

Secretary's Report for the Annual General Meeting of Kilbarchan Amateur Athletic Club Held at the David Lloyd Club, Renfrew on Wednesday 29th September 2010

Here is my secretary's report following my second year as secretary. The report should also be read in conjunction with the published set of results on the club web site and on display at the AGM. My thanks to all the committee members and club members who have helped me throughout the year.

John Kynaston

Club Organisation and Facilities

The elected committee meet every 6 weeks approximately at Johnstone Town Hall with other sub-committees meeting less regularly as required. The elected committee members are intimated on the agenda circulated at this AGM.

This year there are a number of committee members standing down. We'd like to thank them for all their hard work over the past few years.

The Club road runners meet on a Monday and Wednesday nights at Elderslie Swimming Baths where we have access to changing, showers and a dance studio for moderate fitness work. There is also a special arrangement for use of the pavilion building in Kilbarchan Public Park for Sunday cross country runs and the schools cross country races in September. The road runners decided to meet also there on Wednesdays over the summer and are returning back to Elderslie as the evenings grow darker. The sprint groups are using Johnstone High School for their gym work.

We continue to use the track at Linwood Sports Centre as our main base for track and field, with training for under 11's on a Monday night and everyone else on a Tuesday and Thursday nights.

The club continues to operate a website with the domain name www.kilbarchanaac.org.uk which has been continuing since started in 1999. We are also on Facebook for those that use that site.

It is the aim of Scottish Athletics Limited for all athletic clubs to achieve Club Mark status. Club Mark is an accreditation that the club can achieve to demonstrate the policies and procedures we have in place to demonstrate a well organised ethical sports club. It will also open doors for other funding opportunities. One of the main requirements is to have a clear 5 year development plan for the club and the committee have continued to work at this over the past year.

I think it's fair to say that it has been hard to get all the necessary documents ready for the assessment but are still committed to gaining Club Mark and it will be something we are working on over the next year.

Membership

The club has a healthy membership. Just one pleas from the committee – please pay your subs as soon as possible. They are due by 31st December but the sooner you pay the easier it is for the club. Do it now before your Christmas shopping starts!!

Sadly one of our members, Stephen Ogilvie, died last October. Stephen was a very popular member of Kilbarchan and we greatly miss him.

Kit

We continue to stock a variety of kit and Donna Matthews will be taking over supplying the kit. Donna has some new bags available soon plus other gear. Check on the web site for details.

Coaching

The club has 17 active coaches with Jason Pender as the coaching convenor.

Congratulations to Derek Parker who received the Scottish Athletics Performance Coach of the Year Award, jointly with Chris Black. Derek was awarded this prize for helping Hayley Haining and Claire Gibson to achieve Commonwealth Games qualifying times and win national championship titles. This is the second time in four years Derek has received this coveted award.

Activities

Kilbarchan AAC is involved in lots of different activities. But not only do we have a breadth of disciplines we also have a depth. On the one hand we have many within the club who are high achievers and we will be recognising them over the course of the evening as we distribute our annual awards.

On the other hand we have members who will never win any of the prizes but love to compete and do the very best they can in each and every race they enter.

As I put the results on the web site I can see that there are those who take the prizes but we have runners, jumpers, throwers who are achieving their own personal bests.

Here are some highlights in the various breadth of activities we as a club take part in.

Roads

Just a quick glance at our web site will show you how many runners take part in road races throughout the year. We have a regular group who run the Glasgow Park Run in Pollok Park on a Saturday morning. There can't be many 10k's, half marathons and marathons around Scotland that doesn't have at least 1 Kilbarchan runner taking part normally more.

Once again we see the depth of talent from those who are competing for the prizes at the top end to those who achieve their own goals by gaining pb's or course bests.

Each year we have a number of club runners taking part in the London Marathon. We normally have 3 club places on offer to those who have applied and been rejected. Special mention to John McLaughlin who ran this year and after many attempts broke the 3hr barrier. This Sunday he attempts to do it again at Loch Ness.

Kilbarchan had success in some of the Road Relays this year. In October 2009 the Vets team were 2nd in the McAndrew Road Relay. On Saturday 3rd April 2010 our ladies team won the Scottish Road Relay 4 stage Championship.

Cross Country

There have been so many great achievements by club runners this season and the club has continued to be a strong force in various cross country events over the season.

At the National Cross Country in February Callum Hawkins won the u20's race, Derek Hawkins was 3rd in the Senior Race and Ewan Gillham won the u13's race. In the team events our u20 men and women were both 2nd and our u15girls team was 3rd.

This year we had athletes called up for international selection.

Callum ran for GB at the Euro Cross Champs in Dublin Dec 2009 (Team Gold winner), The world Cross Champs in March 2010...2nd Brit and 3rd European, GB Junior Team for Loughborough International In May 2010.

He was also Scottish U/20 Cross Country Champion and Celtic U/20 Cross Country Champion for the second successive year in Antrim in January 2010.

Derek Hawkins was picked for the GB Team for the World Universities Cross Country Championships in Canada in April and was a member of the Bronze medal winning team.

Hills

A very successful season with some new names & some not so.

Christina Rankin & brother Gary featured in many home & national races, with Jessica Martin still turning out to win at Dumyat for Glasgow University.

The perennial Robert Quinn again appeared in a Scottish Vest & Calum Mathews made a breakthrough eventually winning despite being directed the wrong way by marshals.

Still some races to come, Ben Venue, Tinto, Aviemore to name a few.

Just remember to take at the very least the minimum safety equipment, more would be better as our weather can change so suddenly.

Results in Track and Field

A number of medals were won by athletes at the respective national age group championships plus other noticeable performances at district, international level and the English AAA championships. We are making significant improvement in our medal tallies and athletes and coaches are to be commended for their hard work.

Some highlights ...

Jack Lochans: Main achievements this year are 3 International selections. As a result of getting 1st place a Scottish Schools Jack was selected for British Schools where he competed at Scotstoun and got a silver medal. He was then selected for UK school games where he got a respectable 4th place. Jack was also selected for the Celtic Games at Athlone, Ireland where Jack got 1st place representing Scotland. He has equalled the club record with a PB of 1m 95.

Andrew Cunningham: Won gold in the Scottish Schools for Javelin. He was selected for the British Schools Games, UK School Games and Celtic games.

Sally Webster, Kirsty & Andrew Costello had success at the Hammerama Grand Prix. Also Andrew Cunningham for his Multi-Events.

Hazel Ross had two notable wins this year: Bank of Scotland U17 Indoor Champion for 60m hurdles with a time of 8.84 secs at Kelvin Hall on 14th February and Bank of Scotland U20 Outdoor Champion for 100m hurdles with a time of 15.00 secs at Grangemouth on 13th June.

The Leagues this year suffered both in participation of athletes and availability of volunteers to help as team managers. This will only improve if athletes become more committed to competing, coaches use the leagues as a driver to athlete improvement and we get more volunteers willing to help manage teams, especially with the seniors.

Scottish Women's League: Team West finished 5th (this comprises of Kilbarchan, Giffnock and Ayr)

Scottish Men's League: we could not organise a team for this so finished last in division 2

Central & South of Scotland Athletics League. Finished 7th out of 8 in division 1 (bottom two are relegated) and therefore are relegated to division 2 (six teams in division 2).

Young Athletes League : Finished 7th and just managed to avoid relegation (only one goes down in this league).

Kilbarchan AAC also supplied a number of athletes to Team Glasgow in the National Junior Athletics League (NJL). Team Glasgow came through the Northern Premier League to qualify for the NJL National Final at Derby on 12th September. Team Glasgow came sixth in the National Final.

On a difficult windy day at Derby the Kilbarchan athletes performed well with two of our under 17 athletes turning in outstanding performances against under 20 athletes. Hazel Ross won the A string 100m hurdles against a high quality field and Jack Lochans won the B string high jump with a fantastic jump of 1.95 metres which tied the club record set in 1983.

Claire Gibson was selected to run in the Commonwealth Games in the 800m. Her heat is on Saturday 9th October 2010 11.25am Indian time (6.55am UK time).

Results in Ultra Running

I continue to fly the flag for Kilbarchan in ultra races but I've been joined by David McIntosh and John McLaughlin over the past year. This year I've run 5 races, four of them in the newly formed Scottish Ultra Marathon Series. I came 3rd in the Super Vets Category!!

Club Organised Events

Throughout the year the club organises various races on the road, cross country and track.

Some of the most popular events in the calendar are the Christmas series of races: Sadly this past year the really cold weather of snow and ice meant we had to postpone or cancel 3 of the 4 races.

The Marshall Moor Cross Country Race did go ahead in the snow and was won by Donald Petrie on Sunday 23rd December. The 11 miles Donald Crawford race was postponed on Hogmanay but was run on Wednesday 9th June with Dougie Biggart the winner.

The David Cummings 7 mile Handicap Race on Sunday 11th April was won by Jim McMillan.

The Sustrans 5 mile Handicap Race on Wednesday 16th June won by Wanda Phillips.

The club also organises our own cross country championships run each year in February over Milliken Estate, near Kilbarchan, thanks to the kind permission of Mr & Mrs McIntyre who own the estate and farm land owner Mr & Mrs Craig. This year the event was run on Sunday 28th February 2010. James Snodgrass was the overall men's winner for the 3rd year in a row and 6th overall.

The club hill race championships was run during the Whangie Whizz Hill race on Wednesday 28th April and Men's club trophy won by Gary Rankin and the Ladies by Christina Rankin.

Over a number of days at the end of August, early September, the club organised the club track and field championships at Linwood Sports Centre. This went very well and prizes will be awarded later in the evening.

On Sunday 29th August, the club assisted Renfrewshire Council in organising the Paisley 10km Road Race. Thanks to the hard work of club members who contributed in the "run up" to the day and during the day.

On Sunday 19th September the club organised the schools invitation cross country races in Kilbarchan Public Park. This had a great day's weather and still proves to be an enjoyable event and continues to be a good source for recruitment and for promotion of the club to the schools.

Last Saturday 25th September the club organised the popular George Cummings Road Relay's at Houston.

We assist Renfrewshire council in staging schools events and also work to try to get more athletics input into schools.

On a social side many thanks to those who organised the catering at club organised athletic events.

Fund Raising and Donations: We have received a number of donations throughout the year from sponsors and other sources of funding including Reid Kerr College.

Last year we had a very full and varied programme with many outstanding performances. Let's hope and train for more of the same during this coming year.