, many thanks to John Pringle for picking up the organisation of the Water of Leith race this year. The event was a great success and saw some fantastic performances by club members.

Similarly, many thanks go to the various team managers over the year. Andy Ross as Lead Team Manager and Cross Country manager as well as leading us into Indoor League for the first time. Gary Williams and Nick Green for Superteams (indoor and outdoor respectively) and Jon Denis and Nicola McGuire for leading the Forth Valley League efforts. There's such a lot of planning that goes into these teams and you've all shown a great deal of dedication to getting the job spot-on.

Obituary

The Club were deeply saddened by the death of long serving member Norman Dixon. Norman was a hugely popular and inspirational member of the club, who attended many club runs and in addition to being a regular on the parkrun circuit, participated in many endurance races, including half marathons, marathons and ultras. He will be deeply missed by all who knew him.



Financial review

Financial review to be provided separately for AGM with a full, audited set of accounts to be completed with the club's end of year report for the OSCR in December.

Statement of the charity's policy on reserves

IN 2019 the Board agreed to hold a £10,000 reserve. It was felt this number would comfortably cover any costs associated with the cancellation of one of our flagship races and extraordinary one-off costs. This amount is being held in a separate bank account.



Future plans

The Track & Field side of the club intends to continue to grow. Crucially, opportunities to train and compete will be created for older athletes (U17 and U20) in order that we can both attract and retain athletes. Harmony have been a key driving force in the formation of a new U17 league in Scotland.

In order to support this objective, the club will need to continue to attract/recruit volunteer coaches and officials. Under 15, 17 and 20 athletes will be encouraged to become qualified officials in order to support the club and gain valuable life-experience.

Areas of multiple deprivation will continue to be targeted and specifically we will define an athlete pathway for school and community group sessions to full membership, supporting our assisted membership scheme.

A new approach to Jog Scotland will be launched in early 2020, with the intention of making the course more flexible and accessible therefore attracting more beginners/returners with a view to also keeping them in the club on completion of the course. We welcome Kim Kenny to the role of Jog Scotland lead and thank Norma Bone for many years of great service to the role.

Finally, the club will be introducing a Gift Aid option for it's Annual Membership fee and the Board encourages all members to tick the box which will allow the club to reclaim 25% of these fees (over £2,000 based on 2018-19 income). Further investigation of Gift Aid opportunities will be looked into.

Declaration

Signed on behalf of the charity trustees:

Print name

Designation

Date

