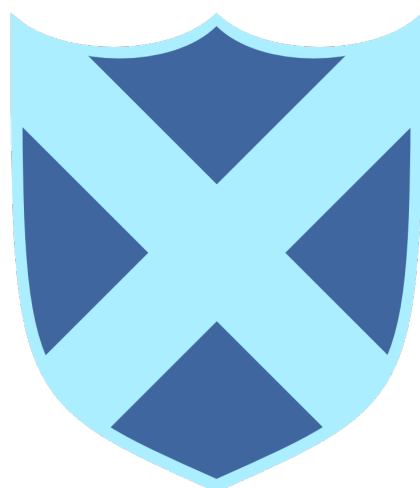


Bellahouston Harriers
SCIO 051051

Trustees' Annual Report and
Financial Statements

1 July 2022 - 30 June 2023



CLUB DETAILS

Bellahouston Harriers SCIO, c/o Cartha Queens Park Rugby Club, Pollok Park, 92 Dumbreck Road, Glasgow G41 4SN.

ANNUAL REPORT

This is the club's annual report and financial statements for the year 1st July 2022 - 30th June 2023, the second such reports since our incorporation as a SCIO in June 2021. These reports are submitted on behalf of all current trustees. The reports were agreed by them on 7 August 2023 and presented to the members at the club AGM on 19th September 2023.

TRUSTEES

For the reporting period, the club trustees were as follows-

July 2022 - September 2022

At the club's AGM on 2nd September 2021, the following were elected as trustees for 2021/2022:

President - John Cunningham;
Vice President - Vacant;
Treasurer - Tom Keenan;
Secretary - Barry Mitchell;
Membership Secretary - Jess Gorman;
Welfare Officer - Mikey Gowans;
Ordinary Member - Alex Cuthbert.

Non trustee club posts

Women's Captain - Gillian Glass;
Men's Captain - Darren McQuade.

September 2022 - June 2023

At the club's AGM on 8th September 2022, the following were elected as trustees for 2022/2023:

President - Mark Matheson;
Vice President - Vacant;
Secretary - Barry Mitchell;
Treasurer - John Cunningham;
Welfare Officer - Rebecca Simister;
Ordinary Member - Alex Cuthbert;
Membership Secretary - Kevin Smith.

Non trustee club posts

Women's Captain - Gillian Glass;
Men's Captain - Darren McQuade.

On 5th December 2022, under Clause 62 of the club constitution, Scott Mason was appointed Ordinary Member and Alex Cuthbert was appointed Communications Officer, a new post created by the club to enhance internal and external communications.

On 17th January 2023, Rebecca Simister resigned as Welfare Officer to concentrate on other club roles.

On 5th April 2023, at a club EGM, John Cunningham resigned as Treasurer and was then elected as Vice President; Claire McCormick was elected Treasurer; and Kathryn Burningham was elected Welfare Officer. The full list of current trustees approving these reports, therefore is:

President - Mark Matheson;
Vice President - John Cunningham;
Secretary - Barry Mitchell;
Communication Officer - Alex Cuthbert;
Treasurer - Claire McCormick;
Welfare Officer - Kathryn Burningham;
Ordinary Member - Scott Mason;
Membership Secretary - Kevin Smith.

CONSTITUTION

The new club constitution, compliant with its SCIO status was agreed at the AGM of 17th February 2021 and duly adopted upon incorporation in June 2021. During the period April - July 2023, the committee undertook a review of the constitution, in line with good practice recommended by OSCR, and it is intended that any proposed changes will be presented for the approval of the membership at the AGM on 19th September 2023. The constitution can be viewed at <http://bellahoustonharriers.co.uk/governance>.

CLUB PURPOSE

The club's general charitable purposes remain as outlined in Clause 4 of the constitution;

(i) the advancement of public participation in sport and (ii) the provision of recreational facilities or the organisation of recreational facilities with the object of improving the conditions of life for the persons for who the facilities or activities are primarily intended'.

To achieve these aims, the club seeks to:

- Encourage the practice, participation, promotion and development of athletics;
- Embrace participants of all abilities at athletics events;
- Provide training, support and coaching for members;
- Organise athletics events open to the general public.

The continuing growth in our membership, the participation of our members in our training sessions and competitive racing, and the popularity of our open event, give us confidence that we are achieving these objectives.

COACHING PLAN

The coaching plan remains fundamental to the achievement of our charitable purpose and stated aims.

Our head coach remains Colin Thomas, a Bellahouston Harrier in his own right and a well-respected coach in Scottish, UK and international running. The head coach is supported by a voluntary coaching sub-group which consists of active club members who hold Scottish Athletics' Levels 1 & 2 accreditations. The coaching subgroup's purpose is to ensure our training is safe

and organised in line with our governing body while supporting member runners across the full range of sessions. The club actively recruits new coaches from the membership and continues to seek new recruits for this important club post. This also helps our runners to develop their own knowledge and gives them an opportunity to start their own coaching journey.

The training plan for 2022/2023, in its second year following a radical remodelling by Colin and the team in 2021/22, is based around three training groups:

- Up to 5k (Speed);
- 10k to Half Marathon (Endurance);
- FFIT (Fun, Fit, Inclusive, Together).

The first two categories are self-explanatory, with FFIT intended for those new to running, those returning from injury, those who enjoy a run and social chat or simply happy with their current level of fitness and not seeking to participate in more intense sessions. It proved an attractive starter option for some of our growing number of new members, who can then move on to the other groups as they gain speed, endurance and experience. Members can attend any of the groups and move between them depending on their racing/training priorities at any particular time of the year.

The training plan created by the Head Coach and supported by the Training subgroup were published in advance and logged on the club management system Teamapp. Each session includes PDFs with route maps, session guidance notes, specific coaching points, specific hazards and full risk assessment tables. This enables members to register for sessions and self-brief themselves on the specifics of that session whilst enabling the coaching team to effectively manage the entire training effort. It has also proved useful for members, when unable to attend a club evening, who can then complete the session in their own time. The two main club sessions remain road/park running on a Tuesday evening and track on a Thursday.

CLUB ACTIVITY

Membership

The club has enjoyed a regular influx of new members. From January 2023 - June 2023, the membership increased from 164 to 187, a 14% increase. The trustees plan to undertake a survey of all new members to more fully understand “what works” in terms of our recruitment. In recent years a number of incentives have been used, such as free one-year memberships as prizes in other local events, encouraging members’ family and friends to join, offering prospective members several free “taster sessions”, and a proactive approach to promoting the club on social media platforms.

Club Championships

Each year, the club holds annual summer and winter championships, a key component in promoting participation in racing throughout the year, one of our stated aims. In summer, twelve races were selected, from 400m track races to two-mile time trials, 5k parkruns, and 10k road races throughout west central Scotland. In winter, these were supplemented by cross country races and for the first time a 3000m track race. In both championships, each competitor’s best eight results contribute to their score.

The club champions for summer 2022 were:

Women’s champion - Marianne Wilson;
Men’s champion - Barry Mitchell.

The club champions for winter 2022/2023 were:
Women's champion - Kristina Greig;
Men's champion - Fraser Armstrong.

The club also awards prizes for the winners of all age categories from 40+ to 70+ for both women and men. This is key in promoting participation and competitiveness throughout the club and allows a wider range of athletes to be recognised for their achievements whatever their age.

Club Competitions

During the reporting period, we hosted a number of events, sometimes in conjunction with other clubs or invited guests, promoting inter-club relations and a greater level of competitiveness:

- The Bellahouston Harriers' 10k race (formerly the Bella Belter) through Pollok Park on 26th August 2022, attracting over 129 runners from the club and beyond;
- The John McGough Mile in Pollok Park on 11th September 2022, commemorating one of our all-time great club members, John McGough, a distinguished runner in the early 20th Century;
- Two-mile Time Trials, a regular and popular feature in the club diary with four events throughout the year allowing members, and invited guests from other running clubs, to measure performance on an accredited two-mile route through Pollok Park;
- Our annual 'Mob Run' on 18th February 2023 against our neighbours Bellahouston Road Runners at the Pollok parkrun, followed by breakfast at our club house;
- The Brian Goodwin Memorial 10k on 2nd June 2023, our flagship event, more of which below;
- The Cathkin Braes 5k Trail race on 4th June 2023.

The Brian Goodwin Memorial 10k

Brian Goodwin, a former member, is celebrated in this annual event and this year it was held on Friday 2nd June 2023, again sponsored by MIGO sports, a local running/sports shop. The event attracted 520 entrants, including 60 of our own members and over 70 volunteers from our club and supported by the wider running community to ensure a safe and fun event. The flat and fast route through Pollok Park, and the post-race beer and burger, always attracts a fast field with winners Colin Reilly on 32:16 and Rhiannon Dawes on 36:30. The first Bellahouston Harriers home were Greig Templeton in third place on 32:31 and Kristina Grieg in tenth place on 40:03.

Cross Country

To prepare for the cross country season, members participated in Glasgow Athletics Association's 2022/2023 Winter Endurance Sessions and, as a supplement to the established training plan, the head coach planned Saturday morning cross country training sessions in local parks.

During the reporting period the club participated in good numbers in all gender and age categories in the following district and national cross-country races:

- West District Relays, Kings Park - 8th October;
- Ayrshire Relays, Kilmarnock - 15th October;
- Nationals, Cumbernauld - 22nd October;
- Short Course, Kirkcaldy - 5th November;
- West District, Kilmarnock - 3rd December;
- National Masters, Tollcross - 5th February;
- National Championship, Falkirk - 25th February.

The club also participated in the inaugural West District XC League in the following events:

- Strathaven, hosted by East Kilbride AC on 19th November 2022;
- Kilmarnock, hosted by Kilmarnock Harriers AC on 21st January 2023;
- Bellahouston, hosted by Bellahouston Road Runners on 11th February 2023.

Wider Racing Activity

Club members regularly compete in other club events across the local and national events calendar as well as parkruns across the country and races of all distances, especially half-marathons and even the occasional ultra-challenge, throughout the world. The Bellahouston Harriers' vest knows no geographical limits.

One particular noteworthy achievement was one of our longest serving members, John Softley running in the VM70-74 category, completing his 500th parkrun at Queens Park, Glasgow on Christmas Eve 2022.

Track Racing

Although road running and cross-country account for most of the club's competitive racing, the track remains an important part of the club ethos. Training on the track is a weekly occurrence for the majority of our members, improving speed and endurance but for most, competitive racing remains on the road and cross country. A small number of members, however, are very active on competing in outdoor and indoor track racing.

This includes three younger senior members whose training regime is focused on the forthcoming 6th Monument Mile Classic at Stirling Mile. Moreover, two members competed in the M50 and M55 categories in the British masters road mile championships in Edinburgh. One also competed in the 800 metre handicap grass track race at the Ceres Highland Games in Cupar followed by the Highland Games at both Burntisland and Inveraray.

Our two Masters runners will represent Scotland in the UK Masters at Nuneaton in the M50 1500 metres and M55 400 metres, the 6th Monument Mile Classic in Stirling, and the British Masters in Derby with the culmination being the European Masters outdoors in Pecara, Italy in September, representing Team GB Masters in the M50 and M55 age category over 400m, 800m and 1500m.

Trail and Hill Running

A number of club members participate in trail and hill running and racing throughout the year.

During the reporting period two members were particularly active, competing in the Two Mamores hill race of 13km with 1300m of ascent across two Munro summits; Glen Nevis, Stob Ban and Mullach Nan Coirean, and the Cobbler hill race of 6km with 730m of ascent, raising funds for the Arrochar Mountain Rescue Team.

These races were part of the members' training for major events, the Laveredo 50km Ultra in the Cortina mountains of Northern Italy in June 2023 and the forthcoming Ben Nevis Hill race.

One member was funded by the club to achieve her Level 1 Introduction to Fell, Mountain and Trail Running qualification, enabling her to lead trail running sessions.

Triathlon

A number of our athletes have used our twice weekly training sessions as a stepping stone into the world of Triathlons. The Harriers' coaching model allows our triathletes the flexibility to fulfil their training plans with a variety of running sessions focused on speed or endurance, short or long intervals, hill sessions or tempo runs. The famous Bella vest has featured at many multisport events in 2023 including Staffordshire Half Ironman, Irvine Open Water Sprint Triathlon, Kirkintilloch Aquathlon, Etape Caledonia, Cycling Time Trials and soon to appear at Aberfeldy Middle Distance Triathlon and the HYROX in Dublin. Our small band of Triathletes are always looking for more training buddies to join them in swimming, cycling and running.

Juniors

A small, but loyal, junior division meets regularly for their own Tuesday and Thursday evening training sessions, and participates in local domestic meets of neighbouring clubs. Outwith formal competition, junior members are regular participants in local parkruns. The Juniors are also supported to compete in Scottish Athletics cross country events in age-appropriate categories, cheered on loudly by senior members running later, promoting a real feeling of membership. The juniors have their own summer and winter championships, with the winners in 2022/2023 of both being Lexi Speirs and Alistair Munro.

Following the retirement of our previous junior head coach, Tony Coyne, the club adopted a proposal for the longer-term development of the junior section, starting with the appointment in February 2023 of member June McLeod, a level 2 coach, as the dedicated Junior head coach. June, supported by trustee Scott Mason, who leads the coaching sub group, are developing a longer-term strategy, which can summarised thus:

- Promoting the existence of the junior division and increasing membership and attendance;
- Improving and enhancing the training sessions to improve running foundations and develop skills and techniques;
- Increasing participation in local races;
- Ensuring compliance with Safeguarding Strategy;
- Reviewing training locations in line with the Safeguarding Strategy; and
- Increasing the coaching team capacity to support the smooth running of the junior division.

To support our strategy, the committee secured a small grant from the Virgin Money Foundation 'Colleagues in the Community' Fund, to support the development of the junior division with equipment and training costs. We intend to seek further opportunities to help create a thriving, healthy, diverse junior division within the southside of Glasgow, with our ambition of seeing a regular flow of juniors moving through to the senior level of the club.

Volunteering

Club members regularly take on volunteering roles to ensure that our races are safe and enjoyable events, with over 70 members and their friends and families supporting the organisation and marshalling of the Brian Goodwin Memorial 10k.

Moreover, our members take on volunteering roles outwith the club to support local road races and cross-country races. Members regularly support parkruns and Junior parkruns as Race Directors and marshals. Two particular examples of supporting the wider running community are:

- The club provided eight pacers for the Glasgow Women's and Men's 10k races on Sunday 18th June 2023;
- As a 'thank you' to Elder Park parkrun in Govan, Glasgow, who hosted the opening event of our summer 2023 championship, the club members filled all marshalling roles for Elder Park on Saturday 13th May.

Fund raising/Charitable work

The club held two fund raising events during the reporting period.

On 8th January 2023, our annual Christmas Two-mile time trial saw thirty bags of food and provisions collected from members and donated to the local Glasgow Southeast food bank

On 25th February 2023, two members organised our quiz night and raffle for members and friends in a local bowling club. Two nominated charities each received £218. These were the well-known Prince and Princess of Wales Hospice and a local charity, the Moira Fund, set up in the memory of Moira Jones and in whose memory is held an annual 5k race in the park, attended by many of our club members.

CLUB DEVELOPMENT

The trustees have a busy agenda, directing and managing the club's activities throughout the year. Moreover, to ensure the club continues to develop and grow, the trustees have had a number of work streams throughout the year:

- Review of club values and corporate identity;
- Review of club website;
- Review of club constitution;
- Review of committee recruitment and retention;
- Review of budget and principal financial outlays;
- Review of club policies and practice on safeguarding;
- Review of Juniors Section.

CHARITABLE PURPOSES AND STATED AIMS

In summary, the current trustees believe that the wide range of training, running and racing activity, the incremental growth in our membership base, and member participation in our activities provide strong evidence of the achievement of our charitable purpose and stated aims in the reporting period 2022/2023.

Independent Examiner's Report to the Trustees of Bellahouston Harriers

I report on the accounts of the charity for the period ended 30 June 2023 which are set out on pages 10 to 13, inclusive.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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.

Basis of independent examiner's statement

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.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: ...*SIGNATURE COPY RETAINED ONLY AT CLUB FOR SECURITY*

Alasdair Murray

Address: c/o Kilmarnock Harriers, Ayrshire Athletics Arena, Queens Drive, Kilmarnock.

Date: 20 August 2023

Financial review

The Club's main source of funding is annual membership fees, supplemented by the Club's principal fundraising event the Brian Goodwin 10k.

An operating surplus of £1,463 (inclusive of £220 bank interest earned) was generated in the period. Readers should note that due to the timing of the Brian Goodwin event, typically mid to late June, certain costs of the 2022 event (amounting to £2,786) are included in the payments for the current 2023 period, whilst similar costs relating to the 2023 event were not received at the balance sheet date and will not be paid until the Club's 2023 financial year.

Basis of accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

Nature and purpose of funds

Unrestricted funds (General Reserves) are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single current account with a major high street bank for the day-to-day running of the club.

Funds not expected to be required in the short term are maintained in a 35-Day Notice account with a major high street Bank. The Trustees intend to review the use of this account in the forthcoming period to ensure it provides an appropriate balance between risk and reward. At no time will the club make speculative investments; all funds are within the sums covered by the Financial Services Compensation Scheme.

Restricted funds (Designated Reserves) may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes. The club has no restricted reserves at the balance sheet date.

Events after the balance sheet date

The Club is delighted to announce that it was successful in an application for funding from the Virgin Money Foundation, and the sum of £500, to be spent on coach development and equipment for the Club's junior section, was received in early July 2023. The Club wishes to thank the Virgin Money Foundation for its generous support.

Receipts & Payments Account

	Note	£ Year to 30 June 2023	£ 54-week Period to 30 June 2022
<u>Receipts</u>			
Race entries		12,157	12,800
Membership fees		13,179	11,210
Club Christmas social- contributions from members	2	0	960
Proceeds from kit sales to members	5	316	876
Compensation from bank -service issues	6	0	450
Sundry		0	154
Bank interest on 35-day notice account		<u>220</u>	<u>31</u>
Total Gross income		25,872	26,481
<u>Payments</u>			
Costs of holding races	3	9,882	5,933
Clubhouse rental- Cartha Queens Park		5,941	5,400
Rental of track- Hutchesons Grammar School		1,803	2,175
Race entries		1,909	1,824
Head coach		2,100	1,740
Equipment costs	4	0	1,348
Scottish Athletics Affiliation fee		956	952
Club Christmas social- payment to venue	2	0	940
Club championship prizes and awards		720	682
Club-branded kit for resale to members	5	0	647
Costs of level 1 and level 2 coaching courses for members	6	0	585
Van hire- gazebo transport to races		478	573
Club-branded jackets for coaching team		0	270
Bank charges		453	196
Other items	6	<u>167</u>	<u>0</u>
Total Gross payments		24,410	23,265
Operating surplus		<u>1,463</u>	<u>3,216</u>

Notes to the accounts

Note 1

The Club's first period as a SCIO was from 16 June 2021 to 30 June 2022, and results for this period form the comparative for the financial statements. It is expected that future accounting periods will each be of 12 months.

Note 2

The cost of the Christmas social is borne by members who attend. For administrative reasons, event was paid for by one member and reimbursed to them with no overall profit or loss to the Club. The Committee has agreed that in future the club's bank account will not be used for the collection and reimbursement of this optional social activity. Therefore, neither income nor expenditure relating to the Christmas social is detailed in the 2023 financial statements.

Note 3

The accounts for the period are prepared on a cash receipts and payments basis. The accounts for the 2023 period also include costs relating to the 2022 Brian Goodwin where these were received and paid after the 30 June balance sheet date.

An analysis of costs incurred in staging the Brian Goodwin event is set out below	£
Glasgow City Council licence	258
Traffic management	1,254
Timing	1,863
First Aid cover	466
Number printing	156
Prizes	726
Scottish Athletics non-members levy	432
Photographer	250
Sundry consumables	216
Catering- <i>N.B. not invoiced until July and so not included in financial statements- provided for information only</i>	<u>2,559</u>
Total costs	8,180

Note 4

Costs in 2021/22 include a laptop (£399) and drone (£759). No material items were purchased in the 2022/23 year; small consumables such as equipment for juniors is included within "Other items", see Note 7 below.

Note 5

Club-branded kit is purchased from an external supplier and resold to members at cost. The net proceeds are included in "receipts" above, being £316 in the current financial year.

Note 6

Costs of coaching courses borne by the club in the current financial year are included in "Other items". An analysis of other items is shown below-

Bank compensation- service issues	(300)
Equipment for juniors	80
AGM venue hire	60
Website costs	94
Other	(7)
Member coaching courses	<u>240</u>
	<u>167</u>

Balance Sheet at 30/6/23

	30 June 2023	30 June 2022
<u>Assets</u>		
Bank – Current Account	10,801	9,558
Bank – 35-Day Notice Account	<u>20,401</u>	<u>20,181</u>
	31,202	29,739
<u>Liabilities</u>		
Creditors	0	0
NET ASSETS	<u>31,202</u>	<u>29,739</u>
<u>Reserves</u>		
Opening reserves	29,739	26,523
Operating surplus for period	<u>1,463</u>	<u>3,216</u>
RESERVES TOTAL- unrestricted	<u>31,202</u>	<u>29,739</u>

Approved by *SIGNATURE VERSION RETAINED ONLY AT CLUB FOR SECURITY*

H. Claire McCormick (Treasurer)

24 August 2023