



Harmeny Athletic Club

Harmeny Athletic Club

Trustees' Annual Report

September 2022-August 2023



Charity Contact information

Harmony Athletic Club

Scottish Charity Number: SC048917

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Website harmonyac.org

Charity Trustees -

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

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 9. 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.

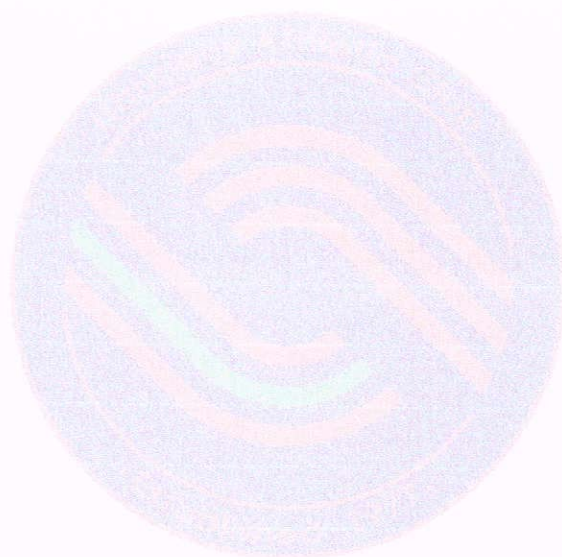
In August 2023, a new sub-committee was constituted as per clauses 105-109 of the Harmeny constitution. The 'Facilities' sub-committee was created in order to discuss and negotiate all matters with regards to the improvement of track facilities for the club and especially the proposed special purpose vehicle ('SPV'), which would involve Harmeny, to take on a long-term lease of Saughton enclosure. It was agreed that this sub-committee would be created, and Nicola McGuire and Craig Stewart would represent and report to the board on progress at each board meeting, and more regularly where required. The proposal is that the sub-committee should have delegated authority up to £2,000 in line with other delegations to the junior and senior sections of the club. All decisions that

would have a higher financial, reputational, or contractual impact on the club would continue to be brought back to the board for agreement.

Trustee recruitment and appointment

Phil Holden and Hin Lee were asked to join the Board of Trustees in May 2023.

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

2022-23 Report Stated Priorities

Coaching

In our 2022-23 report, we stated that we wanted to continue the return to 'normal' after covid restrictions were lifted following a successful commencement of activities in 2022.

This was, in part, achieved as we once again engaged with the Active Schools (Edinburgh) team, delivering in 6-week blocks to six different primary schools in the Firhill and Forrester clusters. We have also re-launched a new run, jump and throw group at Saughton on a Thursday which is preceded by a new session for S1 pupils at Wester Hailes High School.

However, in common with many industries post-covid, recruitment continues to be an issue for Harmeny. A coaching officer role has been advertised 4 times throughout the year and no applicants have come forward.

We have been fortunate to have some excellent young athletes help with younger groups which has meant we have kept good numbers in our earlier, younger sessions. Some have now left us to go to university in other cities, but we have also managed to recruit students from Heriot-Watt university to help out.

However, the overall impact of the lack of recruitment of experienced coaches means that we continue to struggle with clearing the waiting list which sat at over 150 kids in early August, with some older kids (12+) having waited for over 2 years for a place. We will seek to address this again in 2023-24.

Facilities

Progressing a project to improve the facilities at Saughton has proven to be slower than expected. However, in August, the 3 clubs who have a vested interest in the project came together to sign a Memorandum of Understanding – a non-legally binding document that sets out key objectives and how the clubs intend to work together to achieve these. Harmeny now have a sub-committee formed to help progress various aspects of the project and this subject will be covered in more detail later.

Competition

The final objective stated last year was to get more athletes engaged in competitive athletics. Specifically, we have been very active in selling the merits of these but have also been able to provide more opportunities than ever.

- We entered a team into the Youth Development League Lower for U13 and U15. We did unexpectedly well in this league, narrowly missing out on winning division 2 at the first attempt.
- We had teams in the new Scottish National Athletics league, which has given opportunities to U17/U20/Seniors which I'm pleased to say they have been eager to take up, with the U17 girls team doing particularly well, claiming 6th place nationally.
- We co-hosted the new Regional Superteams at Saughton which gave younger athletes their first taste of competitive athletics in a familiar setting.



There are still gaps and how we seek to address these will be covered later.

Providing performance platform for older juniors

We identified that, as the success and the age profile of our athletes grows (in 2015 we had 35 athletes in the U15 or older age categories, in 2023 it's 116) their coaching time demands, especially in the technical events, grows. We have provided them competitive opportunities, but finding the coaches with the time and knowledge continues to be a struggle.

The wide range of events in which we have won medals in 2023 is a testament to the coaches as well as the athletes and is an indication of success in this objective. However, the demands will continue to grow, and we still need to face into the challenges in the coming year.

Off-field Achievements

With a greatly expanded number of competitors, we've recognised we have an obligation to support the sport as a whole by providing officials: we now have 9 qualified (level 1/2) officials, plus 6 'in training' including one volunteer on the road to becoming a qualified starter. Finally, during the Easter holidays, we had the Scottish Athletics officials team visit us to educate 16 under-16s to become Assistant Officials, a number of whom have now completed their experiences at various league meetings.

We also now have 3 Level 2 officials in the club and a starter's assistant learning the ropes of the red hat!

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:

- 7Reservoirs Half Marathon – despite challenges that have caused the cancellation of other events, the best half marathon in Scotland returned for its 10th edition and is due for its 11th in December.
- 7Reservoirs Virtual – the popularity of this race during the pandemic meant it has continued into 2022 and 2023.
- Harmeny Vs CAAC cross country match – returned to its traditional home in September, acting as the traditional XC season opener for young athletes.
- Super Saturday – encouraging our new junior members into athletics events in a local, friendly way which, for many, was their first taste of competition post-covid
- Under 12 SuperTeams – the first time a Scottish Athletics event has been hosted by Saughton, with help from Harmeny and our friends at CAAC.
- Water of Leith Handicap race for club members returned on a very hot day in September.
- Rigg Race – the Lothians' oldest road race, catering for Balerno's local community as part of the Children's Gala week.
- HAC Club Champs – becoming a fixture in the early September slot, with more qualified officials helping each year and a hope to make a fully licensed event in 2023 and a Level 1 licensed event in 2024.

Membership Statistics

There has been a steady increase in the number of senior members joining this year, up 3% over prior year, offsetting those that have left due to family commitments or moving out of the area. We continue to see new member interest generated by word of mouth and offer some taster sessions before requesting fee payment and access to our Facebook page.

There has also been a steady increase in the number of Juniors joining us, up 5% over prior year. Our ability to grow the junior membership is dependant on availability of additional Level 1, 2 and 3 coaches.

Membership Group	2022/23	2021/22	2020/21	2019/20
Members				
Senior members	241	236	231	201
2 nd claim	3	3	4	3
Active Junior members	205	195	218	188
Inactive Junior members (left during the year)	86 (not included in total)	133 (Not included in total)	121 (not included in total)	55 (Not included in total)
Total	449 (up 3%)	434 (up 5%)	443 (up 30%)	392 (up 14%)

Our coaching, officials and helper community continues to grow, with continued commitment from coaches and officials to gain additional levels of qualification over time. Some of our junior athletes have also committed their time this year to qualify as Assistant Officials and give time at events in addition to their training and racing commitments.

Coaches & Officials	2022/23	2021/22	2020/21	2019/20
Level 3 (Event Group)	7	6	6	4
Level 2 (CIRF)	7	6	4	7
Level 1 (Coaching Assistant)	13	15	11	8
Jog Scotland Leaders	10	11	13	12
Jog Scotland Volunteers	9			
Other/Helpers	22	14	4	8
Officials – Qualified	11	7 (plus 3 pending qualification)	5	2

Assistant Officials	5	3		6
Assistant Officials (Junior)	16			

The table below shows the spread of athletes by gender and age group. For our 2022/23 junior members, we have 47%/52% split of Male to Female athletes. We have a good spread of juniors across the age groups, peaking at U13.

2023	U9	U11	U13	U15	U17	U20	U23	Total
Male	11	17	28	19	15	6	2	98
Female	13	22	32	22	15	1	2	107
	24	39	60	41	30	7	4	205
	11.71 %	19.02 %	29.27 %	20.00%	14.63 %	3.41 %	1.95 %	

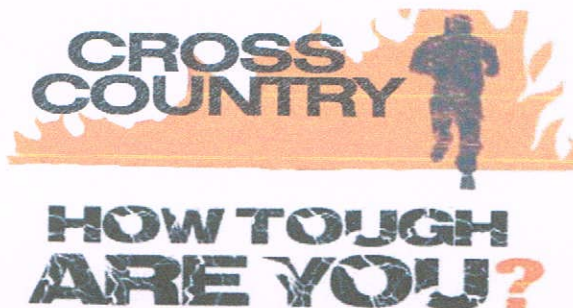
Junior on-field achievements

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

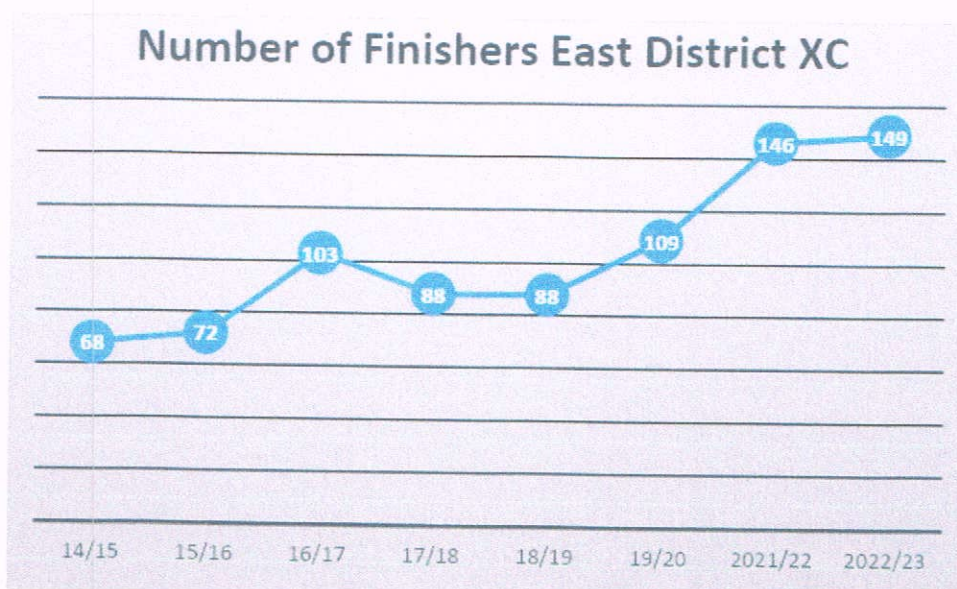
There have been some fantastic off-track performances from Scottish clubs this year and our members have been inspired by them all. Winning the U15 boys Lindsays National XC, the culmination of many years of hard work by the athletes and club was a cause for much celebration – and cost coach Andy Ross a ‘cheeky Nandos’ for the whole team!

The Harmeny xc season always starts with our friendly xc match with Corstorphine AAC where we encourage members and their friends to join us in early September for some fun xc running. It’s local and low key.

Our main competition pathway is the East District League, and you can see from the graphs that we have shown an impressive increase in participation over the last few years and we’ve also seen a big improvement in our performances winning our first ever trophy in 2016 and going on to collect 10 further wins and many second places. We’ve also fielded our first ever full male and female teams in 2022/23. Improvements like these only happen with the dedication of our coaches and helpers who go the extra mile every week, encouraging members to take part and making sure they feel equipped to take on the challenge.



<p>Prepare yourself for the new XC season</p> <p>There will be mud ! There will be sweat ! There will be cheers !</p> <p>Come along and join THE FUN !</p> <p>see www.harmenyac.org for full details</p> <p>or follow us on facebook</p>	<p>When</p> <p>Harmeny v CAAC 1st October 11.30am</p> <p>Cumtremuir Park (see map on reverse)</p> <p> Harmeny Athletic Club</p>
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As well as cross country, we've also had members racing over hills and trails, with national champions and Scotland selections aplenty.

Scottish Mid-Trail Championships

U15 Girls Gold - Nancy Corrie

U15 Boys Bronze - James Wotherspoon

U13 Girls Silver – Carys Melton

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

East district relay XC Championships

Junior Males Bronze (Harry White, Fergus Ross, Finlay Ross)

Scottish Short Course XC Championships

U15 Team Silver (Matthew Holden, Kieran Hardie, Fergus Ross)

U17 Team Bronze (Alasdair Wallace, Finlay Ross, Ethan Lorimer)

U20 Male Bronze – Tendai Nyabadza



East District XC Championships -

U15 Girls Team Bronze – Natsai Nyabadza, Nancy Corrie, Georgie Bruce

U15 Boys Team Silver – Kieran Hardie, Dan McGuire, Fergus Ross

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

U13 Girls: Rachel Caves

U13 Boys: Harry White, Lorcan Morrison

U15 Girls: Natsai Nyabadza, Nancy Corrie

U15 Boys: Kieran Hardie, Dan McGuire, Fergus Ross, James Wotherspoon, Dair Alexander, Sam Beattie

U17 Boys: Ethan Lorimer, Alasdair Wallace

East District league

U11 Boys ESH Cup Winners

U15 Boys - Edinburgh Evening News Cup Winners

National XC

U15 Boys Team GOLD (James Wotherspoon, Dan McGuire, Matthew Holden, Kieran Hardie)

Young Athletes Road Races

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

U15 Girls Team Silver - Natsai Nyabadza, Nancy Corrie, Georgia Bruce

InterCounties XC Loughborough

East of Scotland Selection – Natsai Nyabadza, James Wotherspoon, Kieran Hardie and Alasdair Wallace

SIAB XC

Fergus Ross – Silver, medley relay

London Mini Marathon

Team Scotland Selection – Natsai Nyabadza

British & Irish Junior Hill Running Championships (inc. the Junior Home International)

Kieran Hardie - Scotland selection

James Wotherspoon – Scotland selection

Dan McGuire – Scotland East selection

Lomonds of Fife Hill Race

U17 males Dan McGuire Silver

Dumyat Junior race

Rory Beattie gold u13b

Dan McGuire gold u17m

James Wotherspoon Bronze
u17m

Lomonds junior hill race

Rory Beattie gold u13b

Dan McGuire silver u17m

Cornalees Hill race

Dan McGuire Bronze u17 men

Gala Harriers Eildon Hill Race

Dan McGuire Gold

James Wotherspoon Bronze

The Cademuir Rollercoaster

Kieran Hardie bronze u17 men



Track & Field

This year felt like a coming of age for the club as a competitive track and field club. Just 6 years ago our only T&F league entry was to the Forth Valley League, but this year saw us offering our athletes an opportunity to experience competition at every age group and



every stage of development, from under 11 to Seniors: Starting with hosting "SuperSaturday" (an open event for club members and local Active School groups with sprints, middle distance, throws and jumps) to give young athletes a taste of competitive athletics, we now have teams entered into Scottish Athletics Indoor League (SAIL), a second team in the Forth Valley League and this year for the first time, entry to the YDL-Lower (where we finished 2nd in Div 2) and the Scottish National Athletics League. SNAL has proved to be a good opportunity for our senior athletes. We have had some masters success too with a gold in the Masters Open and a bronze in the UK champs. This has resulted in a record number of our athletes competing in the Harmeny colours – 116 in total over the summer season!!!

In National and District championships, we've seen a record number of entries from Harmeny once again: over 40 Harmeny athletes competed at Grangemouth in the East District champs in May with 18 medals won in a diverse range of events (more than tripling our previous record haul):

- Javelin (1 gold, 2 silver),
- shot putt (1 gold, 1 bronze),
- discus (1 gold), long jump (1 bronze),
- hurdles (1 silver),
- 100m (1 gold, 1 bronze),
- 200m (2 bronze),
- 800m (1 gold, 1 silver, 1 bronze),
- 1500m (2 silvers, 1 bronze).

Harmeny also won a silver and a bronze in the track relay champs and finished 4th in the u12 Superteams, having co-hosted the regional event at Saughton in June. Last but not least, we have fielded our first combined eventer in the recent National champs, and now

have a handful of athletes competing in steeplechase, including the bronze medallist at the recent SIAB international.

National Indoor Masters Championships

M35 800m Silver – Phil Holden

Scottish schools Indoor Championships

U15 300m – Gold – Georgie Bruce

Scottish Athletics Indoor Championships

U15 300m – Gold – Georgie Bruce

U20 Triple Jump (Bronze) - Tsz Yau (Evana) Chan (still an Under 17!)

East District championships

U17W Bronze - Ella Jones – 100m

U17W Silver - Ella Jones – 80m hurdles

U15B Gold – Alex Columbine-Green – 100m

U15B Bronze – Alex Columbine-Green – 200m

U15G Silver – Georgie Bruce – 800m

U13G Bronze – Holly Finlayson – Long Jump

U15G Gold – Alex Waterston-Law – Shot putt

U17W Bronze – Esther Taylor – Shot putt

U15B Gold – Daniel McIntyre – 800m

U15G Silver – Olivia Lee – Discus

U13B Bronze – Josh Lee – 200m

U13B Silver – Josh Lee – Javelin

U15B Bronze - Fergus Ross – 1500m

U13B Silver -Rory Beattie – 1500m

U15G Bronze – Nancy Corrie – 1500m

U17W Silver – Natsai Nyabadza – 1500m

U13G Gold – Anya MacDonald – Javelin

U13G Silver – Maya Buchan – Javelin



Scottish Schools T&F

U15B Silver Fergus Ross – 800m

U17B Silver Matthew Holden – 1500m Steeplechase

European U20 Championships Jerusalem

Team GB Selection – 1500m - Tendai Nyabadza

SIAB T&F International

Scotland selections & Bronze Medal Matthew Holden 1500m Steeplechase

National Track Relay Championships

U15 Boys Silver 3x800m – Dair Alexander, Fergus Ross, Matthew Holden

U15 Girls Bronze Medley – Olivia Muir, Leah Buchan, Nancy Corrie, Georgie Bruce

National Masters Championships

M35 800m Silver – Phil Holden

BMAF - British Masters AF Track & Field Championships

M35 1500m Bronze – Phil Holden



Club Awards (2022)

Male Athlete of the Year: Ethan Lorimer
Female Athlete of the Year: Nancy Corrie
Best Performance Combined Event/Field: Esther Taylor
Best Performance Endurance: Finlay Ross
Best Performance Sprint: Euan Laird
Endeavour Award: Keiran Hardie

Records

League Records:

Scottish National Athletics League

Ella Jones – 80m hurdles
Fraser Holman – 5,000m
Natsai Nyabadza – 3,000m

Scottish Indoor League
Blake Burchill – 600m

Club Records (62):

Under 11 Girls:

Cadha McLuskey 75m - 11.45s
4x 100m 64.4s - Zoe Coull, Andrea Scott, Ava Whyte, Luciana Starkey

Under 13 Girls:

Lois Hills 75m – 11.32s
Eve Bogie 150m – 22.58s
Carys Melton – 1mile – 5.40.64

Under 15 Girls:

Georgie Bruce 300m – 42.45s (Indoor)
Nancy Corrie 1 mile – 5.18.38

Under 17 Girls:

Ella Jones 80m hurdles – 12.29s
Ella Jones 100m – 13.13s
Ella Jones 60m hurdles (Indoor) 10.11s
Ella Jones 200m – 27.73 (Indoors)
Lara Brechin 300m – 44.90s

Lara Brechin 300m – 44.90s (Indoors)
Lara Brechin 800m – 2.35.27
Natsai Nyabadza 800m – 2.18.58
Natsai Nyabadza 1500m – 4.36.91
Natsai Nyabadza 1 mile – 4.55.32
Natsai Nyabadza 3000m – 10.29.2
Skye Marshall 1500m Steeplechase – 5.58.09
Tsz-Yau Chan Long Jump – 4.88m
Tsz-Yau Chan Triple Jump – 10.50m (indoors)
Tsz-Yau Chan Long Jump – 4.99m (indoors)
Esther Taylor Javelin – 19.58m
Esther Taylor Shot Putt – 8.82m
Esther Taylor Pentathlon – 2472pts
Esther Taylor Pentathlon – 2401pts (indoors)
Esther Taylor Heptathlon – 3219pts
Esther Taylor High Jump – 1.45m (indoors)
4x100m – Y Chan, E Taylor, E Jones, E Scobbie – 53.7
4x400m - E Scobbie, N Nyabadza, S Marshall, E Taylor – 4.39.57

U20 Girls

Lucy McDonald Long Jump 4.13m (indoor)
Lucy McDonald Long Jump 3.99m

Non-Track

Parkrun JW15-17 Skye Marshall 20m 51s
Parkrun JW11-14 Nancy Corrie 18m45s (also an overall club record)

Boys:

U11 Boys

Blake Burchill 60m – 8.84s
Blake Burchill 60m – 8.97s (Indoor)
Blake Burchill 150m – 22.28s
Blake Burchill 200m – 30.21 (Indoor)
Blake Burchill 300m – 37.16
Blake Burchill 500m – 1.28.64
Blake Burchill 600m – 1.44.84
Blake Burchill 600m – 1.46.87 (indoor)
Blake Burchill 1500m – 5.08.4
Blake Burchill 1 mile – 5.30.00
Blake Burchill Long Jump – 4.05m (indoor)
Blake Burchill Shot Putt – 6.56m (indoor)
Blake Burchill Standing Long Jump – 1.92m (indoor)
4x200m - R Bullock, B Silver, B Burchill, C Burchill 2.11.9 (indoor)

U13 Boys

Rory Beattie 75m – 11.73s

Josh Lee 200m – 21.75s

U15 Boys

Fergus Ross 800m 1.57.98

Fergus Ross 800m 2.02.2 (indoor)

Daniel McIntyre 1500m 4.24.23 (indoor)

U17 Boys

Euan Laird 200m 23.85s (Indoor)

Euan Laird 200m 23.56s

Euan Laird 400m 53.17s (Indoor)

Matthew Holden 1500m 4.12.86 (Indoor)

Kieran Hardie 1 mile 4.34.23

U20 Boys

Finlay Ross 800m – 1.54.21

Tendai Nyabadza 1500m – 3.41.71

Non-Track

Parkrun JM15-17 Kieran Hardie 16.06 (also an overall club record)

Junior Parkrun JM10 Blake Burchill 6.57

Adult Achievements

The past year has been the first full year post pandemic of normality. Club runs, events, track and hill rep training sessions have all taken place alongside an informal Wednesday walking group. Attendances have remained strong throughout the year with something on offer throughout atypical week for everyone.





Performance

Fastest times over recognised distances:

Marathon – Male – Damien O’Looney- 2:40:34 (Berlin- September)

Marathon – Female – Karen Robertson – 3:14:59 (Boston- April)

Half Marathon – Male – Ross Millar- 1:17:54 (Torremolinos- February)

Half Marathon – Female – Karen Robertson- 1:33:01 (Scottish Half- September)

10k – Male – Phil Buckley- 35:44 (Round the Houses- April)

10k – Female – Corrie Roberts – 40:31 (Wild Deer, Dalkeith- October)

5k – Male – Ross Millar- 17:15 (Edinburgh Park Run- September)

5k – Female – Karen Robertson – 20:58 (Edinburgh Park Run- January)

Ultra Running Achievements

Our club members have had a number of achievements in ultra-marathons over the year and a full download of their results and those from previous years can be found at:



Harmony%20ultra%20
Results%200509202

A huge thank you to Donald Sandeman for keeping track of all of the ultramarathon results and Darren Cavaroli for tracking the club performances. There are too many amazing achievements to mention with our members competing across Scotland, the UK and the World. Lots of age category wins and top 10 placings firmly putting Harmeny on the running map!

Grand Prix Event

The 2023 Grand Prix has been going well with Karen Robertson leading the way in the Female Races and Phil Buckley leading the way on the Male Grand Prix. There are 2 races remaining in the schedule with options for everyone to run their fastest 5k, 10k, Half or Full Marathons.

Rigg Race

140 runners took part in the race and great showings from Craig McBride in 9th, Ewan Mitchell in 19th, Lewis Kemp in 21st, Drew Nutsford in 34th, Keith Martin in 43rd, Heather Simpson in 58th, Graham Tennet in 62nd, Martin Lyall in 119th and Helena Mackay in 133rd. Huge thanks to everyone who volunteers to put this on and particularly to Steven Brown the Race Director.

7Rs

97 runners made their way round the tricky 13.1 mile course in early December. Some great runs from the 10 club members who took part. A huge thank you to Donald Sandeman the Race Director and all our volunteers. The 2023 event has proved a little trickier to progress after land access issues in the Pentlands which has affected other local running events with the iconic Skyline Race being cancelled for 2023. However, all the appropriate permissions have been secured for 2023 and Rachel Shannon and Dougie Porteous will share the Race Director duties.

Club Handicap Race September 2022

Another very successful and well attended Club Handicap Race on September 10th with 26 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 Alistair Mackenzie and 1st female Meenakshi Jeyaraman. Fastest male was Lewis Kemp and fastest female was Rhona Scott. Many thanks to John Pringle for organising the event and all of the volunteer marshals and timekeepers.

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:

7th Oct – East District Relays – Livingston

21st Oct – National Relays – Cumbernauld

4th Nov – National Short Course - Lanark

2nd Dec – East District League – Aberdeen

13th January- Inter-District Championships- Renfrew

11th February- National Masters Championship- Forres

24th February- National Championship- Falkirk

14th March- Scottish Disability Championships- Glasgow

Jogscotland

Our JogScotland programme faltered a little in the last year and we are looking to re-establish it during 2023/24. It's been such a success for encouraging new members to the club and we hope we can find the volunteers from within the club to sustain a couple of intakes per year.

Training

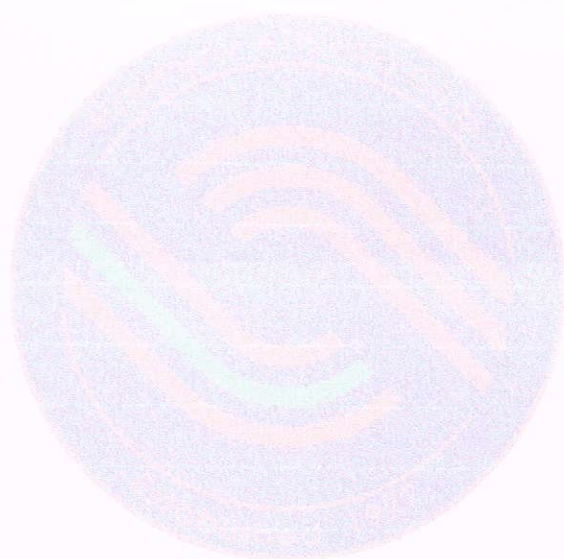
Club training has very much got back to normal this year and the club is continuing to offer a variety of runs each week.

Many thanks to Nicky Freedman and Darren Cavaroli for their fun and enthusiastic Thursday track sessions. A special thanks to Nicky who has moved South and will no longer be able to coach and a big thanks to Adam Irving for stepping in to support Darren from here.

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. Harmony 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.

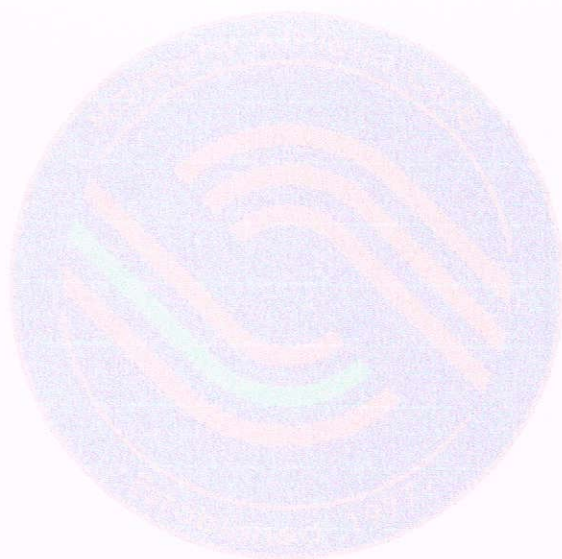


Thanks!!!

Many thanks once again to the incredible number of volunteers (well over 100!!!!) and coaches who, together, make Harmeny the incredible club that it is...

Junior Coaching Derek Johnstone Lorraine Halcrow Andy Ross Stephen Buchan Phil Holden Pam Lorimer Graeme Stewart Craig Stewart Jonathan Kennedy Grainne Morrison Marco Lam Ethan Lorimer Beth Campbell Kim Wilson Liam Clark Nicky Freedman Kevin Kealy Sophie MacGillivray David Alexander Allan Hardie Mike Taylor Louise McKay Callum Gladwin Euan Laird Sam Beattie Ellie Morrison Esther Taylor Ian Kennedy Toni Clarke Anne Currie Gareth Denny Cameron Weir Dan McGuire Gail Burchill Andrew Finlayson Fraser Holman Adam Irving	Senior Coaching Darren Cavaroli Nicky Freedman Adam Irving 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, Waiting List Susan Ross Chris Haworth John Smith Angus Kay Ian Smith Darren Cavaroli Donald Sandeman Karen Marshall Lesley Rowand Angela Lawson Naomi Head Sarah Corrie Photography Mike Taylor Adult Race/Event Directors Donald Sandeman Steven Brown John Pringle	Officials Nick Green Lyndsay Holden Karen Marshall Susan Ross Lorraine Boyd Sarah Corrie Joe Melton Stephen Buchan Stephen Burchill Anja Louca Dave Law Lorraine Halcrow Carole Hardie Mike Walker Hin Lee Lesley Rowand Craig Paul Junior Officials Lara Brechin Meda Reivyitis Dair Alexander Georgia Bruce Halszka Musialowicz Alex Columbine-Green Jemma murray Ewan Mitchell Daniel McIntyre Iona Kealy Nancy Corrie Leah Buchan Olivia Lee Skye Marshall Natsai Nyabadza	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 Team Management Mike Taylor Nick Green Susan Ross David Alexander Stephen Buchan Gail Burchill Board Susan Ross Phil Buckley Nicola McGuire Dougie Porteous John Pringle Craig Stewart Mairi Wallace Susan Irwin Hin Lee Phil Holden
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Special thanks to Mike Taylor, who not only contributes countless hours to the club through coaching and photographing but is also contributing all proceeds from sales of his photos to club funds. Many thanks Mike!!!



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 August 2022 showed a surplus of £9,781. This year we have a deficit of £1,592. The bank balances are still at a healthy £59,282 at this year-end.

Receipts down circa £4K

- This is partly due to the fact that there was a temporary reduction in the annual membership fees from £25 to £10 to help with the cost-of-living crisis which works out at approx. £7k had it been £25/pp. If full fees had been charged, we would broke even. The annual subscription charge is proposed to be reinstated at £25 for 2023/24.

- Income from the holiday camps increased by £1k due to increased capacity
- Grants are down £1,700 due to a reduction of £1k from the Lottery and receiving a Covid Recovery Grant from the City of Edinburgh Council in 2022.
- Donations - in 2022 we received nearly £3k in donations. This year we have received £5,029 as follows: Gift Aid £2,432, Foundation Scotland via Sam Denis £1k, Bank of Scotland Matched funding from Craig Stewart and Stephen Buchan £500 each, and £597 of miscellaneous donations including £400 from Mike Taylor for the sale of photos.
- The 7R's and Rigg races both made a profit this year of £1.9k and £1.1k respectively and we made £1,248 of donations to charities including Friends of the Pentlands, Youth Vision and Balerno Childrens Gala.
- The 50:50 lottery raised £384 for our Assisted Membership Fund and latterly the new fund set up to upgrade the facilities at Saughton.
- We hosted Superteams at Saughton, our first Scottish Athletics event and were given £310 for this and received a donation of £100 for hosting the East District League Event at Bathgate in January.

Payments up Circa £7K

- Facilities costs fees are up by £4k as there was a rise in charges and we also made extra bookings at Meadowbank to have access to indoor facilities in winter.
- We spent £5k on coaching courses in 2022/23. Included in this are charges for course to become track officials, a starter and timekeeping courses. We had also had members doing Jogscotland run leader courses.

- Coaching wages stand at £14k including £12k paid to Scottish athletic from which we receive back £5k from the lottery.
- £1.7k was spent purchasing a stock of vests and crop tops and supplying coaches with branded jackets. Sales were £934 with the difference being held in stock.
- Equipment expenses are up this year by £5k. The club will benefit from the addition of hurdles, stop watches, a new podium, throwing equipment, a waterproof cover for high jump, a starter pistol and a freelay sprint timing system.

Although the reserve is down it has been a very successful year and it is a positive that the club wants to invest in what is required to build on a successful year.

As at the end of August, we have a reserve amount of £52k and a working capital of £7k.

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.

Harmony AC
Financial Statements - 12 months to 31st August 2023

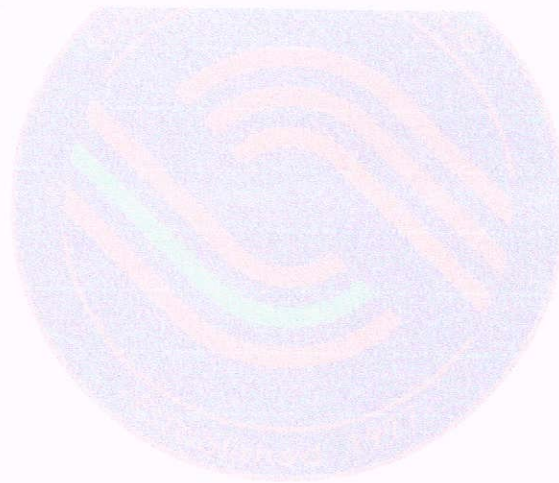
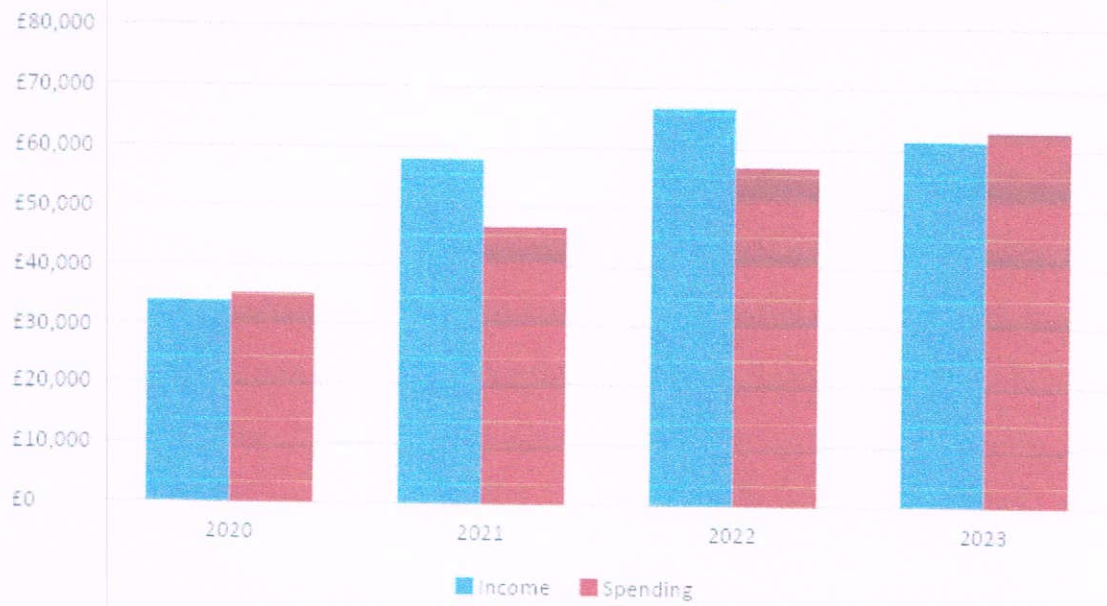
Income and Expenditure Account

Receipts	Item	HAC	HPR	Prize 50/50	Cash	Full year	
						Year to 31/8/23	Year to 31/8/22
						£	£
	Memberships	4,662.70				4,662.70	8,992.50
	Training fees	33,920.20				33,920.20	34,500.50
	Race/Track Fees	676.80				676.80	767.00
	Kids Camps	3,284.80				3,284.80	2,108.00
	Kids Socials						800.00
	Grants	5,000.00				5,000.00	6,700.00
	Clothing	934.45				934.45	1,721.50
	Prize Fund/50:50 Lottery	849.00		384.00		1,233.00	1,084.00
	Adult Socials	5.00				5.00	45.00
	Easy Fundraising	378.93				378.93	320.55
	Donations	5,028.98				5,028.98	2,881.56
	Assisted Membership	507.00				507.00	506.00
	Misc	848.47				848.47	7.47
	Rigg Race		1,660.75			1,660.75	1,712.50
	7 R's		3,386.00			3,386.00	3,518.38
	Total:	56,096.33	5,046.75	384.00	-	61,527.08	65,664.96
Payments							
	League/SAL Fees	8,270.50	-			8,270.50	6,620.00
	Coaches Wages	14,560.00	-			14,560.00	18,406.75
	Coaching Course	5,669.73	-			5,669.73	3,600.00
	Facilities	16,633.75	-			16,633.75	12,619.20
	Training fee refunds/Camps						
	LZ Charges	1,443.49				1,443.49	1,506.89
	Kids Socials						759.00
	Assisted Membership						469.00
	Donations to Charity	1,248.04				1,248.04	1,662.18
	Equipment/Medals	7,105.83	-			7,105.83	1,533.89
	Sports Clothing	1,763.95	-			1,763.95	3,261.26
	Adult Socials	986.27	-			986.27	389.55
	Postage/Stationery	65.13	-			65.13	119.21
	Prize Fund/50:50 Lottery	207.00	-			207.00	365.00
	Rigg Race	508.68	-			508.68	272.14
	7 R's	1,496.78	-			1,496.78	1,245.97
	Web/Adverts	109.79	-			109.79	74.33
	Race Fees	2,408.50	-			2,408.50	2,900.54
	Misc	632.23	-		8.93	641.16	79.08
	Membership Refunds						
	Total:	63,109.67	-	-	8.93	63,118.60	55,883.99
Surplus/(deficit) for year		(7,013.34)	5,046.75	384.00	(8.93)	(1,591.52)	9,780.97

Balance Sheet

				Year to 31/8/23		As at 31/08/22
				£		£
Cash at Bank and in Hand 31/8/23	6,541.55	46,157.71	6,582.85	59,282.11		60,873.62
				59,282.11		60,873.62
Represented by:						
Retained surplus/deficit brought forward				60,873.63		51,092.65
Surplus/Deficit for year	(7,013.34)	5,046.75	384.00	(1,591.52)		9,780.98
				59,282.11		60,873.63

Income and Spending



Future plans

A SWOT analysis was carried out and the objectives for 2023-24 remain similar to those stated in 2022-23.

- Facilities OBJECTIVE: Develop 'Fit for Purpose' Track and Field Facilities and address main threat – Saughton Facility will not be fit for purpose in 3-5yrs. Need to repair or build new.
- Coaching OBJECTIVE 1: Grow Coaching Resources/Capacity across Level 1, 2, 3 (with focus on L2 and L3 in Yr 1 and Yr 2)
- Coaching OBJECTIVE 2: Support three Athlete Pathways:
 - coming along to keep fit/have fun/make friends
 - Want to compete/try different events/multiple sports
 - Targeting district/Scottish/GB selection
- Coaching OBJECTIVE 3: Strengthen Harmer community of coaches, officials, athletes and volunteers.
- Competition OBJECTIVE: Encourage athletes across all pathways to compete for the club.

In order to get some traction in achieving these goals, 1 sub-committee and 5 working groups have been created:

1. Facilities with 1 sub-committee and 1 working group:
 - a. developing plans for a new track etc
 - b. fundraising to support plans.
2. Coaching & Pathways with 2 working groups:
 - a. Recruitment of new coaches and volunteers
 - b. Structure of existing coaching sessions
3. Competitions with 2 working groups:
 - a. encouraging existing members to take part.
 - b. organising new opportunities for members

Declaration

Signed on behalf of the charity trustees:

S. Irwin

Print name

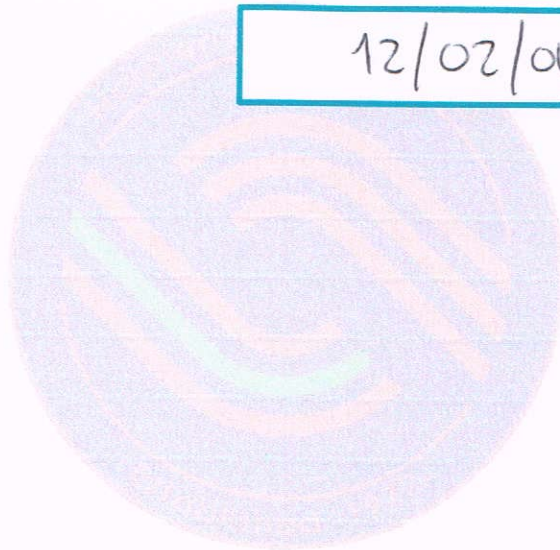
SUSAN IRWIN

Designation

SECRETARY

Date

12/02/04



Harmeny Athletics Club

 SC048917
 2022-2023 financial year

Receipts and payments accounts						
For the period from				to		
	1	September	2022		31	August
						2023

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations	5,029				5,029	2,882
Legacies	-				-	-
Grants	5,000				5,000	6,700
Receipts from fundraising activities	1,612				1,612	1,405
Gross trading receipts	49,886				49,886	54,679
Income from investments other than land and buildings	-				-	-
Rents from land & buildings	-				-	-
Gross receipts from other charitable activities	-				-	-
					-	-
A1 Sub total	61,527	-	-	-	61,527	65,665
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	61,527	-	-	-	61,527	65,665
A3 Payments						
Expenses for fundraising activities	207				207	365
Gross trading payments	61,664				61,664	53,388
Investment management costs		-	-	-	-	-
Payments relating directly to charitable activities					-	-
Grants and donations	1,248				1,248	2,131
Governance costs:						
Audit / independent examination					-	-
Preparation of annual accounts					-	-
Legal costs					-	-
Other					-	-
					-	-
A3 Sub total	63,119	-	-	-	63,119	55,884
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
A4 Sub total	-	-	-	-	-	-
Total payments	63,119	-	-	-	63,119	55,884
Net receipts / (payments)	(1,592)	-	-	-	(1,592)	9,781
A5 Transfers to / (from) funds						
					-	-
Surplus / (deficit) for year	(1,592)	-	-	-	(1,592)	9,781

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	60,874				60,874	51,092
	Surplus / (deficit) shown on receipts and payments account	(1,592)				(1,592)	9,781
						-	-
						-	-
	Cash and bank balances at end of year	59,282	-	-	-	59,282	60,874
(Agree balances with receipts and payments account(s))							

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total		

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets	Running equipment	Harmony AC		3,800	3,500
	Stock of Running T shirts	Harmony AC		812	630
		Total	-	4,612	4,130

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total		

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total		

Signed by one or two trustees
on behalf of all the trustees

Signature

Print Name _____

Date of approval

Additional analysis (2)**5 Breakdown of unrestricted funds**

	Unrestricted fund 1 - enter name of fund below Harmony AC + Petty cash)	Unrestricted fund 2 - enter name of fund below Prize fund account	Unrestricted fund 3 - enter name of fund below Hardship account	Unrestricted fund 4 - enter name of fund below HPR	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	5,029		-		5,029	2,882
Legacies		-	-		-	-
Grants	5,000				5,000	6,700
Receipts from fundraising activities	1,228	384			1,612	1,405
Gross trading receipts	44,839			5,047	49,886	54,679
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	56,096	384	-	5,047	61,527	65,665
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
Sub total	-	-	-	-	-	-
Total receipts	56,096	384	-	5,047	61,527	65,665
Payments						
Expenses for fundraising activities	207				207	365
Gross trading payments	61,655			9	61,664	53,388
Investment management costs					-	-
Payments relating directly to charitable activities					-	-
Grants and donations	1,248				1,248	2,131
Governance costs:						
Audit / independent examination					-	-
Preparation of annual accounts					-	-
Legal costs					-	-
Sub total	63,110	-	-	9	63,119	55,884
Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
Sub total	-	-	-	-	-	-
Total payments	63,110	-	-	9	63,119	55,884
Net receipts / (payments)	(7,013)	384	-	5,038	(1,592)	9,781
Transfers to / (from) funds						
					-	-
Surplus / (deficit) for year	(7,013)	384	-	5,038	(1,592)	9,781

Nature and purpose of funds

HAC - Fund for the advancement of public participation in sport", "The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended"

HAC Prizefund - Fund raising activity when 50% of receipts are paid out as a prize.

HAC Hardship fund - Fund to support disadvantaged Children and Adults with their membership an training fees

Harmony Athletics Club

SC048917

Additional analysis (3)**6 Breakdown of restricted funds**

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	-
Legacies					-	-
Grants					-	-
Receipts from fundraising activities					-	-
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	-	-	-	-	-	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities					-	-
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination					-	-
Preparation of annual accounts					-	-
Legal costs					-	-
Sub total	-	-	-	-	-	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	-
Surplus / (deficit) for year	-	-	-	-	-	-
Nature and purpose of funds						

APPENDIX 3



		Independent examiner's report on the accounts						v2
Report to the trustees/members of		Harmeny Athletic Club						
Registered charity number		SC048917						
On the accounts of the charity for the period		Period start date				Period end date		
		Day	Month	Year	to	Day	Month	Year
		1	September	2022		31	August	2023
Set out on pages		1 - 36						(remember to include the page numbers of additional sheets)
Respective responsibilities of trustees and examiner		<p>The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.</p>						
Basis of independent examiner's statement		<p>My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.</p>						
Independent examiner's statement		<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations <p>have not been met, or</p> <ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 						
Signed:		Fiona Donnelly					Date:	4 February 2024
Name:		Fiona Donnelly						
Relevant professional qualification(s) or body (if any):		Association of Chartered Certified Accountants						
Address:		21 Brock View						
		Currie						
		EH14 5TW						

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose