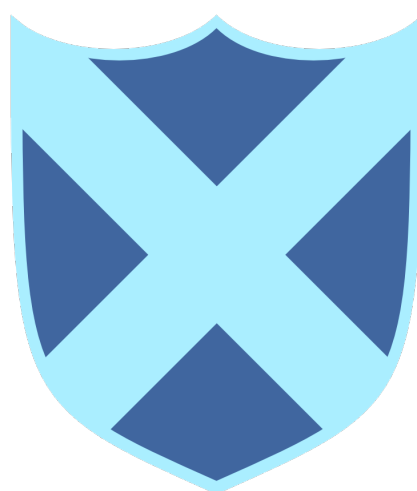


Bellahouston Harriers  
SCIO 051051

Trustees Annual Report and  
Financial Statements

16 June 2021- 30 June 2022



# PRESIDENT'S INTRODUCTION

I was honoured to be elected to be the President of Bellahouston Harriers for 2022/2023, in the year that this famous club celebrated its 130th anniversary.

I am grateful for the efforts of my two immediate predecessors as President, Tom Keenan and John Cunningham and their respective committees. Both were tireless in seeking to re-establish club activity in a safe and compliant way as Covid restrictions were relaxed. Likewise, Head Coach Colin Thomas and his team ensured that appropriate measures were implemented to enable the resumption of safe and enjoyable training where and when permitted. Our club captains Gillian Glass and Darren McQuade encouraged members to renew participation in racing events. The members also deserve much credit for their personal and collective compliance with restrictions, for their understanding of the challenges faced by the club, and then returning in great numbers.

As we celebrate our 130th anniversary, we face any challenges from a position of strength with a healthy membership level and members of all abilities attending our training sessions and competitive races in large numbers. I also have the support of a hard working committee of trustees. We need the continuing support of members, not just to maintain the club but to develop and grow it, by taking on a variety of roles from committee member/trustee to coach to race volunteer.

I now present to OSCR, on behalf of all current trustees and as agreed by them all on 28th March 2023, the club's annual report and financial statements for the year June 2021-June 2022, the first such reports since our incorporation as a Scottish Charitable Incorporated Organisation (SCIO).



**Mark Matheson**  
**President**  
**28 March 2023**

## **CLUB DETAILS**

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

## **SCIO STATUS**

The decision to seek incorporation as a SCIO was agreed by the club members at its EGM on 17th February 2001.

Following application to OSCR, the club was incorporated as a SCIO, number 051051 on 15 June 2021.

## **TRUSTEES**

On incorporation, the club trustees were:

President - Thomas Keenan  
Vice President - Mark Matheson  
Vice President - John Cunningham  
Treasurer - Stuart MacDonald  
Secretary - Elaine MacDonald to 1/7/2021  
Membership Secretary - Rob McElroy  
Welfare Officer - Mikey Gowans  
Ordinary Member - Conor Doherty

Non trustee club appointments:

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

At its first AGM as a SCIO on 2nd September 2021, the following were elected as trustees:

President - John Cunningham  
Vice President - Thomas Keenan  
Treasurer - Stuart MacDonald  
Secretary - Michael McNamara  
Membership Secretary - Jess Gorman  
Welfare Officer - Mikey Gowans  
Ordinary Member - Alex Cuthbert

During the year, the following changes took place:

Stuart MacDonald resigned as treasurer on 6/9/2021 and was replaced by Thomas Keenan.

Michael McNamara resigned as secretary on 9/3/2022 and was replaced by Barry Mitchell.

Non trustee club appointments

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

## CONSTITUTION

The new club constitution, compliant with its SCIO status was agreed at the AGM of 17th February and duly adopted upon incorporation. The constitution can be viewed at <http://bellahoustonharriers.co.uk/governance>.

## CLUB PURPOSE

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

*(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;

We firmly believe that we are achieving these objectives as evidenced by the continuing growth in our membership, the participation of our members in our training sessions and competitive racing, and the popularity of our open events.

## COACHING PLAN

The club is fortunate in having as our head coach, Colin Thomas, a Bellahouston Harrier in his own right and a well respected coach in Scottish, UK and international running. Colin is supported by a network of members who are accredited at Level 1 and Level 2 coaching. The coaching team support member runners across the full spectrum of speed, endurance and ability.

Every year the club published its summer and winter training plans for groups of runners based on 5k pace. The winter plan for 2021/22 was radically remodelled by Colin and the team, around three training groups, based on the running aims and objectives of every member:

- 10k to Half Marathon
- 5k
- 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 plans created by Colin and the team 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

enabled members to register for sessions, self-brief themselves on the specifics of that session whilst enabling the coaching team to effectively manage the entire training effort.

Each week throughout the reporting year, subject only to Covid restrictions mainly in the first half of the year or adverse winter weather conditions in the latter part, members had the opportunity to attend a coach-led road running session in local parks or surrounding streets (Tuesdays) and a coach-led track session at a local school (Thursdays).

We believe that the coaching plan is fundamental to the achievement of our charitable purpose and stated aims.

## **CLUB ACTIVITY**

### **Covid**

Like all running clubs, our activity was impacted upon at different times and in different ways dependent on the then threat from Covid and the restrictions in place from Scottish Government and Scottish Athletics. This was particularly relevant in the first part of the reporting year. The club had in place comprehensive policies and procedures, based on Scottish Government and Scottish Athletics guidance, to ensure safe compliance. Where restrictions were relaxed but fell short of allowing all members to travel and gather together in large numbers, small sub groups were formed, based around the principal local authority areas where our members reside. This allowed members to run in small groups in their own locality, maintaining their participation in running and their fitness levels while complying with Covid restrictions.

### **Membership**

We saw a regular influx of new members. Offering 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, formed the basis of incremental growth which has been sustained beyond the reporting period.

### **Club Championships**

Each year, the club holds annual summer and winter championships. They are vital in promoting participation in racing throughout the year, one of our stated aims. In each case, a selection of twelve races across various distances were selected as counting towards the championship with each competitor's best eight results contributing to their score.

There was no summer 2021 championship due to covid restrictions.

The winter 2021/22 championship incorporated cross country events and the club champions were:

Women's champion - Kristina Greig  
Men's champion - Fraser Armstrong

There were also prizes for the winners across all age categories from 40+ to 70+ for both men and women to maximise participation and competitiveness.

### **Club Competitions**

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

- Midsummer Delight on 25th June 2021, a 1 mile track race jointly held with Bellahouston Road Runners and West End Road Runners;
- 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;
- Cathkin Braes 5k trail race on 8th August 2021, a new event for the club;
- Our annual 'Mob Run' on 5th February 2022 against our neighbours Bellahouston Road Runners at the Pollok Parkrun, followed by breakfast at our club house;

### **The Brian Goodwin Memorial 10k**

Our flagship event in memory of Brian Goodwin, a former member, returned on 17th June 2022 after two years absence due to covid restrictions, with the additional attraction of being nominated as the Renfrewshire 10k Championship. Sponsored by MIGO sports, a local running/sports shop, the event drew over 500 entrants, including 50 of our own members, another 30 members in volunteer roles supported by 20 volunteers from outwith the club. The flat and fast route through Pollok Park (as well as the post-race beer and burger!) attracted a fast field with winners Derek Hawkins on 30.01 and Eve McKinnon on 35.41, while nine runners finished in sub 31 minutes.

### **Cross Country**

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, Alexandra Park - 9th October
- Ayrshire Relays, Kilmarnock - 16th October
- Nationals, Scone Palace - 23rd October
- Short Course, Lanark - 6th November
- West District, Balloch - 4th December
- National Masters, Aberdeen - 5th February
- National Championship, Falkirk - 26th February

To prepare our members for these events, the club held five Saturday morning cross country training sessions, led by our head coach, in Pollok Park from October 2021 to February 2022.

Club members also participated in the Glasgow Athletics Association 2021/2022 Winter Endurance Sessions for cross country preparation.

### **Wider Racing Activity**

Club members regularly compete in other club events across the local and national events calendar as well as park runs across the country.

### **Track Racing**

While the bulk of our racing activity is based on road running and cross country, two members are very active on outdoor and indoor track racing. Their training schedule at the Glasgow Emirates

Arena, set by their training partner the current M65 800m world indoor champion, consists of Tuesday endurance sessions and Saturday speed sessions. Between them, our two members compete in M50 and M55 categories at 400m, 800m and 1500m distances in both Scottish and British Masters, as well as European outdoors and World indoors.

### **Juniors**

The club has a small but enthusiastic junior section. This is an area that the current trustees are looking to develop and grow. Junior members are asked to pay only the most modest of fees to encourage the participation of young people.

### **Volunteering**

Club members regularly take on volunteering roles to ensure that our races are safe and enjoyable events. Moreover, our members take on many volunteering roles outwith the club to support local road races, cross country races as well a number of park runs.

### **Fund raising/Charitable work**

The club generally has two fund raising events during the year. A quiz night is held in February with the proceeds going to a local charity while the Xmas time trial is marked by the collection of provisions for the local foodbank. Unfortunately Covid restrictions did not allow these to proceed during the reporting period but they are now firmly back on the club's timetable.

## **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 the increased member participation provide strong evidence of the achievement of our charitable purpose and stated aims in the reporting period 2021/2022.



### **Independent Examiner's Report to the Trustees of Bellahouston Harriers**

I report on the accounts of the charity for the period ended 30 June 2022 which are set out on pages 10 to 12, 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: *Alasdair Murray* Alasdair Murray

Treasurer, Kilmarnock Harrier & Athletic Club

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

Date: 27 March 2023

### **Financial review**

The Club's main source of funding is annual membership fees, supplemented by proceeds from Club Events, notable the Bella Belier and Brian Goodwin races

An operating surplus of £3.2k was generated in the period. However, a reader should note that the accounts have been prepared on a receipts and payments basis; there will be costs incurred after the balance sheet date but which relate to events in June, notably the Brian Goodwin race held on 17 June 2022, but which had not been invoiced and paid by the balance sheet date. Were these to be taken into account, the operating surplus would have been lower. However, as a "cash" receipts and payments basis will be used consistently, going forward one year is expected to be comparable with another, absent material changes in activity.

This is the first period of the incorporated organisation therefore no prior period comparative has, been presented.

### **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.

## Receipts & Payments Account – Period 16/6/21 to 30/6/22

	Note	Gross Income (£)
<b><u>Receipts</u></b>		
Race entries- Brian Goodwin & Bella Belter		12,800
Membership fees		11,210
Club Christmas social- contributions from members		960
Proceeds from kit sales to members		876
Compensation from bank -service issues		450
Other items, each <£20		154
Bank interest on 35-day notice account		<u>31</u>
<b>Total Gross income</b>		<b>26,481</b>
<b><u>Payments</u></b>		
Costs of holding races- Brian Goodwin & Bella Belter	1	5,933
Clubhouse rental- Cartha Queens Park		5,400
Rental of track- Hutchesons Grammar School		2,175
Race entries		1,824
Head coach		1,740
Equipment costs	2	1,348
Scottish Athletics Affiliation fee		952
Club Christmas social- payment to venue		940
Club championship prizes and awards		682
Club-branded kit for resale to members		647
Costs of level 1 and level 2 coaching courses for members		585
Van hire- gazebo transport to races		573
Club-branded jackets for coaching team		270
Bank charges		<u>196</u>
<b>Total Gross payments</b>		<b>23,265</b>
 <b>Operating surplus</b>		 <b><u>3,216</u></b>

## Notes to the accounts

### Note 1

Race timing	1,742
Prizes and goody bags	1,270
Contraflow traffic management	1,254
Race numbers and signage	697
Glasgow City Council levy	258
Scottish Athletic levy- non members	252
First Aid- St Andrews Ambulance	175
Piper	100
Other incidentals- water, cups, litter collection, entertainment	<u>185</u>
	<b><u>5,933</u></b>

### Note 2

Drone for filming events and members	759
Laptop computer	399
Gazebo repairs	150
Folding chairs for cross-country	<u>40</u>
	<b><u>1,348</u></b>

## Balance Sheet at 30/6/22

### Assets

Bank – Current Account	9,558
Bank – 35-Day Notice Account	<u>20,181</u>
	<u>29,739</u>

### Liabilities

Creditors	0
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**NET ASSETS** **29,739**

### Reserves

Opening reserves at 16 June 2021	26,523
Operating surplus for period	<u>3,216</u>

**RESERVES TOTAL- unrestricted** **29,739**

Approved by



John Cunningham (Treasurer)

Date 27<sup>th</sup> March 2023