



Harmeny Athletic Club

Harmeny Athletic Club

Trustees' Annual Report

September 2021-August 2022



Charity Contact information

Harmeny Athletic Club

Scottish Charity Number: SC048917

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Website harmenyac.org

Charity Trustees -

1. Susan Ross - Chairperson
2. Mairi Wallace - Treasurer
3. Phil Buckley – Vice Chair and Runners Council rep
4. Susan Irwin - Secretary
5. Craig Stewart – Junior Section
6. Nicola McGuire – Membership Secretary
7. John Pringle – Board Member
8. Dougie Porteous – Board Member



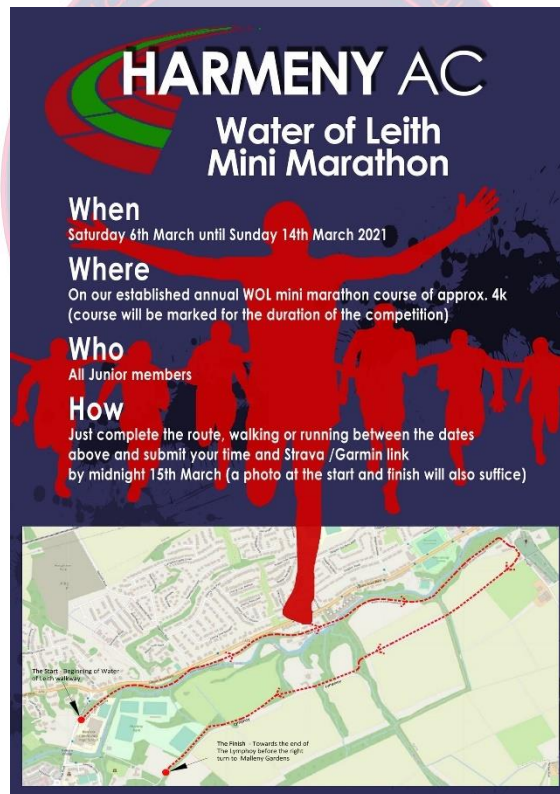
Objectives and activities

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

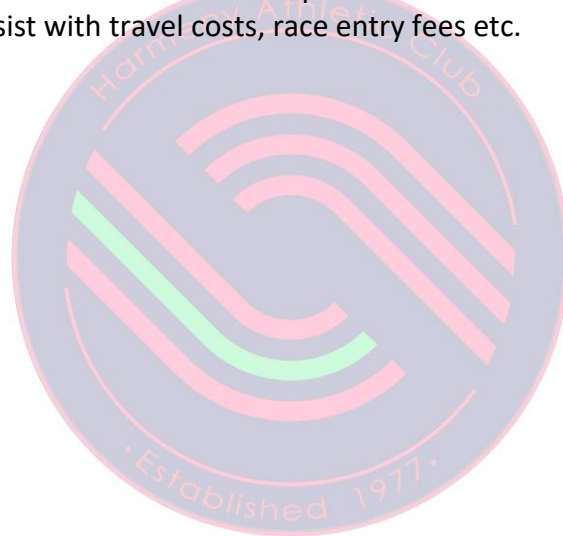


The club continues to support its objectives by providing further opportunities for its members to train in a friendly and supportive environment.

We have:

- 2 new jogscotland intakes
- All junior sessions now based at Saughton where groups can interact with each other. Facilities are also better.

- We have put on various events since having Saughton certified to hold races ie 3k Race, SuperSaturday, Club Champs. We also put on a successful trail race at Oriam.
- Junior Athletes more active on a National level with the most members ever attending the East District and National Championships
- 2 entrants into the 4J Studios National Athletics Academy.
- Senior members competing in Open Graded Track Events over various distances, 400m, 800m, 1500m and the mile.
- Club runs taking place on Wednesdays and Sundays with options for different paces and routes.
- Track Training on Thursday evenings now to start at 6.30pm to attract more members. All welcome.
- 149 finishes at the 3 East District League races over the winter, our largest number ever
- The club Grand Prix is back up and running in 2022 with a few races still to come.
- Expansion of our Assisted Membership Scheme to offer a Gifted and Assisted Scheme to assist with travel costs, race entry fees etc.



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 and Treasurer. The Board also currently contains a Vice Chair and Membership Secretary plus 2 other Board members.

The affairs of the running sections are overseen by the Runners Council consisting of an Adult Runner's Rep and Junior Section Rep. No other sub-groups currently exist.

Trustee recruitment and appointment

Elaine Walker resigned as a Trustee during the year but is still involved in the club. Susan Irwin joined as Secretary. Angela Lawson and Naomi Head are the Welfare Officers for the Club but have chosen not to take a place on the Board of Trustees.



Achievements and performance

2020-21 Report Stated Priorities

In the 2020-21 Annual report, although cautious due to still being in the pandemic, the proposed initiatives for this year were:

1. Employment of a 4-hour per week role to help engage more adult members, especially in hard-to-reach populations.

This role was advertised in autumn 2021 and long-time Harmeny member and JogScotland co-ordinator Kim Anderson was appointed to role in January 2022. With a passion for the role, experience of working with groups, including Harmeny's JogScotland groups, and qualifications in relevant areas, Kim was a great fit and also coincided with her starting a job in WesterHailes Healthy Living Centre, giving her the perfect platform to engage with the community. The role was also expanded to include an ongoing investigation of the club taking on direct employment of its development officers (which is currently done through Scottish Athletics).

2. Investigating, along with Corstorphine AAC, the possibility of taking on the lease of the Saughton Enclosure from Edinburgh Council to help obtain funding to improve the facility and secure its future as an athletics facility.

A working relationship has been formed with Corstorphine AAC and Hutcheson Vale Football Club to jointly investigate the possibility of taking on the lease of Saughton Enclosure. The main driver for this being that the track facility at Saughton has a limited lifespan and it is understood that Edinburgh Council do not have any plans or budget to upgrade/replace. This would put the entire future of the track and field club at threat.

A small piece of work, sponsored by Scottish Athletics and undertaken by consultancy firm Club Development Scotland, recommended that the 3 clubs create a new Scottish Charitable Incorporated Organisation (SCIO), a Special Purpose Vehicle ("the SPV") for the purpose of undertaking the Project and taking over the lease. The Board of Trustees of the new SPV would include representation from all 3 clubs and its purpose would be to take on a long-term lease of Saughton Enclosure, upgrade and run the facility as a sporting hub with improved athletics and football facilities, while remaining a community asset. All 3 clubs are broadly in agreement with this approach and further discussions with Edinburgh Council will be progressed once a Memorandum of Understanding is agreed and signed.

3. Discussions with the Edinburgh Eagles Disability Athletics Club about how we can support them and secure their future, possibly by becoming another 'branch' of Harmeny.

Detailed discussions and fact finding with members of the Edinburgh Eagles committee were held and proposals discussed with the Board of Trustees. It was felt that, at this time, Harmeny AC were not in a position to take over the running of the Edinburgh Eagles club.

4. Consider holding events that will both be engaging and income-generating for the club.

This is still under consideration. Harmeny continues to be the driving force for most of the junior events held in and around Edinburgh, but also still relies on the collective provision of officials from other Lothian clubs in order to get licensed events. Having our own officials in order to get licensed events, especially at Saughton, will be a key objective in 2022-23.



Off-field Achievements

In October 2021, Harmeny AC was awarded the Scottish Athletics Impact Club of the Year for the 2nd time (previously in 2019). We are the first club to have won this award twice which recognises the consistent efforts made to improve the delivery and accessibility of athletics to our local community.

As well as taking part in our usual annual competitions, the club once again organised a large number of events, keeping the appetites of our members and the local athletics community sated. These included:

- Oriam Trail race – the final off-track Lothian race for juniors of the pandemic era. Harmeny were the driving force behind all of these events, ensuring the juniors around the Lothians were provided with competitive opportunities during lockdown
- 7Reservoirs Half Marathon – the best half marathon in Scotland returned for it's 9th edition.
- 7Reservoirs Virtual – the popularity of this race during the pandemic meant it's return was a no-brainer
- Harmeny Vs CAAC cross country match – the return of our annual match, at a slightly different time of the year this time
- Super Saturday – encouraging our new junior members in to athletics events in a local, friendly way which, for many, was their first taste of competition post-covid
- Friendly track and field match Vs CAAC (and continuing our winning streak)
- 3,000m Time trials – providing under 15 and under 17 athletes from the Lothians the opportunity to post a time for consideration by the London mini marathon selectors.

Membership Statistics

Membership Group	2021/22	2020/21	2019/20	2018/19
Members				
Senior members	236	210	201	167
2 nd claim	3	4	3	4
Active Junior members	195	218	188	173
Inactive Junior members (left during the year)	133 (Not included in total)	77 (Not included in total)	55 (Not included in total)	
Total	434 (up 5%)	432 (up 10%)	392 (up 14%)	344 (up 15%)
Coaches & Officials (Active)				
Level 3 (Event Group)	6	6	4	4
Level 2 (Athletics Coach of CIRF)	6	4	7	5
Jog Scotland Leaders	11	12	12	8
Level 1 (Coaching Assistant)	15	11	8	11
Other	14	6	8	1
Officials – Qualified	7 (plus 3 pending qualification)	9	2	2
Assistant Officials	3	7	6	5

The junior section grew to a peak of 248 athletes in June 2022, however was forced to contract for August mainly due to the loss of 3 'Level2' Athletics Coaches. Although a number of coaches (including some of our older junior athletes) have been recruited, we have not managed to replace the experience and qualifications of those who left.

In addition to this, as the age and proficiency profile of the club increases, coaches of our older age groups are finding that more time is required on technical aspects of the sport with each athlete, meaning we are unable to accommodate as many athletes.

21-22	Total	U9	U11	U13	U15	U17	U20
Female	98	7	19	34	26	10	1
Male	122	7	17	47	29	11	10
Total	218	14	36	81	55	21	11
22-23							
Female	93	3	18	28	25	16	2

Male	103	3	17	32	23	17	11
Total	195	6	35	60	48	33	13
+/-	-23	-8	-1	-21	-7	+12	+2



Junior on-field achievements

Congratulations to all the athletes for such an amazing set of achievements over the course of the year – the standards set for future years is phenomenal. Well done to the whole coaching team for supporting the athletes too.

Here are some of the highlights...

1. Off-Track (Cross Country, Road, Hill and Trail)

East district relay XC Championships

Gold Juniors race (Alasdair Wallace, Matthew Holden, Daniel McIntyre)

Short Course XC Championships

U17 Team Gold, Tendai Nyabadza individual Silver.

East District XC Championships -

U13 Girls Team Gold

U17 Boys Team Silver, Tendai Nyabadza individual U17 bronze,

U15 Boys Team Bronze

U13 Boys Team Bronze, Daniel McIntyre Individual Gold.

13 Selections for East of Scotland representation at Inter District Championships:

U17 Boys: Tendai Nyabadza, Finlay Ross, Ethan Lorimer, Alastair Wallace

U15 Boys: Dan McGuire, Matthew Holden, James Wotherspoon

U13 Boys: Daniel McIntyre, Fergus Ross

U13 Girls: Nancy Corrie, Carys Melton, Georgia Bruce, Emilie Paul

East District league

U17 Boys GK Aithie Shield Winners

U13 Boys Teribus Cup Winners

U11 Girls Lanark Cup Winners

U13 Girls Lothian Quaich Winners

U11 Boys ESH Cup Winners

U15 Boys - 2nd place

National XC

U17 Boys – Team Silver, Tendai 5th + Inter-counties selection.

U13 Girls – Team Silver

U15 Boys- James Wotherspoon 6th + Inter-counties selection

Scottish Schools XC

U15 Boys - Gold James Wotherspoon

5 Selections for Scotland for SIAB International XC Wales – Dan McGuire, Kieran Hardie, James Wotherspoon, Ethan Lorimer, Finlay Ross

Young Athletes Road Races

U15 Boys Team Silver - Dair Alexander, James Wotherspoon, Kieran Hardie

U13 Girls Team Silver Nancy Corrie, Carys Melton, Leah Buchan

Scottish Hill running Championships

U15 Boys Gold - James Wotherspoon

Scottish mid Trail Championships

U15 Girls – Gold - Nancy Corrie

U13 Girls – Silver – Carys Melton

U15 Boys – Bronze - James Wotherspoon, Joint Gold U15 Boys, James Wotherspoon, Dair Alexander, Daniel McIntyre.

2. Track & Field

Scottish schools Indoor Championships

U17 800m - Finlay Ross Bronze

Scottish Athletics Indoor Championships

U15 800m - Matthew Bronze

East District championships

Matthew Holden Bronze U15 Boys 800m,

Fergus Silver U15 Boys 1500m.

Ben Paterson U13 Boys Gold 1500m

Zach Buchan U13 Boys Silver 1500m

Georgia Bruce Silver U15 Girls 800m

Cameron Weir u15 boys Gold 100m

Euan Laird U17 Men Bronze 400m

Any MacDonal U13 Girls Silver Shot Putt

Scottish Schools T&F

Finlay Gold U17 800m,

Matthew Bronze U15 800m

European U18 Championships Jerusalem

Team GB Selection & European Bronze Medal – 1500m - Tendai Nyabadza

SIAB T&F International Belfast

2 Scotland selections. Finlay Ross & Ethan Lorimer.

U17 Scottish Championships

Ethan Lorimer Gold U17 1500m SC

Finlay Ross Silver U17 800m.

U13 Scottish Championships

Josh Lee – U13 Boys Javelin Bronze

Home International Swansea

Scotland selection Tendai

U20 Scottish Championships

Tendai Nyabadza Gold U20 1500m

Tendai Nyabadza Gold U20 3000m

English U17 Championships



Finlay Gold U17 800m

UK School games

2 Scotland selections Finlay Ross & Ethan Lorimer

Ethan Silver 1500m SC

National Track Relay Championships

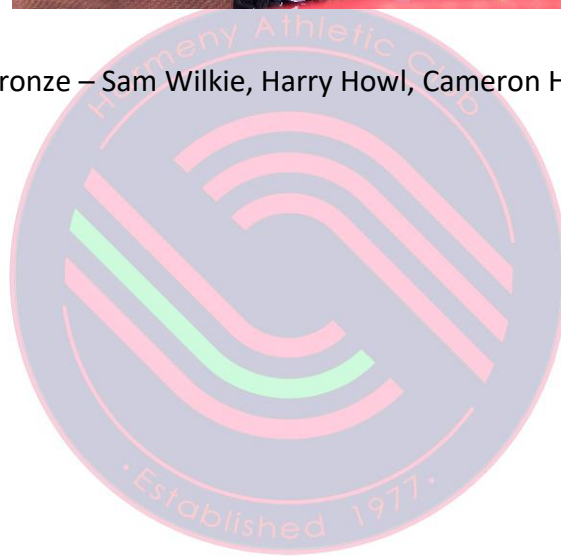
U15 Girls Silver 3x800m

National Under 12 Superteams

U12 Boys – Gold – Sam Wilkie, Josh Lee, Harry Howl, Rory Beattie



U12 Boys (Indoor) – Bronze – Sam Wilkie, Harry Howl, Cameron Hutchison, David Currie



3. Club Awards (2021)

Male Athlete of the Year: Alasdair Wallace

Female Athlete of the Year: Nancy Corrie

Best Performance: Fergus Ross 1500m Aberdeen National Champs

Endeavour Award: Ethan Lorimer

4. Club Records (43!)

JW11-14 Parkrun (Meadows 2k) Nancy Corrie 6m56

JW11-14 Parkrun (Portobello 5k) Carys Melton 19m58s

U15 Girls 75m Hurdles – Ella Jones - 12.65s

U15 Girls 300m (Indoor) – Emilie Paul – 47.65s

U15 Girls 3x800m – (E Paul, G Bruce, N Corrie) 7m16.06s

U15 Girls 1500m - Nancy Corrie 4m48.23s

U15 Girls 3000m - Nancy Corrie 10m36.6s

U15 Girls 300m - Georgie Bruce 44.19s

U15 Girls Pentathlon – Olivia Muir 2194

U15 Girls 100m – Ella Jones 12.9s

U17 Girls 800m – Esther Taylor – 2m39.17

U17 Girls 800m (Indoor) – Esther Taylor – 2m41.48

U17 Girls High Jump – Esther Taylor – 1.47m

U17 Girls High Jump (Indoor) – Esther Taylor – 1.45m

U17 Girls Long Jump – Esther Taylor – 4.33m

U17 Girls Pentathlon – Esther Taylor – 2431pts

U17 Girls Long Jump – Tsz Yau (Evana) Chan – 4.86m

U17 Girls Shot Putt – Esther Taylor – 8.40m

U17 Girls Triple Jump – Tsz Yau Chan 10.02m

U17 Girls Heptathlon – Esther Taylor

U17 Girls Javelin – Esther Taylor – 14.55m

U11 Boys 600m Blake Burchill 1m43s

U11 Boys Long Jump Blake Burchill 4.02m

JM15-17 Parkrun (Vogrie 5k) Alasdair Wallace 16m38

U15 Boys 300m Dair Alexander 39.6s

U15 Boys 800m Matthew Holden 2m8.69s

U15 Boys 800m (Indoor) Matthew Holden 2m4.15s

U15 Boys 1mile Matthew Holden 4m36.77s

U15 Boys 1500m Matthew Holden 4m15.93s

U15 Boys 3000m Kieran Hardie 9m25.3s

U15 Boys 4x100m - C Weir, N Ralph, B MacDonald, E Laird 50.06s

U15 Boys 3x800m – D Alexander, K Hardie, M Holden 6m35.97

U17 Boys 400m – Finlay Ross 51.50s

U17 Boys 800m – Finlay Ross 1m53.47s

U17 Boys 1500m Steeple – Ethan Lorimer 4m24s
U17 Boys 200m (Indoor) – Euan Laird 24.43s
U17 Boys 400m (Indoor) – Euan Laird 54.18s
U17 Boys 800m (Indoor) – Finlay Ross 1m57.96s
U20 Boys 100m - Hazem Gadalla 12.41s
U20 Boys 200m - Hazem Gadalla 24.26s
U20 Boys 400m – Callum Gladwin 53.76s
U20 Boys 1500m – Tendai Nyabadza 3m47.86s
U20 Boys 3000m – Tendai Nyabadza 8m21.99s
U20 Boys 1500m (Indoor) – Tendai Nyabadza 3m59.87s



Adult Achievements

The past year has seen a gradual return to normality in the world and in turn for the club. As a result we've got back into the routine with club runs, the Grand Prix and races. The club has continued to flourish with good attendances at the runs and Grand Prix events and as ever our members have travelled near and far to participate in a huge variety of events during the year.



Performance

Fastest times over recognised distances:

Marathon – Male – Craig McBride – 2:47:17 (Edinburgh – May)

Marathon – Female – Karen Robertson – 3:26:02 (Loch Ness – October)

Half Marathon – Male – Lindsay Cockburn – 1:18:17 (Edinburgh - May)

Half Marathon – Female – Karen Robertson – 1:31:53 (Edinburgh – May)

10k – Male – Ross Millar – 35:38 (Stichill 10k – June)

10k – Female – Karen Robertson – 43:57 (Edinburgh Women's 10k – October)

5k – Male – Ross Millar – 16:48 (Edinburgh parkrun – March)

5k – Female – Karen Robertson – 20:27 (Blast Meadows – April)

There have been some notable performances and achievements over a range of distances also:

Lindsay Cockburn was a brilliant 1st at the Tweed Valley 50k, 3rd at the Tiree Ultra and 5th at the Devil of the Highlands Ultra – a race in which Angus Kay and Pat Hampton also took part. Paul Campbell grabbed 4th spot at the Cateran 55 Ultra in May, Dougie Porteous came in 7th at the Kintyre Way Ultra also in May and Angus Kay was 9th at Glen Ogle 33 in November.

Sam Walsh was selected for the Scottish team at 2 Backyard Ultras – the Cow Shed in Northumberland in April where he completed 19 laps and the Highlander Last One Standing at Blair Castle in July where he finished a brilliant 8th with 29 laps completed – a distance of just under 121 miles! Mention also to Simon and Julie Watkinson who completed 11 laps at the Cow Shed and Phil Buckley and Kim Anderson who completed 15 laps at the Highlander.

Sam also had an amazing run at the Mont Blanc CCC Ultra in August where he finished 520th out of 1727 runners.

Up on the West Highland Way Kim Anderson and Pam Williams performed well on a very hot day in April at the Highland Fling race. They were then back there in June in slightly colder conditions for the full West Highland Way race over a huge 95 miles along with Paul Campbell, Sam Walsh and Davie Alexander – massive kudos to all 5 for taking it on and battling through some truly horrific conditions after Glencoe!

Allan Price has once again been out on tour with races in Rotherham, Grizedale, Kielder and Durham. Also on their travels have been Donald Sandeman at the Dunoon Ultra, Iain Gordon at the Sri Chinmoy 100km Plate, Graham Tennent and Kirsten Pringle at the Islay Half, Joe Melton and Allan Price at the Run the Blades 50k, Rachel Heydecker and Fionna Grant at the Isle of Mull Half, Paul Thompson at the Yetholm Hill Race, Ross Millar at the Isle of Skye Half, Sarah Burgon at the Ultra X50 in Inverness, Rachel Heydecker at the Road to the Isles 10k in Arisaig, Graeme Sneddon at the Paris marathon, Fionna Grant at the Brighton marathon, Simon Watkinson at the Feel the Burns Hill race in Selkirk, Angus Kay at the D33 Ultra in Aberdeen, Seona Burnett at the tough Two Breweries race in Traquair – and numerous others all over the country.

Mention also to Ross Millar for 1st place finishes at the Stichill 10k in Kelso in June and the Scurry Along the Esk 10 miler in April.

It was great to see good turnouts from the club with 14 members taking part in the 7 Hills of Edinburgh Challenge and Race in June, 20 members at the iconic Blackrock 5 in May and 45 competing across the various distances at the Edinburgh Marathon Festival.

Grand Prix Event

The Grand Prix has made a welcome return for 2022 which has seen Harmeny adults on tour at a range of races, distances and venues. Leading the way so far is Ross Millar for the gents and Karen Robertson for the ladies but it's still all to play for with 4 events to go!

Rigg Race and 7 res

Also making a welcome return after a couple of years of Virtual events were the iconic 7 res and Rigg races. Once again showcasing Harmeny at its best and receiving brilliant feedback from participants as always. Many thanks to Steven Brown for organising the Rigg race and Donald and Elaine Sandeman for the 7 res and all those who gave up their time to help at both events.

Rigg Race

156 runners took part in the race and great showings from Lindsay Cockburn in 5th, Craig McBride in 6th and Nicky Freedman 1st of the Harmeny ladies in 77th.

7 res

104 runners took advantage of some lovely conditions to run the 13 mile course in early December. The course record was smashed by almost 4 minutes in an amazing time of 1:16:44 and some great runs from the 8 club members who took part.

Club Handicap Race September 2022

Another very successful and well attended Club Handicap Race on September 4th with 31 club members tearing down the Water of Leith and along the canal to Harrison Park. Well done to all who took part and in particular to 1st male Greig Walker and 1st female Jacq Garland. Many thanks to John Pringle for organising the event.

Cross Country

The club saw some fantastic turnouts and performances across all the National and East District events from October to February. So good to have cross country back and the buzz of running for the team. The new season will soon be upon us and it will be great to see as many people get along as possible.

Dates as follows:

1st Oct – East District Relays – Galashiels

15th Oct – East District League – Hawick

22nd Oct – National Relays – Cumbernauld

5th Nov – National Short Course - Kirkcaldy

19th Nov – East District League - Dundee

3rd Dec – East District Champs – Stirling Uni

7th Jan – East District League - Bathgate

25th Feb – National Champs – Callendar Park, Falkirk

Jogscotland

We ran a very successful jogscotland group at the start of 2022 on a Sunday from Balerno, culminating in a graduation at Oriam parkrun on 19th March. From this intake of graduates we gained 12 new members for the club and are continuing to support and develop their running on the club training runs. Another group has recently started on a Thursday evening at Saughton and has been very well attended so far with several parents of our junior members taking the opportunity to start running while their children are training. Many thanks once again to Kim Anderson for all her efforts with jogscotland and to all the run leaders and helpers who gave up their time.

Training

Club training has very much got back to normal this year and the club is continuing to offer a variety of runs each week.

Many thanks to Nicky Freedman and Darren Cavaroli for their fun and enthusiastic Thursday track sessions.

Sunday runs have been growing well with 4 groups now meeting every Sunday at 9.30am. Many thanks to the core group of members who have proposed some great routes.

Wednesday night runs and headtorch runs have also been very well attended and again huge thanks to all those who have been helping organise them.

Finally, a huge thank you to all of our members who have contributed over the last 12 months and supported one another. Harmeny really is a fantastic club and the members make it so. I'm sure I'm not alone in saying that getting together on our club runs, be it on the tarmac or in the hills, is not only fun but gives us all a great sense of wellbeing and happiness.

Thanks!!!

Many thanks once again to the incredible number of volunteers (well over 80!!!!) and coaches who, together, make Harmeny the incredible club that it is...

Junior Coaching Derek Johnstone Lorraine Boyd Ryan Kyle Andy Ross Stephen Buchan Lyndsay Holden Jane Leask Pam Lorimer Graeme Stewart Craig Stewart Jonathan Kennedy Juliet Gold Grainne Morrison Marco Lam Ethan Lorimer Kim Wilson Liam Clark Nicky Freedman Kevin Kealy Sophie MacGillivray David Alexander Allan Hardie Mike Taylor Louis McKay Michelle McLeod Callum Gladwin Euan Laird Sam Beattie Ellie Morrison Esther Taylor	Ian Kennedy Noah Ralph Toni Clarke Anne Currie Gareth Denny Alastair Wallace Cameron Weir Dan McGuire Senior Coaching Darren Cavaroli Nicky Freedman Jog Leaders Kim Anderson Adrian White Anne Douglas John Pringle Jackie Pringle Elaine Sandeman Anne Enneguess Martin Lyall Website, SAL, Club Records, Race Results, Welfare Susan Ross Chris Haworth John Smith Angus Kay Ian Smith Darren Cavaroli Donald Sandeman Karen Marshall Lesley Rowand Angela Lawson Naomi Head	Team Management Andy Ross Mike Taylor Nick Green Susan Ross David Alexander Stephen Buchan Allan Hardie Officials Nick Green Lyndsay Holden Karen Marshall Susan Ross Lorraine Boyd Sarah Corrie Susan Irwin Michelle McLeod Joe Melton Catherine Pierce Michaela Muir Stephen Buchan Photography Mike Taylor Adult Race/Event Directors Donald Sandeman Steven Brown John Pringle	Adult Run Arrangers Elaine Walker John Pringle Dougie Porteous Paul Campbell Phil Buckley Kim Anderson Donald Sandeman Elaine Sandeman Pam Williams David Syme Kirsty Stoddart Colin Davidson Allan Stratford Hannah Walsh Anne Douglas Jon Waters Board Susan Ross Phil Buckley Nicola McGuire Dougie Porteous John Pringle Craig Stewart Mairi Wallace Susan Irwin
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Financial review/Treasurer's Report

A full, audited set of accounts to be completed with the Club's end of year report for the OSCR.

The accounts have been prepared in a Receipts and Payments basis (no accruals). Income and payments are accounted for at the time of presentation.

In summary, last year's accounts to Aug 2021 showed a surplus of £11395. This year we have a surplus of £9781. The bank balances are standing at a healthy £60864 at this year-end.

Receipts up circa £9K

- Membership receipts down £700. Although we reduced the adult membership fee to £10, we had an increase in the number of junior members paying the full £25 leaving a reduction of only £730
- Training fees income increase by £13k which is partially an increase of sessions over 2021.
- The income from holiday camps is less than 2021 as we had shorter Easter and Summer Camps this year however takeup was good and we made a profit.
- Grants/Donations. In 2021 we received grants and donations totalling £12k including covid help monies from SAMH and Edinburgh Council, matched funding and £3k from Baillie Gifford. This year we have received a total of £9500 including £6k from The Lottery, £1k from Bank of Scotland Matched Funding for Craig Stewart and £200 from Youth Charter plus £1800 Gift Aid from HMRC.
- 7Rs income up by nearly £1k because we had a physical race as well as continuing the very successful virtual race. Overall made £2k profit. Harmeny AC made a total of £1662 donations to charity this year including Youth vision and Friends of the Pentlands.
- The first in-person Rigg Race since 2019 saw us make a net profit of £1400.
- 50:50 Lottery made a profit of £719 up from £259
- Via Loveadmin our members can donate to the Assisted Membership fund either as a one-off donation or every month. This year our members have donated £506 in this way.

Payments up circa £10K

- Facilities fees of £12600 were up £1300 as in 2021 we had a number of months where Saughton was closed. We also put on Easter camps in 2022 which didn't happen in 2021.
- Coaching courses are accounted for separately this year. We spent £3800 on training courses including £1095 on the Adult First aid course which shows the commitment to developing our coaches and to new volunteers joining the ranks.
- Coaching wages stand at £18k including £11k paid to Scottish Athletics and for which we receive £6k back from the Lottery. We have two club development officers, an adult community coordinator and one paid children's coach.
- Race fees up to £2900. Forth Valley League restarted this year plus a full cross country season account for this increase.
- Clothing expenses at £3600 included jackets for the coaches. We didn't produce a new club top this year so income from clothing is down £2k. We hold a stock of vests.
- London and Zurich process the Loveadmin fee and costs for the year are up £500 reflecting our larger membership and increased number of chargeable items (clothing, track, holiday camps). L&Z take a percentage of every transaction 2.95% and a 20p transaction charge.
- We bought £1500 of equipment which includes race medals.

Although there are some differences in the income vs expenditure this year overall, we have made an extra reserve of £9k.

I am pleased to report that Harmeny Athletics Club is in a good financial position to support itself through 22/23.

Statement of the charity's policy on reserves

In 2020 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.

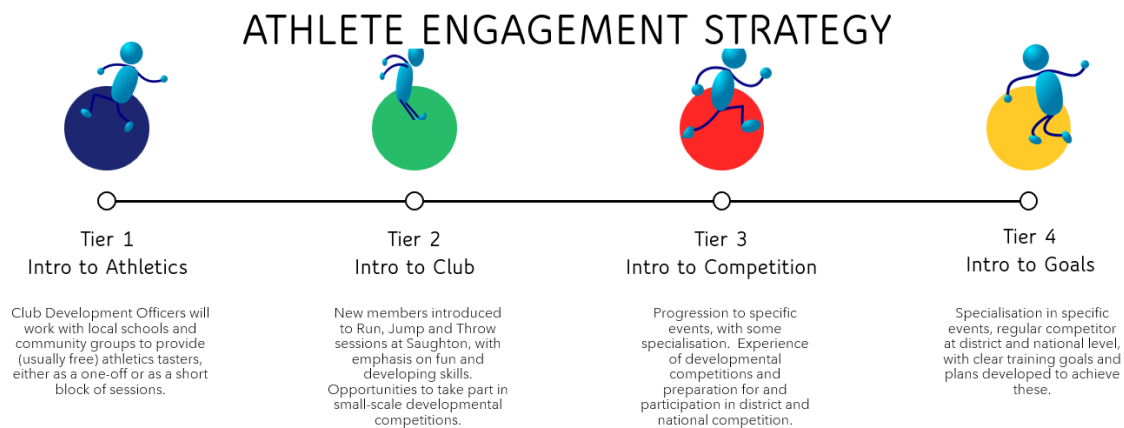
Income and Expenditure Account			
			Full year
	Item	Year to 31/8/22	Year to 31/8/21
Receipts		£	£
	Memberships	9264.50	9,996
	Training fees	34,750.50	21,865.06
	Race/Track Fees	767.00	1,256.00
	Kids Camp	2,108.00	3,934.00
	Kids Socials	800.00	780.00
	Grants/Gift Aid	8,381.56	7,713.01
	Clothing	1,721.50	3,844.50
	Prize Fund/50:50 Lottery	1,084.00	558.00
	Adult Socials	45.00	0
	Easy Fundraising	320.55	138.22
	Donations	1,200.00	4,384.00
	Assisted Membership	506.00	239.00
	Misc	571.73	16.77
	Rigg Race	1,712.50	688.25
	7R's	3,518.38	2,578
	Total:	66,751.22	57,990.81
Payments			
	League/SAL Fees	6,620	7,327
	Coaching Wages	18,426.75	17,148
	Coaching Courses	3,580.00	0
	Facilities	12,619.20	11,303.35
	Training fee refunds/Camps	250.00	338.50
	LZ Charges	1,506.89	1,072.81
	Kids Socials	759.00	680.00
	Assisted Membership	469.00	63.29
	Donations to Charity	1,662.18	405.00
	Equipment/Medals	1,533.89	1,999.04
	Sports Clothing	3,261.26	3,477.39
	Adult Socials	389.55	57.13
	Postage/Stationery	119.21	11.24
	Prize Fund 50/50 Lottery	365.00	221.00
	Rigg Race	272.14	0
	7 R's	1,245.97	1,671.98
	Web/Adverts	74.33	74.33
	Race Fees	2,900.54	516.50
	Audit	0	42.58
	Misc.	643.33	178.17
	Membership Refunds	272.00	0
	Total:	56,970.24	46,587.31

Surplus/(deficit) for year		9,780.98	11,403.50
Balance Sheet		Year to 31/8/22	As at 31/08/21
		£	£
Cash at Bank and in Hand		60,864.70	51,083.72
		60,864.70	51,083.72
Represented by:			
Retained surplus/deficit brought forward		51,083.72	39,688.22
Surplus/Deficit for year		9,780.98	11,395.50
		60,864.70	51,083.72



Future plans

Coaching



Harmeny were extremely quick out of the blocks post-covid, and this was reflected in an increase in membership, profile and performances in 2021. However, more recently the delayed after-effects of the pandemic have been seen with 3 experienced coaches having left us and recruitment in a sterile labour market making it near-impossible to replace. These departures have mainly hit our Tier 3 sessions where we, sadly, had to cut numbers for August. These groups have also seen a steady increase in average age and the number of athletes now competing in district and national age-group events far surpasses what we have had previously. However, with this level of athlete engagement comes an expectation on the coaching team and a smaller coach:athlete ratio is now the norm in our tier 3 and tier 4 groups, further stretching our coaching team.

Our 'Tier 1' activities look set to get back to 100% normality in the 2022-23 school year, with our 2 Coaching Development Officers engaged to work with P5-P7 pupils in the Forrester and Firhill High school clusters, delivering 6-week blocks of athletics tasters.

The positive impacts of people re-evaluating their time are now starting to show through, with many people having started their coaching journey, most satisfyingly several young athletes who are keen to 'give back' to the sport and to the club. Nurturing these young coaches and ensuring their coaching aspirations are met is a key objective for the club, for our own sake and for the future good of the sport.

It will take time to recover the athlete numbers, despite having a waiting list of well over 100 kids, but as the new coaches gain experience, we will be able to onboard, especially in our Run, Jump and Throw groups (Tier 2) at Saughton. We hope to recover numbers in these groups by January.

Facilities

The condition of the facility at Saughton remains a concern. The development of a proposal for Edinburgh City Council has stalled, somewhat due to lack of time of the volunteers of the 3 clubs involved. While the football club does not have the same time-pressures as the athletics clubs (due to the deterioration of the track), all 3 clubs are keen to move this forward in 2022-23.

The club still aspires to raise funds for this and putting on higher profile, open meetings at Saughton remains a key objective. The main constraint for the club just now is the supply of sufficiently experienced and qualified officials, and this is something we will look to improve in 2022-23.

Competition

While our older athletes are competing at a higher and higher level, it is apparent that there is a reluctance in our younger age groups to get involved in competitions for the club. The club takes part in 3 introductory competitions each year: In track and field we compete in the Forth Valley League during the summer, the Scottish Indoor League in the winter and in cross country in the East District League. Each league is specifically organised to help support and develop younger kids, with opportunities available from Under 11 (9years+) upwards. For the first time, the club has struggled to fill places in the U11 age group, especially boys.

We have tried to address this by giving everyone opportunities to compete in local competitions, either within the club, or with our friends at Corstorphine AAC. 3 track & field and one cross country events have been held this year and it is hoped that the popularity of these will give the younger kids the appetite to compete over the winter. Kids who compete and give themselves personal goals are more likely to remain in the sport longer



Providing performance platform for older juniors

As our older athletes experience more and more success at a higher and higher level, the club now faces into the challenge of being able to meet their training and competition expectations. Over the last few years, we have entered the Scottish Indoor league (u11-u20) and the Scottish Junior League (for U17 & U20). We have applied to join the Youth Development League for 2023 (U13 and U15). However, such is the talent in the club now and the level the athletes need to be competing at, means that on occasions we may need to look further afield (across Scotland and the UK) for opportunities to pit themselves at an even higher level.

The training needs also increases as athletes get more competitive in older age groups. More training days, more diverse training methods, access to knowledge and training and testing facilities is likely to become a requirement in the immediate future.

This all becomes costly and time consuming for coaches and volunteers, as well as athletes and parents.

As a club we must look at ways to support these aspirations if we are to help our athletes and retain them in the club.



Declaration

Signed on behalf of the charity trustees:

Print name

Designation

Date

