# **Carnegie Harriers Annual Review 2024/25**



# Charity Number SCI0 51520

**CARNEGIE HARRIERS ANNUAL REVIEW 2024/25**

**INTRODUCTION**

This 2025 review covers the period from 1st April 2024 to 31st March 2025, in line with our financial year. The document comprises reports from trustees on their specific areas of responsibility together with a review and comments from club president Alan Murray.

President’s Report (Alan Murray)

Introduction

2024/25 has been another year of good progress for the club, with strong membership numbers, excellent training attendance, continued strong participation and completion rates in the Grand Prix, and, most importantly, outstanding performances across all distances — from 5Ks to 24-hour+ ultras.

An updated Trustee Board worked tirelessly for the club and members, continuing to evolve and support key areas such as training, the Grand Prix, club promotion, communications, socials and clothing.

In my previous report, I noted that over the preceding 12–18 months, the Board had made a strong effort to become more open and member-focused, actively gathering feedback and involving members more closely in key decision-making. We have continued to build on this approach, ensuring members remain actively engaged in the club’s decision-making processes.

Throughout 2024/25, all Trustees have made themselves available to discuss any issues, concerns, ideas, and improvements with members.

Membership/Fees

We are pleased to see a steady flow of new members joining the club, which is very encouraging. It has also been great to welcome more new members from the second C2C group (more on that later), along with some returning members who had previously left or allowed their memberships to lapse.

Current membership stands at a very healthy 141 (137 full members and 4 associates), a slight drop on last year’s 151 at the same point last year, but still very healthy. Thank you all for your continued support of the club.

After review, the Trustees have agreed to keep the membership fee unchanged for 2025/26. We will provide more detail on this at the AGM.

Grand Prix

In 2023, we revamped the Grand Prix format based on member feedback, creating a single GP of 20 events across five disciplines, while still supporting the All-Rounders Competition (ARC).

The new format was well received. Participation remained strong this year, though completions were down compared to 2023/24. We also gathered useful feedback on further possible changes and improvements, which the new Board will consider for 2026/27.

For 2025/26, we used AI to help automate the event selection process, easing the significant task of creating a balanced, year-round Grand Prix. We hope you enjoy the updated list.

Normally at this point, I’d take the opportunity to say well done to all winners and completers, however, as last year, we will be announcing the winners at the prize-giving which follows the AGM.

Training

Training remained well attended throughout the year, with strong numbers at many sessions and lots of new faces. It was particularly encouraging to see so many members attending regularly, which is the best way to get the full benefit from the sessions.

We added new training leads — Sarah Marshall, Steve Adam, and Gordon Henderson — who joined Lesley, Nicole, and Kathryn to form a strong and supportive training team.

The training group is always looking for more leads to help share the load, so if you’re interested in completing the relevant courses and joining the roster, please speak to a Trustee.

A special thanks to Lesley Reynolds and the entire training group for their outstanding work once again this year — it’s hugely appreciated and remains the foundation of a successful running club.

This year, we also purchased a defibrillator, which has been present at all training sessions and cross-country races. In addition, we held CPR training for members, which was well attended and received.

Couch to Carnegie and Return to Running Group

Not long after last year’s AGM we launched a second cohort of C2C with a good number graduating to full Carnegie members on completion of the program. Thanks go to Gail Beveridge and Val Macaulay for leading the second round of Couch to Carnegie and to all members who turned up to support and help with the group runs.

Although the Return to Running group has not formally operated over the past 12 months, members returning after injury, tapering for a big event or otherwise do have the option to come along to training and take things easier, with some club members just looking for company and a social run as an alternative to full training.

Club Racing

It was fantastic to host the Graham Clark Race in 2024, which once again sold out in record time. Feedback from the event was overwhelmingly positive and highlighted the great work the club delivers.

While the Graham Clark Race was another major success, it was a real disappointment to have to cancel the Devilla Trail Races at short notice due to Storm Eowyn. Although a difficult decision, it was ultimately made for us by Forestry and Land Scotland, who deemed the area unsafe.

The club did suffer some financial loss because of the cancellation, but this was something we had budgeted for, so it does not pose any major issue. Brian will provide further details in the Treasurer’s report.

We also ran a very successful Festive Forest race in December 2024, with new race directors Nicole and Nils and I am sure you all agree, they did a great job.

A huge thanks to our race directors — Allan (Macaulay), Val, Nicole and Nils — for all their hard work in organising the various races, and to all the members who volunteered and supported on the day. Our club races simply wouldn’t happen without your support.

Looking ahead, we are seeking new race directors for our club races , in particular the Graham Clark race in 2026, so if you’re interested, please speak to a Trustee.

Racing

It’s been amazing to see so many members racing this year — from local events to races further afield, and across every distance from 1-mile sprints to 100-mile ultras! It really shows the incredible variety, strength, and ambition we have within the club.

It’s been equally exciting to watch members step out of their comfort zones and tackle new challenges, with plenty trying cross-country, marathons, and ultras for the first time.

There have been so many brilliant performances that it’s impossible to list them all here — though a few stand-out achievements will get a special mention shortly!

With lots of members already signed up for races later this year, we wish you all the very best — may all the hard training pay off and may you have the races you truly deserve!

It was also great to see the club co-host, alongside Pitreavie AAC, the East District Cross Country races at Beveridge Park, Kirkcaldy, in October. The event ran smoothly and received excellent feedback from both runners and organisers. A big thank you to everyone who volunteered on the day and helped make the event such a success.

Clothing

The club continues to supply vests to members direct, although we plan to resurrect the idea of finding alternate suppliers/designs for the club vest in the next 12 months.

The Soccer Shop continue to supply club kit direct to members, with the club receiving a small cost ‘kick back’ on all orders. Clothing subgroup will provide more details at AGM.

Congratulations

Our GP and ARC winners will be recognized at prize giving, but it would be remiss not to mention some of the other club achievements over the past 12 months. It is always hard to mention all the great results this year, so please don’t be offended if your efforts are not specifically called out. Every member who completes any race, deserves a massive pat on the back.

Firstly, some parkrun milestones this past year:

* 50 - Sarah Marshall
* 100 - Kathryn Fairfield, Gail Murdoch, Andy Spence, Kenny Fairfield, Gillian Lees, Stevie Greer
* 200 - Angie Parkin, Bill Fairley
* 250 - Karen Hunter, Gordon Pryde
* 300 - Jane Macleod
* 500 - Karen Forsyth

Too many great performances to mention in terms of those who achieved age graded race placings, PBs and members who ran their first half marathon, marathon and ultra this year, you know who you are.

However, there were some notable performances deserving of a mention here:

* John Hynd and Jane McLeod completed their Abbott 6 marathon stars
* Isobel Burnett won silver medal at the British and Irish Masters Cross Country event
	+ Isobel was also a member of the bronze medal team in the FV65 category
	+ Joy Gudgin was a member of the silver medal team in the FV60 category
* First time marathon completers, Kenny Fairfield, Hayley Penman, Shelley Hogg, Ailisa Campbell, Craig Arnott
* Derek Fish completed the gruelling Hardrock 100 race in Colorado in 46:39:03
* Neil McLure completed 4 and 2 partial of the 6 days at the extremely tough Dragons Back race in Wales in 77:42:30
* Jamie Harte ran two sub 3-hour marathons
* Dawn Wilson, Kathryn Fairfield 2nd and 3rd women at Moray Way Ultra
* Sue Walker and Fiona Rennie running 102.2 and 95.3 miles respectively at Glenmore 24
* 1st woman’s team and 2nd men’s team at Forth Bridge 10k

Well done all!

Socials

2024 marked our first organised club trip, to Belfast, in quite some time—and what a fantastic weekend it turned out to be, with 30 members making the journey across the Irish Sea. A huge thank you to the marathon subgroup (Alan Murray, Kathryn, and Sarah W) for their efforts in planning such a successful event. Everyone put in some great training, leading to some brilliant results across both the relay and full marathon. The post-race celebrations, including the meal, drinks (too much Guinness), dancing and laughs, were a big hit. Highlights included 8 personal bests, Heather Patterson earning her first-ever medal, and Isobel Burnett securing 2nd place in the FV65 category.

While the Trustees haven’t planned a club running trip for 2025, rest assured it’s firmly on the agenda for 2026.

One of the social highlights of the year was the club trip to Aviemore, which saw a great turnout. It was a fantastic few days, and the feedback from those who took part was overwhelmingly positive. Plans are now underway for the 2025 trip, which will head to Oban—and there’s still time to sign up. A big thank you to Gail Beveridge and Sue for all their work in making this happen.

The annual Christmas party was, as always, a fantastic success. Many thanks to the Socials subgroup for organising the event, and to the 50 members who came along for an evening of fun and a great opportunity to connect in a relaxed, non-running setting!

Trustees

A huge thank you to **all** the Trustees for their fantastic efforts over the past 12 months — it’s truly appreciated. It’s been great to see fresh energy on the committee this year, with new initiatives launched and strong contributions from everyone involved.

Some trustees have indicated a willingness to stay as part of the board for 2025/26 and we are grateful for them for giving up their free time to help support the club.

Natalie Wilson and Kieran Morgan left the board during the year and we thank them for their contributions while part of the board.

I’d like to extend a big thank you to Kathryn and Nicole, who are both stepping down as Trustees. I’m sure everyone will agree that they have made an outstanding contribution to the club over the past few years — whether as Women's Captain, Couch to Carnegie, training leads, race directors, or through the many great initiatives they introduced, all of which have been warmly received by members. They will be greatly missed on the Trustee Board.

A special thanks to Val and Sue, who have generously given their time to take on a huge amount of behind-the-scenes admin work, helping to keep the club running smoothly.

If any member is unsure of making the commitment to join the full Trustee board, then there is always the opportunity to be co-opted in for periods of time to help with specific tasks.

As I mentioned at last year’s AGM, I will not be standing for re-election as Club President for 2025/26. After six great years in the role, I feel the time is right for someone new to take the reins and bring fresh ideas to help drive the club forward.

It has been a real honour and privilege to serve as President, and I’m grateful for all the support, hard work, and friendship from members along the way.

I look forward to announcing our new President at the AGM and working closely with them to ensure a smooth handover and offer any support I can.

Keeping in Touch

The club communication channels have continued to evolve over the last 12 months, with increased use of our Instagram feed as well as more use of our members and public Facebook pages. We continue to update the website where required, but realise it is time now for a further revamp. Last year’s plan to have a training and racing calendar on the site to help with your training and racing planning, has finally been completed and we continue to upload races reports as they come in.

Looking Back

As I step back as President, I thought it would be a great moment to reflect on just some of the incredible achievements and highlights the club has seen over the past six years. We achieved charity status (SCIO), launched a brand-new website, revamped the Grand Prix and club communications using Sway, introduced fresh training kit and anniversary T-shirts, and made better use of social media to celebrate our members’ achievements. We modernised how we operate — with online forms for race sign-ups and volunteering, members voting directly on key decisions, and a revitalised training programme with new venues.

Even through the challenges of lockdown, the club kept its spirit alive with virtual quizzes, training bubbles, post-lockdown club only Grand Prix races, Lesley’s Carnegie Podcasts, we celebrated our members with Steve Adam’s brilliant profiles, and even held a virtual Christmas party! We marked our 30th anniversary with a unique jigsaw race and T-Shirt, and our very own version of the Tour of Fife. Club trips, countless social events (with the ceilidh at Baldridgeburn standing out!), and the everyday energy and enthusiasm of our members have been excellent. These are just a few highlights, with much more still to come!

Conclusion

2024/25 has been another strong year for the club, as we continue to go from strength to strength.

Building on last year, continued engagement with members has led to more involvement in key decisions — from shaping the Grand Prix setup and selecting races, to choosing venues for club trips and voting for award winners. The Trustee Board is committed to continuing this inclusive approach, ensuring members have a real say in the club’s future direction throughout 2025 and into 2026.

The current Board is strong and committed, but fresh ideas and energy are always welcome. If you're interested in getting involved, please don't hesitate to reach out for a chat.

We’re excited for another year packed with training, racing, socials, and more over the next 12 months.

Thank you all for your continued membership and support. I look forward to handing over to our new president and wish them every success in the role. This truly is a special club!

We wish you all great racing throughout the rest of 2025 and into 2026. Happy running!!

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# Treasurer’s Report 2024-25 (Brian Miller)

## Introduction

I hereby present the Treasurer’s Report and Annual Accounts, as independently reviewed by Peter Fotheringham MA (Hons), CA (see Appendix #1).

The Harriers’ financial year follows a consistent pattern, with membership income and race events occurring at the same point of the calendar each year.

One significant exception this year was the unfortunate cancellation of the annual Devilla races.  This was due to storm damage on the course.  The lack of Devilla income saw the Club post a financial deficit of £1,070 this year.

## Income

Membership income received during the year is as detailed in the Notes to the Accounts (see Appendix #3).  The majority of members signed up via Entry Central, where the Club met the 5% Admin Fee.

Membership fees were frozen this year, after a 10% increase the previous year.

Only one of our hosted races went ahead this year, after storm damage in Devilla Forest.  We incurred an admin charge and a loss of £446 for processing entries/refunds.  100% of the Graham Clark profits (£1,300) were donated to charity.  Therefore, race income for the year was significantly reduced versus last year and is the main contributor to this year’s deficit.

Clothing sales were significantly lower this year and reverted to the norm, as there was a concerted effort last year to sell old clothing items to members at a reduced price.

The club organised a social event in Aviemore in November 2024. Cash was paid to the club by all members planning to attend. This was paid to the Aviemore Youth Hostel to secure accommodation for the weekend – the event was well attended and self-funded to break even.

The club is repeating this event in November 2025, albeit to Oban rather than Aviemore.  Members have paid deposits to secure accommodation at the local Youth Hostel.  Final payments to be made later in the year.  Again, this event is self-funded and expected to break even.

The Christmas Social Event was another source of income this year - organised via Entry Central. This was essentially a Not-for-Profit event, but ran a small surplus this year after we re-used some of the party decorations from last year.

In late 2024, the club helped to host one of the East District Cross Country events in Kirkcaldy.  The East District organisers donated £200 to the club to recognise the effort of volunteers.  This is recorded in Miscellaneous Income along with £20 received as ‘cash-back’ from a deal with High 5.

##  Expenditure

There are a number of membership expenses that are incurred every year as part of the club’s operations. Scottish Athletics Affiliation Fees, GP Prizes, Trophies, Website, etc, and these were much in line with expectations.  Overall, membership costs were higher than 2024 (Appendix #3), mainly due to the purchase of a defibrillator and a new club laptop.

Expenses for Graham Clark were in line with budget.

Costs were also incurred for the social event, primarily the venue hire and catering costs at Pitreavie Golf Club.  These were largely offset by ticket sales to members.

IT Costs were higher this year, as me moved away from our Google based emails to Microsoft.  Costs of this migration plus monthly support and licensing saw these costs increase.

Other costs included the Zoom subscription we have relied upon these last few years for some of our Committee meetings.  This expense has come to an end, as we now use Teams via our Microsoft License.

## Independent Review

The independent review was performed remotely via email, with documents shared electronically, consistent with the approach of recent years.

## Conclusion

This has been a challenging year financially for the club, reporting an unexpected deficit.  This was largely due to the Devilla cancellation in February. The club remains in a healthy financial position due to the reserves we have maintained to mitigate such circumstances.

Any surplus funds are reinvested in the club to maintain our long-term financial security.  The club will maintain a financial reserve to meet costs and liabilities occurring due to unforeseen circumstances.  For example:

1. the need to replace club assets if destroyed or damaged;
2. unexpected, late cancellation of the Devilla Forest Race.

The club enters 2025-26 in good shape and looks forward to another successful year.

I would like to issue thanks to the committee members for their support and diligence in ensuring our finances remain so well controlled.

 Brian Miller

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# Office Bearers Reports

# Secretary’s Report (Sue Walker)

Traditionally, lots of the tasks involved in running the club have fallen on the secretary’s shoulders. In recent years, many of these tasks were shared broadly across trustees and club members and the help from all the trustees makes the secretary’s role a manageable one. Thanks this year go to Sarah Wellcoat for producing minutes of meetings, Val Macaulay, Alan Murray and Nicole Jackson for producing the weekly bulletins in my absence, Kerry Hunter and Sarah Wellcoat for organising our Christmas party, Nicole Jackson for taking the lead in looking after new members and prospective members, Val Macaulay for processing GP race results, managing GP and ARC tables and ordering trophies and GP/ARC mementoes. Thanks go to each of them for stepping up and sharing the load.

# Membership Report (Nicole Jackson and Sue Walker)

During the financial year to end of March 2025, 141 people joined / re-joined the club, made up of 137 full members and 4 associate members. (We had 151 members on 31/3/24, 128 members on 31/3/23, and 138 members on 31/3/22.) It has been especially encouraging to have attracted 8 new members and 4 returning members since summer 2024, and to see Couch2Carnegie graduates fully participate in the club.

# Women’s Captain (Nicole Jackson)

2024-2025 has been another great year for the women of Carnegie Harriers. Women make up 47 percent of the club, with ages ranging from teens to seventies.

It’s been great to see more women than men representing at cross country this year, and also getting involved with tent logistics and declarations etc. It has been greatly appreciated. It’s always such a pleasure to see our women do so well at races across the year, and it’s clear we have had some outstanding performances, from winning national age category prizes to completing some of the most challenging ultra marathons!

Our women’s captain is standing down this year which leaves the role vacant. If it’s something you’ve considered doing, we would highly recommend giving it a go. It’s not too onerous and is such a nice way to get to know new and existing members!

Lastly, a huge thanks go to Nils! He’s been so helpful this past year and heavily involved in keep us both right!

# Men’s Captain (Nils Krichel)

And that's a wrap for another running year!

Having joined the Trustee Board this year, it has been fantastic to see the energy and commitment that so many of our members are putting into making the club and all of its activities run smoothly. Thank you to all office bearers, board members, training leads, volunteers, and to everyone who makes this club special.

It was great to see the continued willingness of our members to give up their time to make our races go smoothly. Both Festive Forest and Graham Clark races stand out, as well as the turnout for setting up and marshalling the East District League Cross Country Race in Kirkcaldy that we co-hosted.

Looking back at the year, our members once again put in many outstanding performances at races of all distances. A stand-out figure is the number of members eligible for the Marathon Award this year - 41 Harriers completed at least one marathon or ultra marathon, up from 33 in the previous year. In no small part, this was driven by the hugely successful club trip to Belfast in May '24.

Our runners' turnout at cross country races was down from previous years. For next winter’s 25/26 season, we will again look for ways to encourage everyone to give it a try - particularly recent joiners and those as of yet uninitiated to cross country. It's a fantastic way of keeping the running calendar filled during the darker months, although that seems an eternity away right now!

Finally, a particular thank-you to our Ladies' Captain Nicole, who is standing down from the trustee board at this AGM. We managed to make cross country sign-ups and declarations go smoothly, and I hope I picked up enough over the year to pass on to my next co-captain!

# Welfare Officer (Sarah Wellcoat)

We have had a few enquiries regarding children (under 16's) joining the club. We refer them to Pitreavie Amateur athletics Club as we are not set up to accommodate children. We do allow 16 to 18 year olds to attend training as long as they are accompanied by a parent or guardian and this typically applies to current members who wish to bring their children along.

There were storms at the start of the year which impacted GP Club Race at Balgownie which was relocated to Preston Island and the Devilla Races were cancelled. Fortunately there was no other impact to members.

## Volunteers

With around 140 members, it has been great to see so many club members volunteer to help with trustee board duties, training, races, social events and other club initiatives. More than 60% of club members have volunteered at least once in the past year to support club activities and many have given freely of their time and energy on multiple occasions. Our thanks go to them all.

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# WORKING GROUP REPORTS

# Training (Lesley Reynolds/Nicole Jackson/Kathryn Fairfield/Sarah Marshall/Steve Adam)

Training for 2024/25 has continued to be well attended on both Tuesdays and Thursdays. Lesley Reynolds continues to be lead coach and oversees the creation of the monthly training schedules, with input from Nicole Jackson, Sarah Marshall, Steve Adam and Kathryn Fairfield.

The training subgroup is always on the lookout for potential new venues to ensure a variety of locations to try and suit all members. In 2025 we have re-introduced some time trials to allow members to gauge how they may be improving their times over a 5-mile distance.

The introduction of an optional meeting time of 6.30pm for a 15-minute warm up jog has been popular with many members. The training group are always open to suggestions and feedback so please don’t hesitate to get in touch.

# Clothing (Kevin Spowart/Kerry Hunter/Sarah Wellcoat)

The Soccer Shop Direct based in Primrose Lane Rosyth continues to offer all members a range of new club branded kit for all weathers and sales are promoted on the club’s social media channels on a quarterly basis. The club receives a small ‘kickback’ from sales and this instore credit will be used for the benefit of the club. Remaining surplus stock was sold over the year generating a further £100 for club funds.

Club vests should still be ordered direct from the club using the Communication mailbox (communication@carnegie-harriers.co.uk) or by speaking to one of the member support group.

# IT (Alan Murray)

The main IT related work for the past year centred on the upgrade of our email from Gmail to use Microsoft. In addition, we set up a club Microsoft account and Google drive for storing club documents. This upgrade was undertaken after ‘Gremlins’ in the old email system caused issues. Using Sway for major club comms also helped reduce the load in terms of sending large documents to all members.

The website continues to be used for uploading race reports, the GP tables and GP race lists. The website is in need of a further revamp after a complete overhaul a few years ago.

The club still uses Google forms for gathering information from members, with alternative approaches aligned to the new club Microsoft account under review by the Trustee IT sub group.

# Communications (Nicole Jackson / Kerry Hunter)

We have tried hard to keep content fresh and relevant over the past year. We have utilised Instagram and Facebook as our primary way of reaching new and existing members to ensure achievements are celebrated, races well-advertised, and the club’s image and ethos is prominent amongst running clubs across Scotland. We have shared 93 posts/reels across the year, attracting 300 views per post on average. Not to mention all the ‘stories’ which have been shared or re-shared.

The majority of prospective members have also made contact through social media channels which has been great, and is a quick and efficient way to communicate with them. It has also really helped with promotion of Devilla and Graham Clark races.

It’s a fun way to be involved with the club and would be a good way to be support the club, as a trustee or non-trustee. Please speak to a current trustee if this is something you think you could help with.

We could cover even more races if we were sent race photos. Please don’t be bashful, send them in to communication@carnegie-harriers.co.uk

# Social sub-group (Kathryn Fairfield/Kerry Hunter/Sarah Wellcoat)

An all-round excellent year of mixing and mingling within the club. From car sharing to races, a Dunfermline parkrun takeover, summer social and the annual Christmas night out. We look forward to adding parkrun tourism trips into the mix for the 25/26 season.

# Club Hosted Races (Val Macaulay)

The **Graham Clark Memorial Race** was back at Knockhill Racing Circuit on Tuesday 13th August 2024. The initial release of places sold out within 1.5 hours of entries opening. Overall, we had 286 entries, with 221 finishers on the night and Cameron Milne of Central AC once again taking top honours.

Participants enjoyed the customary post-race buffet with the selection of gluten-free, vegetarian and vegan options being particularly well received. The race aims to raise money for local charities and the 2024 net profit of £1,300 was shared equally between Dunfermline Food Bank and EATS Rosyth.

Thanks to all members who supported another great event with particular thanks to Gail Beveridge, Barry Davie, Nils Krichel, Allan Macaulay and Sue and Ken Walker for overseeing key areas of operation on the night.

In keeping with tradition, the members only **Festive Forest Race** took place on the same day as the Christmas party – Saturday 14th December. 31 runners took part and the overall winners were Blair Geddes and Alison Murray. Thanks to Nicole Jackson and Nils Krichel for organising it.

Next up were the **Devilla Forest Races** scheduled to take place on Sunday 9th February 2025. Unfortunately, with just over two weeks to go, Storm Eowyn struck causing widespread damage throughout the forest, and beyond. With it improbable that the race routes would be cleared in time, the event was cancelled and entry fees refunded, resulting in an administration cost to the club of approximately £400.

As always, we are most grateful to all those club members who came forward and contributed to the success of these events. We are also grateful to local running clubs for their continued support for our races, especially Pitreavie AAC Endurance.

## 2024/2025 GP series (Val Macaulay)

For 2024/25 we retained the single grand prix competition covering the disciplines of road running, trail running, cross-country and hill running, with the emphasis on supporting local events and running clubs.

Due to changes in anticipated dates, there was a clash between the Gartmorn 6 and Tom Scott Memorial race. To overcome this, we replaced Gartmorn with a members-only race of approximately 4 miles around Preston Island.

Participation in races was noticeably lower (around 30% on average) than the previous year. This could be explained, in part, by the greater number of members who took part in marathons during the year – 41 clocking up 54 events between them compared to just 17 members and 21 events in 2023/24.

Only six men and five women completed the required 11 events with Blair Geddes and Charlotte Briggs taking top honours. Overall, 44 men and 34 women took part in at least one GP event with a total of 351 appearances between them. Interestingly women outnumbered the men in nine events, including three of the four designated cross-country events.

The most popular events were Stuart Duncan 5k, National Short Course XC Champs and Preston Island (28 each), Alloa Half Marathons (23), Last Duel 10k (22) and Forth Bridge 10k (21). The least popular were Red Moss Kips Hill Race (5), Bishop Hill Race (8) and Tom Scott and National XC Championships (9 apiece).

The same format is being retained for 2025/26. Thanks to Alan Murray for his input in putting together the list of events.

## All Rounder Competition (ARC) 2024/25 (Val Macaulay)

As with the Grand Prix, we retained the format introduced in 2023/24, meaning that members who were unable to complete the required 11 events for the GP might still be able to qualify for an ARC prize.

A total of three men and seven women completed at least one event from each category. Not entirely unexpected, some members who qualified for a prize in the GP were also prize winners in the ARC. A further 16 members completed races from four of the five categories, and it was generally a hill or cross-country race that was missing. Just goes to show you need to be ‘in it to win it’.

# Discretionary Awards

## In addition to the Grand Prix and All Rounder Competition, there are three discretionary awards: the **Marathon Challenge Cup,** the **Allan Brannigan “Spirit of Carnegie” Award**, which are voted for by members and the **John McArthur Shield**, chosen by the Trustee Board.

## John McArthur Shield

The John McArthur award for contribution to the club from a member aged 60+ is presented to **Isobel Burnett**.

Izzie has been a club member since 2011 and has competed on roads, hills and cross country. Izzie has represented Scotland at cross country on several occasions, winning both individual and team medals. Izzie has served on the committee as welfare officer, and through the pandemic, she was the first club contact for many new members, having a Covid chat before they joined us. Izzie is also well known locally for collecting trainers for re-use in Malawi.

## Marathon Challenge Cup

This award recognises achievement at marathon distance and beyond, not necessarily the fastest, or furthest. This award is decided by club members and this year, the marathon award is presented to **Donald Macleod**.

Donald has been a club member for 5 years and is a regular at training. Donald runs below the radar, always in support of wife Jane. Although rarely a winner in his age category, Donald consistently enjoys his racing. Over 2024-25, Donald ran 7 marathon and ultras. Donald has completed 5 of the World Major series and has only got Boston to do to complete the series. Donald usually prefers timed ultras, but this year completed his first point to point ultra, running the Glen Ogle Ultra in November 2024. Donald has a long track record of volunteering at ultras when not running himself, and is known as the baggage man at both the Fling and the Devil.

## Allan Brannigan “Spirit of Carnegie” Award

New in 2024, the Allan Brannigan “Spirit of Carnegie” award is presented to someone within the club whom members believe encompasses the "Spirit of Carnegie".

This year’s Spirit of Carnegie award goes to **Jane Macleod**.

Jane has been a club member since 2016 and is a welcoming presence at training. Jane has run all 6 World major marathons (reaching this goal before Paula Radcliffe!) and has completed multiple marathons and ultras. Jane holds numerous age group records in races around Scotland but remains extremely modest. Jane is described as gritty, tenacious, determined and inspiring. In addition to running ultra and marathons, Jane is a regular at parkrun and following knee injuries, has worked hard to again break the 30 minute barrier.

# Race Results and Reports

Members’ race results are reported in the weekly bulletins. Whilst we will always report results from Grand Prix races, with so many events taking place up and down the country most weekends, it’s very difficult to keep track and so we rely on members to send in their own results. This is particularly important when it comes to recording members’ achievements for the Marathon Challenge Cup.

As well as results, we are keen for members to send in reports about events in which they’ve taken part. It’s a great way to learn about different events (good and bad) and can encourage others to take part in the future, perhaps even as a club outing! So please make the effort to send in your results, reports and photos.

# Initiatives

## Couch to Carnegie

Following the success of the inaugural Couch to Carnegie in the first quarter of 2023, thanks to another four members attending the Leader in Running Fitness course, we were able to hold another Couch to Carnegie from April to June 2024, culminating in a graduation run at Lochore Meadows parkrun. The sessions were led by Val Macaulay and Gail Beveridge, supported by other club members – thanks to everyone who assisted, providing advice and encouragement to participants.

It is hoped to hold another Couch to Carnegie course but no dates have yet been set.

## Return to Running Group

Although this group has not formally operated over the past 12 months, members returning after injury, tapering for a big event or otherwise do have the option to come along to training and take things easier, perhaps going for a gentle run rather than a full-on training session.

## Appendices

### Appendix #1 – Independent Review



### Appendix #2 – Income and Expenditure Account



### Appendix #3 – Notes to the Accounts





### Appendix #4 – Race Summary



### Appendix #5 – Club Assets

