

Annual Report and Accounts

2023



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President's Report

This Annual Report for the period of April 2022 to March 2023 welcomes a return to what we might call normality in athletics. To start with it was a very full summer track and field programme with World Championships, Commonwealth Games and European Championships – but there was much more.

As I have said before one of the reasons for an Annual Report is to try to evaluate the success of the sport and the manner in which it is delivered. In supporting athletes there are many degrees of freedom such as coaching, officiating, volunteering, parenting, safeguarding, club membership and national planning. This complexity makes it very difficult to evaluate a definitive assessment.

I often propose two measures that I think can be used to judge success: the participation level and the quality at elite level. If these are successful, then all other aspects of the degrees of freedom are usually in place.

Both measures are themselves difficult to assess as they are somewhat out of our control. For example, the birth rate in Scotland can influence participation and is something we need to be conscious of, however, although the birth rate has been relatively static in the period since **scottishathletics** was formed in 2001 the sport has shown strong growth in that time.

At the elite level, the increasing popularity of athletics throughout the world also increases what would be considered as elite.

One way of calculating elite success is to count the number of significant medals won by Scottish athletes and another is to count the number of Scottish athletes that represent GB&NI as a percentage of the UK and Scottish populations. These measures are often used by our funders.

As always it is best for you judge whether or not **scottishathletics** has had a successful year but let me start here with some of my highlights for elite athletes (in no particular order):

Track and Field

- 11 Scottish athletes were selected to represent GB&NI at the 2022 World Athletics Championships in Oregon. The highlights were the gold medal by Jake Wightman (1500m) and the bronze medals by Laura Muir (1500m) and Nicole Yeargin (4x400m Relay). The World individual medals are the first by any Scot since 1991.



- 33 Scottish athletes, including five para-athletes, were selected for the Commonwealth Games in Birmingham. The highlights were the gold and silver medals by Eilish McColgan in the 10,000m and 5000m, and the gold and bronze by Laura Muir in the 1500m and 800m. Sean Frame's silver (T53/54 Marathon), and bronze for Samantha Kinghorn (T53/54 1500m), Jake Wightman (1500m) and the 4x400m Relay team with Zoey Clark, Beth Dobbin, Jill Cherry and Nicole Yeargin, completed the best medal haul since 1982 in Brisbane.
- 21 **scottishathletics** officials were selected for the Commonwealth Games in Birmingham.
- 13 Scottish athletes were selected by GB&NI for the European Athletics Championships in Munich. The highlights were Laura Muir retaining her 1500m title, silver and bronze medals by Eilish McColgan in the 10,000m and 5000m, a silver medal for Jake Wightman in the 800m and bronze medals for Nicole Yeargin and Zoey Clark in the 4x400m Relay.
- Seven Scots were named in the Paralympic World Class Programme: Samantha Kinghorn, Maria Lyle and Owen Miller at Podium level, Derek Rae at Podium Potential, and Steven Stone and Melanie Woods at Confirmation level.
- Four Scottish athletes were selected by GB&NI for the European Indoor Championships in Istanbul. Laura Muir won the 1500m to become the first British athlete to win five titles at the European Indoors. Neil Gourley took silver in the 1500m.

Endurance Running

- Three Scottish athletes were selected by GB&NI for the IAU 24-hour European Championships in Verona. Joasia Zakrzewski set a new British Record for women as she posted a distance of 247.985km.
- Two Scottish athletes were selected to represent GB&NI at the IAU 100km World Championships in Berlin.
- Eight Scottish athletes were selected by GB&NI for the European Off-Road Running Championships in La Palma. The medal highlights were an individual bronze medal for Scout Adkin, with team medals for Scout, Kirsty Dickson and Holly Page. In the U20's, Fraser Gilmour gained a team gold, and Isla Hedley and Louisa Brown won team silver.
- 11 Scottish athletes were selected by GB&NI for the World Mountain and Trail Running Championships in Thailand. There were team silver medals for Scout Adkin and Holly Page in the Uphill Only, team silver for Scout, Holly and Naomi Lang in the Up-and-Down, team bronze for Catriona Graves in the Short Trail, and team bronze for Fraser Gilmour in the U20 Up-and-Down.

- Three Scottish athletes were selected by GB&NI for the European Cross Country Championships in Turin. Megan Keith took the individual U23 silver, with Megan, Alice Goodall and Eloise Walker taking the gold in the U23 team race.
- Two Scottish athletes were selected by GB&NI for the 2023 World Athletics Cross Country Championships in Australia.
- Laura Muir and Jake Wightman won the 5th Avenue Mile in New York in September.

A full list of team GB&NI selections for the reporting period can be found in the Roll of Honour.

Even with these spectacular results I observed the most exciting National Cross Country Championship since Graham Everett beat Alastair Wood in 1960 where the pair were no more than ten yards apart for the nine miles. This year Jamie Crowe and Logan Rees did more or less the same with never being more than five metres apart.

Within the time frame of this report there have been other items of change or success within the **scottishathletics** family:

- Samantha Kinghorn was awarded a MBE and Jim Hunter a BEM in the Queen's Birthday Jubilee Honours List, and David Cooney was awarded a BEM in the New Year Honours list.
- Jake Wightman and Sean Frame were awarded the 4J Studios Athlete and Para Athlete of the Year at the **scottishathletics** Annual Awards Dinner. At the same event, Sandra Hardacre, John Rodger and Liz Wilder were presented with Honorary Life Membership.
- Angela Mudge, the National Lead for Hill and Mountain Running for **scottishathletics**, has been inducted into the University of Edinburgh's Sports Hall of Fame. She was also given an honorary degree from the University of Stirling for her outstanding contribution to sports.
- The British Athletics Writers Association named Jake Wightman the British Male Athlete of the Year with Eilish McColgan and Laura Muir being named jointly Female Athlete of the Year.

Many people help in delivering the success of **scottishathletics**. The huge support mechanism of coaches, officials, volunteers, team managers, parents and club members contribute to the welfare of the athletes. Also part of this is the organisation of the clubs, commissions and the **scottishathletics** Board and staff. The rest of this Annual Report will tell you more of their huge contribution.

I hope you agree with me that **scottishathletics** has been very successful this year and accept my congratulations on your contribution to the success.

Professor Ron Morrison
President



Annual Report 2023

*Continued growth in club and **scottishathletics** membership, record entries in 4J Studios outdoor National Age Group Championships and Lindsays National Cross Country Relays, five new Scottish records in 14 days in June, a new track and field facility at the Riverside Arena in Ayr, 21 officials selected for Birmingham 2022, and 16 medals across the major events in a triple Championship summer.*

Introduction

The past 12 months have been an incredible journey!

The athletics community in Scotland is unique and the closeness of that community is extremely special. Everyone involved strives for the same thing – to make our sport the best it can possibly be, and everyone has a role to play in achieving that ambition. The uniqueness that athletics in Scotland offers is never more evident than when there is success for athletes on the track, in the field, on the roads, or in the hills and mountains. Everyone comes together to acknowledge the achievements and enjoy the success. Recognising the key role played by the coaches, clubs, parents and wider support teams, and the officials and event organisers who provide the competition structure.

#SALtogether

As this report captures, there has been an incredible amount of success for Scottish athletes over the past 12 months. Nobody will forget the emotion of Eilish McColgan's 10,000m gold medal in Birmingham, Laura Muir's dominant display in the Commonwealth Games 1500m or Jake Wightman's incredible World Championship performance to capture Scotland's second ever gold medal at these Championships. However, the success extends across the hills, the age groups, and to the outstanding performances of Scotland's para-athletes.

This report should also note the reallocated bronze medal received by Lee McConnell for the 4x400m Relay at the World Indoor Championships in 2010.

No sooner was a new Facilities Strategy launched for athletics in Scotland, the sport was faced with the prospect of facility closures or reduction in hours across several local authorities. The external economic environment will ensure that these challenges continue to occur in the coming year and increased financial pressure will require strong partnerships throughout our sport in Scotland.

Clubs and people are at the heart of athletics in Scotland and the Board of **scottishathletics** thank everyone involved in the sport for their continued support of the governing body, their contribution to making athletics in Scotland a success, and their commitment to giving everyone in Scotland the chance to take part in athletics and running and realise their ambitions.

This report provides a summary of key updates across **scottishathletics** business and athletics in Scotland from the past year. The report captures the strength of the athletics community in Scotland and the ongoing evolution and improvements made by **scottishathletics** to be a leading governing body of sport. Thank you to the clubs, members, coaches, officials and partners that make athletics in Scotland and thank you to **sportscotland** and the Scottish Government for their ongoing support.

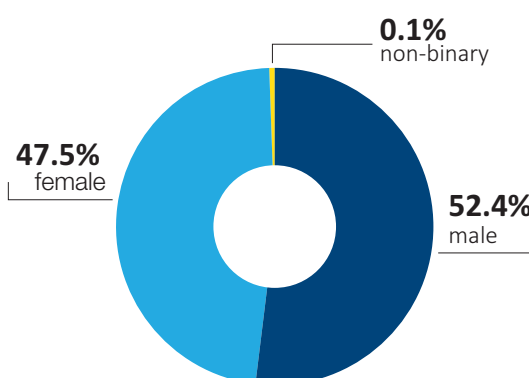
Membership

Against the backdrop of a global pandemic, and in the midst of a cost-of-living crisis, 2022-23 has been another challenging year for our sport. Despite this continued turbulence, our clubs, groups, coaches, athletes, officials, parents, and spectators have all demonstrated their passion, commitment, and resilience by delivering yet another year of growth across the **scottishathletics** membership, and consistency across the **jogscotland** membership.

scottishathletics individual membership has slowly and consistently grown throughout 2022-23, closing at 12,845 (up 1% on 2021-22). Comparing individual membership figures from 1st April 2022 and 1st April 2023, below are some key statistics:

- Over 65 individual membership is up by 13.2%
- Senior individual membership is up by 4.6%
- Under 21 individual membership is down by 1.8%
- Under 13 individual membership is down by 1.5%

scottishathletics affiliated club membership has increased by 2%, from 16,850 in 2021-22 to 17,195 in 2022-23, and is relatively gender-balanced with:



Despite the challenging financial climate, 68 clubs (46%) reported an increase in their membership, averaging an increase of 19 members per club.

Affiliated club membership has similar age-group trends as **scottishathletics** individual membership, in that there is significant, healthy growth in senior and masters and a noticeable decrease in the younger age groups. Below are the key statistics when comparing the 2022-23 club membership data with the previous year:

- Under 11 club membership is up by 2.7%
- Under 13 club membership is down by 0.4%
- Under 15 club membership is down by 1.8%
- Under 17 club membership is down by 4.3%
- Under 20 club membership is down by 3.5%
- Senior club membership is up by 2%
- Masters club membership is up by 5.2%

jogscotland membership boasts a healthy 313 groups operating across Scotland, delivering over 500 sessions per week. Despite a strong network of groups, the jogscotland membership has decreased by 2%, from 6,844 members at the close of 2021-22 to 6,692 members at the close of 2022-23.

Regardless of a challenging financial climate impacting on people's daily lives and ability to engage in sport, we are strongly encouraged by the tremendous durability of our sport, and we are confident that our numbers will continue to grow as we move further away from the impact of the COVID-19 pandemic.

In response to the declining membership trends of young people, scottishathletics are proactively working with partners, such as the Scottish Association for Mental Health (SAMH) and contributing to wider research that seeks to understand the impact that the pandemic has had on young people.

Additionally, the recently formed Athletics Trust Scotland Young People's Forum (ATS YPF) are proactively working on the retention and growth of young people in athletics and are working with the scottishathletics Development Team to develop a national Run, Push, Jump, Throw programme aimed at five to 12-year-olds.

Club Support and Development

2022-23 has been another year of challenge for athletics clubs, but again they have continued to innovate and deliver with optimism and passion.

The 2022 National Club Conference returned in October as an in-person event, welcoming 77 delegates from 24 clubs, equating to 16% of our affiliated clubs. Given the trends we were tracking in our membership data, the conference was themed '*Re-engaging Young People in Sport*'. The whole event was focussed on the impact the pandemic has had on young people in our clubs, and afforded our club leaders and delegates a chance to learn more about how they can encourage and welcome young people back into our clubs.

The ATS YPF played an integral role in the delivery of the conference. They brought an element of authenticity and reality to the delivery of the day's agenda, and the feedback was exceptional about their involvement. We are confident that the discussions and education delivered during this event will empower our clubs to positively impact their younger age group membership numbers.

The Club Together programme continues to demonstrate its place as a sector leading development programme in Scottish sport. 24 clubs are currently involved in the programme, deploying 33 professional officers who undertake a diverse range of club development roles. Club Together equates to 530 hours per week of paid club development work across the club network.

The investment into the programme for 2022-23 was £328,000 (up 6% on 2021-22) with 65% of this investment coming directly from clubs, highlighting their increasing strength and sustainability.

scottishathletics have produced a comprehensive guide for clubs seeking to join or develop in the Club Together programme. Four athletics clubs have now set up the infrastructure to employ roles directly adding further sustainability to their operations.

The scottishathletics Club Together Gathering took place in March at the Stirling Court Hotel with an online option for rural and island clubs to attend. This gathering of club together officers, line managers and scottishathletics staff is a key networking opportunity for the programme. This year's gathering focussed on the topics of capacity building within clubs and transforming and changing lives through athletics.

This year also saw the further development of #OnTheRightTrack, a programme for our club leaders centred around adopting a 'changing lives' mindset and approach in their local communities. An internal staff network was created to support the number of staff members on the sportscotland 'Champions' and 'Leaders' programmes. To continue to raise the profile of #OnTheRightTrack within the athletics community, interactive changing lives sessions were delivered at national development events (Young Peoples Forum, jogscotland Leaders Conference, National Club Conference, ATS YPF Conference and Club Together Gathering) in partnership with Scottish Sporting Futures, with a focus on engaging individuals from low-income backgrounds. The #OnTheRightTrack small grants scheme launched in June 2022 with seven clubs successfully securing funding of up to £250, to support ongoing changing lives work within their local athletics community. Projects included partnering with local foodbanks to provide healthy snacks, upskilling youth volunteer/coaches from low-income backgrounds, supporting an Additional Support Needs Jog Leaders award and creating inclusive promotional materials for the club.

The ATS YPF has continued to develop, conducting national surveys of young people in athletics on the important topics of mental health and wellbeing, and their retention in our sport. The survey results have been instrumental in the development of programmes, interventions, and club education aimed at combatting the declining membership trends in young people in athletics.

The ATS YPF planned and delivered their inaugural Young People's Forum Conference in March. This was attended by 45 young people from 27 different clubs. This event was a club education event that brought the survey results to life and challenged our clubs to understand how they can evolve to better cater for the contemporary needs of young people.

In disability athletics, the scottishathletics Inclusive Athletics workshop is being delivered face-to-face to





a variety of clubs, coaches, and volunteers to develop knowledge and understanding of coaching athletes with a disability. Education opportunities about Frame Running, Guide Running, and autism have been shared and delivered to clubs. Additionally, the Scottish Disability Sport (SDS) Inclusive Club resource was shared with all clubs, providing a guide to making all aspects of a club inclusive.

scottishathletics have supported regional SDS Para Sport Festivals across Scotland, resulting in increased engagement from clubs to deliver in their local area, allowing them to signpost participants to local activity.

A UK Athletics classification clinic was run in July 2022 where clubs and coaches identified potential para-athletes. 12 athletes attended the clinic, many of whom were Frame Runners and were being classified under the new World Para Athletics rules which Scotland were the first to use.

Clubs have been supported to start coaching Frame Running athletes, and a central hub of frames-for-loan has been created with key partners. Relationships with clubs continue to develop and strengthen, whilst new relationships are established with clubs, partners, athletes, and coaches involved in disability athletics creating the foundations for growing provision across Scotland.

Athletes

For 2022-23 season, we saw a total of 14 athletes being nominated onto the British Athletics Olympic/Paralympic World Class Programme

- a strong representation and one which signified the level of performances to come.

As such, the summer of 2022 was a historic one for athletics in Scotland, with three major international championships taking place across the season that Scottish athletes could compete in.

The Roll of Honour and commission reports will note some of these performances in more detail, but to capture some of the significant highlights:

- **Jake Wightman (Edinburgh AC)**
 - World Championships 1500m (*gold*)
 - Commonwealth Games 1500m (*bronze*)
 - European Championships 800m (*silver*)
- **Laura Muir (Dundee Hawkhill Harriers)**
 - World Championships 1500m (*bronze*)
 - Commonwealth Games 1500m (*gold*)
 - Commonwealth Games 800m (*bronze*)
 - European Championships 1500m (*gold*)
- **Eilish McColgan (Dundee Hawkhill Harriers)**
 - Commonwealth Games 10,000m (*gold*)
 - Commonwealth Games 5000m (*silver*)
 - European Championships 10,000m (*silver*)
 - European Championships 5000m (*bronze*)
 - World Championships 10,000m
- **Samantha Kinghorn (Red Star AC)**
 - Commonwealth Games T53/T54 1500m (*bronze*)

- **Sean Frame (Red Star AC)**

- Commonwealth Games T53/T54 Marathon Relay (*silver*)

- **Nicole Yeargin (Pitreavie AAC)**

- World Championships 400m and 4x400m Relay (*bronze*)
- Commonwealth Games 400m and 4x400m Relay (*bronze*)
- European Championships 400m and 4x400m Relay (*bronze*)

- **Beth Dobbin (Edinburgh AC)**

- World Championships 200m and 4x100m Relay
- Commonwealth Games 200m and 4x400m Relay (*bronze*)
- European Championships 200m and 4x100m Relay

- **Zoey Clark (Aberdeen AAC)**

- Commonwealth Games 400m and 4x400m Relay (*bronze*)
- European Championships 4x400m Relay (*bronze*)

- **Jill Cherry (Victoria Park City of Glasgow AC)**

- Commonwealth Games 4x400m Relay (*bronze*)

- **Jemma Reekie (Kilbarchan AAC)**

- World Championships 800m
- Commonwealth Games 800m and 1500m
- European Championships 800m

- **Neil Gourley (Giffnock North AC)**

- World Championships 1500m
- Commonwealth Games 1500m
- European Championships 1500m

- **Josh Kerr (Edinburgh AC)**

- World Championships 1500m
- Commonwealth Games 1500m

- **Andrew Butchart (Central AC)**

- World Championships 5000m
- Commonwealth Games 10,000m
- European Championships 5000m

This was clearly a significant year for athletics in Scotland – which brought our first individual World Championship medals since 1991 and our best Commonwealth Games medal haul since Brisbane 1982.

There were incredible performances that lifted a nation across each of the key championships throughout the season - which were a tremendous benchmark for the progress Scottish athletes and their coaches are making at international level.

Furthermore, a warm congratulations should go to all the athletes that have had the opportunity to represent Scotland and GB&NI across 2022-23 at the senior level across all disciplines and to their coaches, clubs, and support networks.

Performance Pathway

During 2022-23 we have observed the continued development of the **scottishathletics** Performance Pathway.

This progress saw a further 13 athletes achieve the consideration standards for the 4J Studios National Athletics Academy during the outdoor season, prior to being inducted into the programme in autumn 2022.

We also saw a total of five athletes selected for the British Athletics Olympic/Paralympic Futures Academy for 2022-23.

Meanwhile at World U20 Championships (Cali, Columbia) we saw two Scottish athletes selected to represent GB&NI:

- **Alyson Bell (Giffnock North AC)**

- 4x100m Relay

- **Brodie Young (Airdrie Harriers)**

- 4x400m Relay

And at the European U18 Championships in Israel, we saw seven Scottish athletes selected to represent GB&NI:

- **Paige Stevens (Falkirk Victoria Harriers)**

- Shot Put (*bronze*)

- **Tendai Nyabadza (Harmeny AC)**

- 1500m (*bronze*)

- **Dean Patterson (Glasgow School of Sport)**

- 200m and Medley Relay (*bronze*)

- **Rebecca Grieve (Pitreavie AAC)**

- Medley Relay (*gold*)

- **Corey Campbell (Team East Lothian)**

- 1500m

- **Oliver Patton (Kilbarchan AAC)**

- 2000m Steeplechase

- **Libby White (Ayr Seaforth)**

- Triple Jump



Beyond this, we are continuing to see multiple development opportunities for athletes to gain valuable experience by representing Scotland and GB&NI at Track and Field, Mountain Running, Cross Country and Ultra Running across the various international championship events and we believe the experiences gained during these opportunities will be crucial in retaining these developing athletes to achieve senior success in the future.

Competition

“Competition, it’s what we train for” has very much been the central message to our members for the past year. Clubs and athletes have risen to that challenge with strong numbers across all events, but particularly in all cross country events and the shorter road events.

We would like to thank and recognise the important role of our four commissions (Officials, Hill Running, Road Running and Cross Country, and Track and Field) in driving forward our events programme with more than 35 national championship events across all disciplines in the annual fixture calendar.

In particular, the work of our commission conveners and their respective teams plays a significant role in supporting the staff team and volunteer networks to deliver strong competition programmes.

The innovative Joint League which is a combination of the Scottish Youth Development League, Scottish Women’s Athletics League and Scottish Athletics League continued to deliver high quality competition opportunities for athletes in the U17 and above age group. This is complimented by the **scottishathletics** event specific Jumps and Throws Grand Prix joining forces to deliver single day field event competitions for all ages. Sprinting continues to be a priority for development with key stakeholders in discussion to support the delivery moving forward.

District and National Championships were well supported by all with numbers again close to pre-pandemic levels, and the U12 SUPERteams and Relay Championships operated at near full capacity providing food for thought for further strategic development of these fixtures. Our prize pot at the National Senior Championships was extended to include para events, with all athletes competing via the same ‘gold, silver and bronze’ system and boosted by our track and field sponsors 4J Studios. Krishawn Aiken (Kilbarchan AAC), Gavin Drysdale (Red Star AC), Ben Sandilands (Fife AC), Annabel Simpson (Fife AC), Owen Miller (Fife AC) and Brodie Young (Pitreavie AAC) all took at least one share of the prize pot.

A full winter indoor season made a welcome return to the Emirates Arena in Glasgow with Glasgow Athletics Association, Scottish Athletics Indoor League, Scottish Schools Athletics Association and Scottish Student Sport all hosting championships and events before the turn of the year. January to March brought

the **scottishathletics** championships season into full swing with the ever popular National Indoor Open selling out in some events. There were waiting lists in operation for many other fixtures. The packed indoor schedule of back-to-back fixtures ensured all athletes had the opportunity to compete indoors, however, as demand is often greater than capacity, a change of approach with entry standards is to be considered.

The cross country season welcomed the addition of the West Cross Country League, operating on similar dates to those in the East and North. **scottishathletics** District and National Championships continued to return towards pre-pandemic entry numbers overall but some attention to those in the younger age groups not coming back at the same rate should be addressed. The increased use of technology for team declarations at the Lindsays National Cross Country and Road Relays continues to be refined.

Hill, Trail and Ultra Running maintain their popularity with road running making progress to return to pre-pandemic numbers. The recovery of entry and participation numbers into these larger events may take longer.

The Track and Field Records Committee has had an outstanding 43 national records approved across all age groups. This demonstrates that whilst there is work to do, the sport is in a healthy state and coaches and clubs should be recognised in that respect. Thank you.



Coaching

Throughout 2022 we saw a continued return to the delivery of coaching activities. Almost 3,000 licensed leaders and coaches, supported by volunteer helpers, are delivering sessions week in, week out across the pathway from participation through to performance.

We would like to thank leaders, coaches and clubs for their relentless passion, commitment, dedication and continued engagement in education and development opportunities.

The 2022 **scottishathletics** Annual Awards Dinner saw the introduction of the Para Performance Coach of the Year award which was won by Rodger Harkins. The Performance Coach of the Year award went to Geoff Wightman, the Performance Development Coach was won by Alison Grey, and the Community Club Coach of the Year went to Colin Thomas.

Coach Education

The autumn 2022 and spring 2023 education programmes saw a full return to education course delivery. During this time, over 800 coaches, leaders and teachers engaged in entry level through to Event Group Coach qualifications.

Coaching Assistant	290
Leadership in Running Fitness	312
Athletics Coach & Coach in Running Fitness	115
Event Group Coach	15
Leading Athletics	142
Teachers	21

Following a successful pilot in summer 2022, in the autumn the Coaching Assistant course moved to the new blended delivery format on a permanent basis. Course delivery is now aligned to the Leadership in Running Fitness offering a combination of self-paced online learning reinforced through a single in person practical session. The Athletics Coach course now also contains an element of online learning. The reduction in contact time offered by these blended learning formats increase accessibility and offer a flexible approach to learning.

During the last year, the Coaching Coordinator has been working with UK Athletics in preparation for the introduction of the Fell and Hill Leadership in Running Fitness course. This new course, which will become available to Scottish leaders during 2023, is designed for those who have completed the LiRF/Jog Leader qualification and who now wish to lead groups safely on more challenging terrains and more remote areas.

Ensuring that leaders and coaches are qualified, licensed and insured is essential for the delivery of safe and fun athletics activity. Working in collaboration with UK Athletics, the home countries and the **scottishathletics** Welfare Officers, the Coaching Team have overseen the expansion of the delivery of mandatory training for licensing. Introduced through entry level and coach qualifications in autumn 2022, the new requirements for licensing consist of First Aid and alongside the online (Tier 1) course for Leader and Coaching Assistants, an enhanced Safeguarding (Tier 2) course for those qualified at coach level and beyond. The new requirements will be rolled out to all renewing leaders and coaches from April 2023.

In advance of the introduction of the new licensing requirements, in spring 2023, the **scottishathletics** Coaching Team launched enhanced support which is aimed at assisting leaders and coaches in completing the appropriate steps for obtaining or renewing their licence.

Alongside this, UK Athletics launched a series of updated Codes of Practice and detailed event group guidance for leaders and coaches.

Those coaches qualifying at Athletics Coach and Coach in Running Fitness and meeting the outlined criteria, were once again able to benefit from the **sportscotland** coaching subsidy investment. We look forward to being able to continue this support to coaches as we transition to the new subsidy model, which focusses on improving equality, diversity and inclusion whilst also reducing cost as a barrier to access.



Coach Development

Building on the inaugural programme in 2021-2022, the Event Group Regional Development Days (RDD) returned in September 2022. Through engagement with coaches and building networks, the programme is designed to assist coaches to progress their knowledge and experience whilst also increasing the number of coaches working at the U15 and U17 level in each event group.

Coordinated by the **scottishathletics** Event Group leads, sessions were delivered by a network of coach developers, key coaches within their event groups (Sprints, Hurdles, Jumps and Throws). Delivered through a combination of online workshops followed up by in person practical days, topics included planning, technical and physical literacy.

Across the winter, over 50 coaches attended sessions with positive feedback. One coach, who attended the RDD for a second time, advised that the knowledge gained on the RDD alongside the informal network developed between attendees, has allowed them to continue their learning and development on an ongoing basis through regular discussions about technical models and coaching practice.

In line with the 2022 intake, coaches engaged with the 4J Studios National Athletics Academy and attended the programme of education and development. Aimed at enhancing their knowledge and understanding of the talent pathway, scheduled sessions included topics such as Physical Preparation, Physiology, Performance Lifestyle and Psychology.

Officials

Our dedicated volunteer officials and helpers across all disciplines continue to return in numbers following the challenges of the pandemic. They have provided a solid foundation for our sport with their professionalism and enthusiasm, ensuring fair play and enjoyable experiences for all.

Online continues to be the most convenient and economical method for meetings with excellent attendance, discussion and ultimately decisions being made on these platforms. Officials have been turning out in force to support District and National Championships. Adaptions that were made due to the pandemic continue to be successful and popular such as the electronic sharing of duty and briefing sheets (Track and Field) and the use of online availability forms (Off-track).

Recruiting new officials remains a priority, with face-to-face learning taking place over the course of the year. 23 courses across all disciplines were attended by 177 candidates introducing new officials to the pathway. Disciplines continue to hold regular online catch-up sessions, to prepare for the summer championship season. The Annual Officials Conference made a welcome return in November

2022 with 74 attendees. The National Officials Training Day continues to be held annually with the latest event supported by 75 officials.

The Officials' Reward scheme for supporting national and district level events continues to be popular and has been expanded to cover the UK Athletics Safeguarding course when renewing a licence. The Officials section of the **scottishathletics** website is continually updated with new and relevant information.

Special mention should go to the individual discipline heads and others who make up the Officials' Commission, as well as the discipline group members giving up their time and expertise so willingly. Off-track Convenors and various district representatives also do a power of work to support **scottishathletics** members in all disciplines.

More recently **scottishathletics** and the other home country athletics federations have been working through the transition of officials' education from Assistant Official to Level three which is providing an opportunity to review the course materials and ensure flexibility for delivery within Scotland.

Facilities

It is essential that the sport continually reviews the facility infrastructure for athletics and running across Scotland and that **scottishathletics** provide leadership in this area. In December 2022, the new National Facilities Strategy was published.



This strategy utilises new insight, and innovation within athletics and running facility design, to set out new priorities in Scotland for the next four years (2022-2026) at a national, regional and local level. It sets out flexible options for partners considering the development of new athletics and running facilities and identifies important additional considerations for developers.

Ultimately, the strategy aims to ensure that investment into the development of athletics and running facilities in Scotland over the next four years is directed in the most appropriate way - developing new places to participate and compete, protecting the existing facilities infrastructure, and providing training and competition environments in Scotland that support athletes to achieve their ambitions.

As part of the strategy launch, **scottishathletics** have consulted with all 32 local authorities which has led to multiple, bespoke facility meetings with authorities, leisure trusts, universities, clubs and partners.

In 2022-23, two new regional facilities have opened. Meadowbank Sports Centre - a newly redeveloped regional facility in the East with a 400m outdoor track, external throws area, and indoor training provision - officially opened in November 2022. Riverside Sports Arena is a new regional facility developed in Ayr which features an eight-lane 400m track, 60m indoor track, field events area, and a purpose-built all-seated grandstand. This facility officially opened in February 2023.

The current challenging financial climate has directly threatened several key athletics venues in Scotland, namely Grangemouth Stadium, Crownpoint Sports Complex, and Ravenscraig Stadium. As councils face increasing financial pressure and budget constraints, local infrastructure is under constant threat as local authorities try to balance their books.

scottishathletics staff and Board are working with **sportscotland**, council officers, councillors, clubs, and other national and local partners to prevent any loss of athletics infrastructure in Scotland as the challenging financial climate continues.

We continue to support local authorities, facility operators, clubs, and UK Athletics with the roll out

of TrackMark accreditation. This quality assurance scheme applies to all track and field facilities in Scotland, resulting in significant investment, where needed, to ensure a safe environment for hosting competitions.

Schools

The schools programme returned in 2022-23 with no restrictions for the first time since the global pandemic.

The annual Sportshall competition was delivered with renewed energy as schools and local authorities were able to participate without restrictions. Five regional finals were delivered across Grampian (Aberdeen Sports Village), Tayside and Fife (Dundee Regional Performance Centre), East (Oriam) and West (John Wright Sports Centre), with a Parallel event being held in Grangemouth Sports Complex. A total of 37 primary and 19 secondary schools participated with approximately 1,400 athletes competing across the events.

Strong partnerships were re-established with four further education colleges (West College Scotland, North East College Scotland, Dundee College and West Lothian College) to provide and upskill a volunteer workforce to support each regional event. Sportshall training sessions were delivered in person to 69 sports development students, the training included complimentary access to Athletics 365 for all lecturers/students to support athletics delivery in the local community/in partnership with schools after each event.

The exceptional competition programme offered by the Scottish Schools Athletics Association (SSAA) saw a near-normal year of national schools' competition, with continuing high numbers both on and off the track. Successful championships were delivered on the roads, and in cross country, as well as both indoor and outdoor track and field, which reintroduced a para event in both.

SSAA had considerable success at the Scottish International Athletic Board Cross Country Championships in Liverpool in March 2023, with a best-ever performance.



*“Staff and Board are working with **sportscotland**, council officers, councillors, clubs, and other national and local partners to prevent any loss of athletics infrastructure”.*

jogscotland

jogscotland has achieved several great successes throughout 2022-23. The number of jog groups is gradually increasing and now sits at 313, which totals more than 500 jog sessions across Scotland each week. Over 300 people completed the Leadership in Running Fitness qualification over the last 12 months.

In July 2022, jogscotland celebrated its 20th anniversary. To celebrate this milestone, we launched our virtual 20th Birthday 5k. A total of 482 birthday medals were purchased, with groups celebrating at local level with fancy dress runs and birthday cakes. We also ran two competitions for best group picture and best birthday cake.

jogscotland has also made great progress in its menopause campaign, with 25 groups now pledged to be 'Menopause Friendly'. jogscotland has also worked with scottishathletics to promote the 'Menopause Friendly' initiative to clubs, and there are now two athletics clubs who are piloting the approach.

jogscotland has worked closely with charity partner, SAMH, to promote physical activity as a tool to promote mental health and wellbeing and to support people going through menopause. jogscotland shared its good practice on making sport menopause friendly at SAMH's 'Moving Through Menopause' launch.

Listed below is a highlight of other activities and campaigns from the last 12 months:

- National Jog Leader Conference: the programme included Changing Lives activities, with international Ultrarunner James Stewart as the guest speaker for the event
- 14 groups/152 members took part in our World Menopause Day activity which included group discussions based around raising awareness of the many symptoms associated with menopause
- Three menopause themed zoom chats for Jog Leaders
- jogscotland won the Scottish Women in Sport award for Innovation in Sport for the menopause friendly groups campaign
- Tag Along campaign: 40 groups registered to take part with social media coverage running for the full month of January. 1,334 members took part
- Development of an interactive online training module titled '*Understanding the effects of motivational climates.*'

Equality

As part of our ongoing work to uphold the principles and values of equality across the sport, scottishathletics continues to collaborate with UK Athletics and the Home Country Athletics Federations to ensure a unified approach to inclusion across the sport. The scottishathletics Equality and Diversity Advisory Group also continue to provide advice and

guidance on all equality matters. We work closely with **sports**scotland and other Scottish Governing Bodies through the SGB Equality Support Group, meeting once a quarter to share best practice.

The Young People's Forum first-ever Conference was held in March with representation from nearly 30 clubs. Delegates took part in a series of workshops and focus groups discussing the mental health and the retention of young athletes. We were delighted to welcome Eilidh Doyle as the guest speaker and the event closed with a panel Q&A highlighting routes into officiating and coaching for young people.

The development of disability athletics is ongoing, and events have become more inclusive and accessible with an increased number of para-athletes competing in mainstream events. Officials and event organisers work closely with scottishathletics to ensure the athletes needs are met. Our clubs continue to do great work in this area and at the scottishathletics Annual Awards Dinner, Aberdeen AAC won the Janice Eaglesham MBE Para Development Club of the Year award.

Media and Communications

The main focus of our Communications Team is keeping the athletics community up to date and enthused – while also trying to grow that community via coverage aimed at the wider public, either through the mainstream media or social media.

After working hard during the previous year to keep the scottishathletics and jogscotland communities engaged in the recovery period following COVID-19, three significant championship events presented endless possibilities in the early part of the year in question (1st April 2022 to 31st March 2023).

The World Championships in Oregon, the Commonwealth Games in Birmingham and the European Championships in Munich all delivered huge interest in Scottish athletes.

Consequently, we were able to drive up social media numbers to unprecedented levels. The scottishathletics YouTube channel, after generating 139,000 views in the (calendar year) 2021 reached a figure of 325,000 for 2023. The August spike was significant from numerous interviews.

Three of our top athletes – Jake Wightman, Laura Muir and Eilish McColgan – also saw their profiles rise within British sport, with knock-on benefits for us as Scottish Governing Body as all three acknowledged the pathway.

Tied in with all that, we placed strong focus on national championship events organised by scottishathletics. During the indoor and cross country season, a partnership with YFS Media saw us create more social media branding and over a two-month period the content was very well received. Our Instagram audience grew via this project.



Across all output, a focus on #SALtogether is being developed as much more than merely a hashtag to become a mindset or, effectively, our overall 'brand' where 'everyone has a role to play'. This aligns with the principles of *Building a Culture of Success*.

As of 31st March, the number of **scottishathletics** Facebook followers was 42,386. This compares to our fellow governing bodies as follows: Scottish Swimming 21.4k; Scottish Cycling 13k; Tennis Scotland 12k; Scottish Gymnastics 14k. **scottishathletics** Facebook followers in January 2019 and 2020 were 20,755 and 24,720 respectively.

The 20th anniversary of the founding of jog**scotland** was marked across jog**scotland** channels in the summer of 2022, with attention focused on a 20th Birthday Virtual 5K for members, with a medal designed by the Communications Team. The event sold out and enabled extensive online sharing of photographs of groups taking part in the 5K, along with images from Birthday Bake-off and photography competitions. This was a great way to create a sense of togetherness across groups all over the country, as well as emphasising the achievements and growth of jog**scotland** over two decades.

The success of the jog**scotland** 'Menopause Friendly' campaign continued, with the campaign winning the Inspiration in Sport Award at the Scottish Women in Sport Awards in November 2022, and also being shortlisted in the media category. An activity for World Menopause Day on 18th October encouraged groups to share and learn about menopause symptoms both in person and by sharing online, with jog**scotland** channels amplifying those shares.

The traditional New Year surge in jog**scotland** membership was embraced with the Tag Along campaign, which asked our current members to write what they love about their jog**scotland** group onto an A4 luggage tag-style frame, and share online, encouraging their friends and family to 'tag along' with them to try a jog**scotland** session. Posts were also shared daily on our channels through January with a reach of 18,000 across Facebook and Instagram, and 25,000 impressions on Twitter.

Governance

Launched in 2018, *Building a Culture of Success* set out the strategic direction for **scottishathletics** through to 2026. Following the impacts of the COVID-19 pandemic and in line with a review of the organisations **sportscotland** investment, the Board of **scottishathletics** oversaw an update of the strategy in 2022-23.

As part of the review, **scottishathletics** held a full consultation with the sport, giving all clubs, athletes, coaches, and officials the chance to feedback on our

performance and contribute to the future strategic initiatives for 2023-2027. The consultation resulted in over 1,000 individual responses in addition to those received from member clubs. The level of response from the sport has been hugely encouraging and has helped the Board and staff of **scottishathletics** to set strategic priorities which reflect the ambitions of the whole sport.

The updated strategy will be launched in 2023-24 in line with a new investment cycle from **sportscotland**.

In the past year the Board of **scottishathletics** has overseen an internal governance review. This review has focussed on the role of the Board, the role of the commissions, the role of the Board sub-committees, and considered the connection between the Board, staff and the sport. This review has been crucial for identifying areas for further improvement and for helping to set strategic priorities within the revised strategy. The priorities identified will not only assist in strengthening **scottishathletics** governance but will also contribute to strengthening relationships with the sport.

In February following an audit, Children 1st confirmed that **scottishathletics** remains 100% compliant with the Child Wellbeing and Protection Standards which form part of the compliance process for **sportscotland** investment. In October, **scottishathletics** appointed a second Welfare Officer to assist in dealing with an increasing case load in welfare and safeguarding and to support the implementation of changes within legislation and the PVG process.

There was one change in the Board of Directors during 2022-23 with Alison Johnstone reaching the end of her second term as a Non-Executive Director. Alison served on the Board for eight years and was influential in setting the strategic direction of the organisation. The Board of **scottishathletics** wish to place on record their thanks for Alison's tremendous contribution across her two terms.

At the 2022 AGM, Chuxx Onyia was appointed to the Board. Chuxx brings a wealth of commercial experience and has also been one of Scotland's top jumps athletes across the last decade. Eilidh Doyle was also re-elected for a second term of four years.

Although there have been several changes within the staffing team during the last year, there has been consistency within the Senior Management Team with no changes noted. In spring 2022, there were some structural changes within the Events Team which was renamed the Competitions Team. Alasdair Love took on the role of Head of Competitions and Caitlin Watt the role of Competitions Manager. In addition, a new role was created within the team to increase capacity for future projects.



Risk Management

scottishathletics has established an Audit and Risk Committee in early 2022-23 as a sub-committee of the Board. The purpose of the Committee is to provide oversight for, and advice to, the Board and Senior Management Team of **scottishathletics** to support financial planning, risk management and audit preparation and review. Graeme Oudney was appointed the Chair of the Committee working with the **scottishathletics** Chair, CEO and Head of Operations.

In the past 12 months there are several external factors that have impacted on the level of risk faced by **scottishathletics**. Unsurprisingly, the wider economic challenges are impacting on the organisation and sport with reduction in financial contributions from UK Athletics, significantly increasing core costs, and an increased risk of facility closures and reduced operating hours.

The organisation maintains a risk register which is reviewed biannually by the Board of Directors and actively updated by the CEO and Head of Operations on a regular basis. The risk register ensures the Board and Senior Management Team remain alive to the risks facing the organisation and sport and are proactively implementing strategies to assess and mitigate these risks.

Welfare

We believe that everyone who takes part in our sport is entitled to do so in a safe & welcoming environment particularly children, young people and protected adults. We work in partnership with UK Athletics, **sportscotland**, Children 1st and disclosure services to continuously improve knowledge and practice in our approach to safeguarding.

In acknowledgment of the key function that the team play in supporting the wider sport to ensure the delivery of safe and fun athletics activity, over the last year, the Welfare Team has increased their capacity through the addition of two new roles. Firstly, through the reallocation of roles within the team in summer 2022 we appointed a dedicated Welfare Administrator and then in November we recruited a second part time Welfare Officer.

Club Welfare Officers (CWOs) are recognised as one of the most important members of a club's structure, in ensuring that everyone is aware of their responsibilities and the role they play in welfare and safeguarding. Over the last 12 months, the focus of the **scottishathletics** Welfare Officers remained on providing guidance, advice and the tools to CWOs to enable them to prioritise safeguarding and to benefit the welfare of all those involved in their clubs.



The wellbeing of our athletes, coaches, technical officials and volunteers continues to be at the forefront of everything that we do. We want people to speak out when things are not right with the confidence that we will listen, we will act and we will put all our effort into making change happen. Safeguarding is everyone's responsibility regardless of how much or how little involvement you may have.

The Standards for Child Wellbeing and Protection in Sport provide a framework to help all sports organisations, clubs and groups work towards creating a positive, safer environment for children and young people. There are eight standards each with set minimum criteria which take a children's rights-based approach, focusing on child wellbeing as well as child protection, both areas where our clubs with junior members have an important role. An annual compliance assessment in relation to achieving the standards is carried out by Children 1st and we are delighted that **scottishathletics** has achieved 100% compliance.

Coordinating PVG applications and self-declarations for leaders, coaches, officials, and volunteer helpers is a core function of the team. In 2022-23 over 1,000 PVG applications and over 900 self-declarations were processed.

December saw the launch of a new online PVG application system. The team have now fully transitioned to this system and are continually working to refine the process and provide the most appropriate support to club Welfare Officers and applicants.

Working in partnership with the Communications Team, in February we launched the revised Social Media Guidelines for coaches, athletes and clubs. These guidelines provide some useful hints and tips to ensure that platforms are utilised in a positive and safe manner.

Throughout 2022, **scottishathletics** continued to work with UK Athletics and the home countries to ensure that the relevant safeguarding policies and procedures for children and adults were adopted and applied. The most up to date policies and procedures are available on our website along with a Safeguarding Tool Kit which has many useful resources and guidance for clubs and volunteers.

Clean Sport

Reinforcing our commitment to anti-doping, in early 2023, **scottishathletics** received confirmation that we are now fully compliant with the UK Anti-Doping Assurance Framework. This mandatory framework is designed to support Governing Bodies of Sport to consider their current approach to Clean Sport and review policies and processes. We have a sport wide approach to anti-doping, threaded throughout competition, coaching, performance, governance, and communication.



A fundamental element to our approach is the provision of specific education opportunities for those engaged in the performance pathway. To ensure the long-term sustainability of delivery against our education implementation plan, in the last 12 months, two athletics specific Clean Sport tutors have been recruited and developed.

During spring and summer 2022, in line with the Major Games Education Policy and in partnership with UK Athletics and **sportscotland**, Clean Sport education was delivered to all long-listed athletes and athlete support staff associated with the Birmingham Commonwealth Games team.

As a core element of the two-year curriculum, Clean Sport education was delivered to over 40 athletes, coaches and parents in the 4J Studios National Athletics Academy. Working in partnership with the **sportscotland** Scottish Institute of Sport, the interactive sessions were aligned with the Nutrition curriculum in advocating a 'food first' approach whilst also exploring topics such as supplementation, medication and testing protocols.

Recognising the essential role that athlete support personnel play in reinforcing the Clean Sport messaging, in 2022, education course attendance was introduced as a mandatory element in the recruitment of Team Staff for **scottishathletics** team opportunities. In the last year, all **scottishathletics** performance staff have also renewed their education as Athlete Support Personnel.

To ensure that all athletes, coaches, athlete support staff and the wider sport have access to the most up to date information and signposting, in the last year the Clean Sport section of the website was further updated. It now includes details of the newly launched Compete Clean+ eLearning course for athletes along with signposting links for other key information.

Partnerships

Partnerships are fundamental to **scottishathletics'** ability to deliver on the strategic objectives set within *Building a Culture of Success*. With the external pressures facing **scottishathletics** and the wider sport, strategic and commercial partnerships are vital to ensuring the continued successful delivery of these objectives.

sportscotland investment continues to be crucial to supporting **scottishathletics** staffing structure and evolving the support that is delivered for athletics in Scotland across clubs, athletes, coaches, officials, and competition providers. The Board and Senior Management Team proactively engage with **sportscotland** on a regular basis and also engage directly with Scottish Government and Active Scotland throughout the year.

Maintaining a strong relationship with **sportscotland** has been particularly important during the last 12 months as **scottishathletics** has reviewed its strategy and prepared for the review of investment into the governing body and sport.

The partnership with UK Athletics and across the home countries remains strong. However, as has been publicly communicated UK Athletics have been facing, and continue to face, challenging financial circumstances. Discussions are ongoing between UK Athletics and the home countries to determine the responsibilities of each organisation moving forward. Whilst this will present **scottishathletics** with some exciting opportunities, it will impact on finances as we plan for the incorporation of additional responsibilities.

The strategic partnership with SAMH continues to reap benefits for both organisations and those involved in athletics and running in Scotland. In April this year the partnership celebrated its fifth year with key highlights during that time including the 'I'm Here' campaign, Sammy's Road Trip, the Menopause Friendly campaign and the training of over 1,800 Jog Leaders in mental health awareness. Highlights this year include the launch of Tag Along in January 2023 and the integration of SAMH in supporting the ATS YPF.

scottishathletics remains extremely grateful to 4J Studios for their ongoing commitment to supporting our track and field seasons, National Athletics Academy and Annual Awards dinner. With a new five-year agreement signed in 2021 this partnership provides the organisation with security and continuity at a time when the external environment is so uncertain.

Lindsays has been a long-standing supporter of athletics in Scotland and in October 2022 **scottishathletics** announced a two-year extension to the existing agreement to sponsor the cross country season through to the end of 2023-24. This will take Lindsays partnership with **scottishathletics** to ten years providing great continuity and a strong association between Lindsays and cross country in Scotland.

Joma has continued as our national team partner supplying exceptional competition and training kit for athletes across **scottishathletics** national teams and talent programmes. Joma continues to do a fantastic job of building direct relationships with athletics clubs in Scotland and this year they supplied a great competition kit for Birmingham 2022 which was captured in all the key moments for Scottish athletes at the Games.

Athletics Trust Scotland (ATS) has taken significant strides in 2022-23 to determine a clear purpose and recruit new Trustees that can support the delivery of the organisation's charitable objectives. David Ovens, Eilidh Doyle and Joanna Butterfield have represented **scottishathletics** on the Trusts Board of Trustees. The Trust has appointed Graeme Jack (West End Road Runners) as Chair and Scott Black (FWB Park Brown) as a Trustee. ATS, in partnership with **scottishathletics**, held a launch event for their Transforming Lives campaign in Birmingham during the Commonwealth Games with the Minister for Public Health, Women's Health and Sport in attendance alongside other key partners.

scottishathletics are working with the Eric Liddell Community and several other partners to support 'Eric Liddell 100' a centenary celebration in 2024 marking Eric Liddell's victory in the 400m at the Paris 1924 Olympic Games. Several ideas are under consideration to mark the celebration within athletics in Scotland.



In December 2022, **scottishathletics** two-year partnership with Tru Wealth came to an end. Their sponsorship of the Road Race Championship Series through the period of the COVID-19 pandemic has been hugely appreciated and **scottishathletics** wish to place on record their thanks to Graham McKnight and the team at Tru Wealth.

scottishathletics would also like to extend thanks to the following partners not acknowledged elsewhere in this section:

- **scottishathletics** member clubs
- jogscotland member groups
- Club Development Consultancy
- Daily Mile
- Eiger Performance
- Event Scotland
- Local authorities
- University of Edinburgh
- University of Stirling
- University of West of Scotland

Summary

As the Annual Report has captured, 2022-23 has been a unique, successful and progressive year for athletics in Scotland. The sports incredible network of people continues to exceed all expectations and provide a fantastic platform for others to participate in athletics and running in Scotland and to realise their ambitions. I would like to thank all the club leaders, coaches, officials, event organisers and athletes themselves for their incredible efforts that make athletics in Scotland the great sport that it is.

As in 2022-23 there will continue to be challenges that threaten progress, however, the sport has shown great resilience and creativity over the past three years which provide solid foundations on which to continue progressing. In the next 12 months, **scottishathletics**

will enter a new strategic and investment cycle confident of success across all areas of our business.

The continued success for the organisation and sport is only possible where all of us work effectively together, recognising that everyone in athletics in Scotland has a role to play. **scottishathletics** will continue to facilitate activity and support the sport to create the environments that enable athletes, clubs, and volunteers to flourish. The work of the Board, commissions and staff to provide leadership and guidance to the sport does not go unnoticed and I would like to thank them all for their dedication and hard work to ensure the organisation delivers against our strategic initiatives.

scottishathletics is incredibly proud of the strong partnerships the organisation has, and the sponsors who support the sport every year. They provide a great foundation for delivering our work and offer fresh perspectives that are crucial to continue growing athletics and running. Thanks to all our partners and sponsors for their commitment to **scottishathletics**.

As **scottishathletics** media and communication activity captures throughout the year, the scope of work that goes on across athletics in Scotland each year is huge. Everyone in the sport should be extremely proud of the work that is done and the progress that is continually being made. From engaging new people in the sport all the way through to athletes standing on the podium at major championships there is so much for everyone in the sport to celebrate.

Finally, I would like to pass on condolences from everyone at **scottishathletics** to the friends, family, and colleagues of all those the sport has lost in the past 12 months. Whether at a local or national level, each person involved in athletics in Scotland will have contributed to the sports success and have left a legacy that will positively influence the future.

Colin Hutchison

Chief Executive Officer





Roll of Honour 2022-23

Cross Country

European Championships in Italy in December 2022

Alice Goodall (U23) *team gold* 🥇

Megan Keith (U23) *silver, team gold* 🥈 🥇

Eloise Walker (U23) *team gold* 🥇

World Championships in Australia in February 2023

Megan Keith

Hannah Ryding (U20)

Mountain and Trail Running

European Off-Road Running Championships in Spain in July 2022

Jacob Adkin Uphill Only

Scout Adkin Uphill Only *team gold*, Up-and-Down
bronze, team bronze 🥉 🥉 🥉

Louisa Brown (U20) Uphill Only *team silver* 🥈

Kirsty Dickson Uphill Only *team gold* 🥇

Andrew Douglas Up-and-Down (withdrew)

Fraser Gilmour (U20) Up-and-Down *team gold* 🥇

Isla Hedley (U20) Uphill Only *team silver*,
Up-and-Down *team silver* 🥈 🥈

Holly Page Uphill Only *team gold*,
Up-and-Down *team bronze* 🥇 🥉

Memorial Partigiani Stellina In Italy in August 2022

Scout Adkin *silver, team gold* 🥈 🥇

Kirsty Dickson *team gold* 🥇

World Mountain and Trail Running Championships in Thailand in November 2022

Jacob Adkin Uphill Only

Scout Adkin Uphill Only *team silver*, Up-and-Down
team silver 🥈 🥈

Alexander Chepelin Up-and-Down

Meryl Cooper Long Trail

Andrew Douglas Up-and-Down

Fraser Gilmour (U20) Up-and-Down *team bronze* 🥉

Ross Gollan Up-and-Down

Catriona Graves Short Trail *team bronze* 🥉

Naomi Lang Up-and-Down *team silver* 🥈

Holly Page Uphill Only *team silver*, Up-and-Down
team silver 🥈 🥈

Ryan Smith Long Trail

Track and Field

Loughborough International in May 2022

GB & NI Juniors

Alyson Bell 4x100m Relay

Rachel Callan 400m Hurdles, 4x400m Relay*

Teddy Tchoudja Shot Put

Sofia Vidak 4x400m Relay

Brodie Young 4x400m Relay

(*relay squad only)

European 10,000m Cup in France in May 2022

Stephanie Twell





Mannheim International in May 2022

GB & NI Juniors

Alyson Bell 100m, 4x100m Relay

European Under 18 Championships in Israel in July 2022

Corey Campbell 1500m

Rebecca Grieve Medley Relay *gold* 🥇

Tendai Nyabadza 1500m *bronze* 🥉

Dean Patterson 200m, Medley Relay *bronze* 🥉

Oliver Patton 2000m Steeplechase

Paige Stevens Shot Put *bronze* 🥉

Libby White Triple Jump

World Championships in USA in July 2022

Andrew Butchart 5000m

Zoey Clark Mixed 4x400m Relay

Beth Dobbin 200m, 4x100m Relay*

Neil Gourley 1500m

Josh Kerr 1500m

Eilish McColgan 5000m, 10,000m

Laura Muir 1500m *bronze* 🥉

Nicholas Percy Discus

Jemma Reekie 800m

Jake Wightman 1500m *gold* 🥇

Nicole Yeargin 400m, 4x400m Relay *bronze* 🥉

(*relay squad only)

World Under 20 Championships in Colombia in July 2022

Alyson Bell 4x100m Relay

Brodie Young 4x400m Relay, Mixed 4x400m Relay

Commonwealth Games

In Birmingham in July/August 2022

Chris Bennett Hammer

Andrew Butchart 10,000m

Jill Cherry 4x400m Relay *bronze* 🥉

Zoey Clark 400m, 4x400m Relay *bronze* 🥉

Beth Dobbin 200m, 4x400m Relay *bronze* 🥉

Mark Dry Hammer

Sean Frame T53/54 Marathon *silver* 🥈

Neil Gourley 1500m

William Grimsey High Jump

Sarah Inglis 5000m, 10,000m

Josh Kerr 1500m

Samantha Kinghorn T53/54 1500m *bronze* 🥉

Kirsty Law Discus

Guy Learmonth 800m

Sarah Malone 4x100m Relay

Rebecca Matheson 4x100m Relay

Carys McAulay 4x400m Relay*

Eilish McColgan 5000m *silver*, 10,000m *gold* 🥈 🥇

Laura Muir 800m *bronze*, 1500m *gold* 🥉 🥇

Ross Paterson T37/38 100m

Heather Paton 100m Hurdles

Nicholas Percy Discus

Jemma Reekie 800m, 1500m

Alisha Rees 100m, 4x100m Relay

Jenny Selmán 800m

David Smith High Jump

Taylah Spence 4x100m Relay

Adam Thomas 100m

Alexander Thomson T37/38 100m

Eloise Walker 5000m

Jake Wightman 1500m *bronze* 🥉

Melanie Woods T53/54 1500m

Nicole Yeargin 400m, 4x400m Relay *bronze* 🥉

Stefanie Davis selected but withdrew

(*relay squad only)





Photo © James Rhodes



European Championships in Germany in August 2022

Andrew Butchart 5000m

Luke Caldwell Marathon

Zoey Clark 4x400m Relay

Beth Dobbin 200m, 4x100m Relay*

Neil Gourley 1500m

Kirsty Law Discus

Eilish McColgan 5000m *bronze*, 10,000m *silver*

Laura Muir 1500m *gold*

Nicholas Percy Discus

Jemma Reekie 800m

David Smith High Jump

Jake Wightman 800m *silver*

Nicole Yeargin 400m, 4x400m Relay *bronze*

(*relay squad only)



DNA Under 20 International In Spain in February 2023

Dean Patterson The Hunt

European Indoor Championships in Turkey in March 2023

Neil Gourley 1500m *silver*

Guy Learmonth 800m

Carys McAulay 4x400m Relay

Laura Muir 1500m *gold*

European Throwing Cup in Portugal in March 2023

Nicholas Percy Discus

Chris Bennett Hammer

Ultra Running

World 100km Championships in Germany in August 2022

Jason Kelly

Joanna Murphy

European 24-Hour Championships in Italy in September 2022

Joanne Newens

James Stewart

Joasia Zakrzewski





Hill Running Commission Report

The 2022 hill running competition season saw excellent results for Scottish athletes.

At the U18 International Cup in Italy in June Scotland's teams produced excellent performances headlined by fourth place for Natasha Phillips (Dundee Hawkhill Harriers) and an excellent eighth place for Angus Wright (Team East Lothian).

The Scottish Junior Championships took place in Fife and produced champions from six different clubs: U20 Men: Fraser Gilmour (Kilbarchan AAC); U20 Women: Isla Hedley (Fife AC); U17 Men: Thomas Hilton (Moorfoot Runners); U17 Women: Katie Meek (Inverness Harriers AAC); U15 Boys: James Wotherspoon (Harmeny AC); and U15 Girls: Freya Mowbray (Lasswade AC).

The Junior Home International took place in September at Ambleside. Scotland took team gold in the U20 Men's race with Struan Bennett taking individual gold and Fraser Gilmour backing up for bronze. The other individual medal went to Rowan Taylor who took silver in the U17 Men and there were team silver medals for the U17 Women, U17 Men and U20 Women.

At the **scottishathletics** Annual Awards Dinner, the Martin Hyman Junior Hill Running Award for 2022 was awarded to Fraser Gilmour.

In the European Off-Road Championships in La Palma in July, the Uphill Only race saw team gold for Britain's Senior Women with strong Scottish representation by Scout Adkin (Moorfoot Runners) in fourth, Kirsty Dickson (Carnethy Hill Racing Club) and Holly Page (Edinburgh University Hare and Hounds). The U20 Women's team gained silver medals with Isla Hedley and Louisa Brown (Garscube Harriers). The Up-and-Down race followed two days later, and Scout Adkin took strong individual and team bronze medals with Holly Page also in the team. Fraser Gilmour won a team gold medal in the U20 Men's race with a fifth-place individual finish while Isla Hedley picked up her second team silver.

The GB&NI team for the World Mountain and Trail Championships in Thailand in November included thirteen Scottish athletes. In the U20 Up-and-Down race, Fraser Gilmour was the second GB&NI athlete home in tenth with the team picking up bronze medals. The Senior Women's team was dominated by Scots with Scout Adkin, Holly Page and Naomi Lang (Carnethy Hill Racing Club) leading the team to silver medals. The Senior Men's team had a similarly strong Scottish presence in Andrew Douglas (Inverclyde AC), Ross Gollan (Shettleston Harriers) and Alexander Chepelin (Carnethy Hill Racing Club) but the team were edged out to fifth place. In the Uphill Only race, Scout Adkin and Holly Page again led the team's achievement of silver medals. Jacob Adkin (Keswick AC) sole Scottish male athlete in this event, finishing 22nd. Catriona Graves (Carnethy Hill Racing Club) won team bronze in the Short Trail.

Scotland hosted the UK Uphill Only championships on 20th May on Ben Lomond which also formed the trial for GB&NI selections. In the men's race, Jacob Adkin took the win with Andrew Douglas in fifth. Scout Adkin triumphed for the women's title with Kirsty Dickson in third and Holly Page in fourth. Two days later at Alva the Senior Home International saw Andrew Douglas come home in second, leading the Scottish team to silver medals. Scout Adkin completed a weekend double victory with the women's team also picking up silver medals.

The Scottish Senior Champions in April at Stuc a' Chroin were Andrew Douglas and Catriona Graves, with Carnethy taking both team titles.

Carnethy hosted the British Hill and Fell Relays at Broughton in the Borders, and Scottish teams performed very strongly – Ochil Hill Runners took bronze in the Open race, while among the women Carnethy Hill Racing Club took silver.

Hugh Buchanan
Convenor





Track and Field Commission Report

It has been fantastic to get back to normality post COVID-19 and enjoy a full 2022-23 track and field season and what a year it turned out to be. Our elite athletes competed at not one but three major championships – the World Championships in Oregon, the Commonwealth Games in Birmingham and European Championships in Munich – and did not disappoint, winning medals at all three championships. Domestically, our 4J Studios Championship season both indoor and outdoor saw large entries and it was fantastic to see some long-standing records fall across the age groups. All these highlight that the sport is gaining momentum post COVID-19. There was also a bittersweet moment when Lee McConnell received her re-allocated bronze medal for the 4x400m Relay at the 2010 World Indoor Championships.

Scottish athletes gained selection for GB&NI teams in large numbers with 11 selected for the World Championships winning three medals. The first was delivered by Laura Muir in the 1500m finishing third to become only the second Scot to win a world individual medal at these championships. No sooner had Laura's success sunk in than Jake Wightman struck gold beating the Olympic Champion Jakob Ingebrigtsen and becoming the first Brit to win a medal in the men's 1500m since Steve Cram back in 1983. Josh Kerr made it two Scots in the top five. The third medal was in the 4x400m Relay with Nicole Yeargin winning a world bronze medal as part of that team.

The Commonwealth Games saw 33 athletes selected for Team Scotland and fantastic to have seven of these athletes selected for their third Commonwealth Games –

Jake Wightman; Eilish McColgan; Guy Learmonth; Zoey Clark; David Smith; Chris Bennett and a fourth Games for Mark Dry. The team also included five para-athletes, two more than were selected for the previous two Games.

Sean Frame got the team off to a superb start winning silver in the T53/54 Marathon. Eilish McColgan delivered the biggest performance of her career on the Birmingham stage to strike gold in the 10,000m with a thrilling, electrifying performance, anyone in the stadium that night is probably still deafened from the noise. A few days later Eilish stood on the track for the 5,000m adding a silver medal to her Commonwealth medal collection. Samantha Kinghorn claimed T53/54 1500m bronze in a hard-fought race and Jake Wightman claimed the fourth major medal of his career (bronze) in a thrilling 1500m final. Laura Muir won the first of her two medals in the 800m with a finish line dip to claim bronze and complete a full set of international championship medals. Then barely 24 hours later Laura stormed to 1500m gold with a superb run of 4:02.75. The sprinters were not going home empty handed with solid runs from all four athletes – Zoey Clark; Beth Dobbin; Jill Cherry and Nicole Yeargin won 4x400m Relay bronze. The eight medals are the best haul at a Commonwealth Games for 40 years.

The final major championship of the year saw thirteen Scots selected for the European Championships in Munich where five medals were won by **scottishathletics** athletes. Eilish McColgan won 10,000m silver and 5000m bronze, Laura Muir retained her 1500m title, Jake Wightman won 800m silver and Nicole Yeargin and Zoey Clark won 4x400m Relay bronze.



Two Scottish U20 athletes were selected for the GB&NI team heading to Columbia for the World U20 Championships. Alyson Bell and Brodie Young were both named in the 4x100m Relay and 4x400m Relay squads.

The outdoor season opened in April and **scottishathletics** athletes started where they left off – breaking records (Scottish; Native; British and World) with a fantastic 26 approved across various age groups. It is interesting to note that some of these records were long standing – Alisha Rees breaking the 100m record set by Helen Golden way back in 1974 with 11.39; Jake Wightman broke Tom McKean's 800m set 33 years ago with 1:43.65 and Graham Williamson's 1500m record from 1982. Eilish McColgan broke the 31-year-old 10,000m British record held by her mum. Younger athletes were joining in the record-breaking fun with Meghan Porterfield breaking the **scottishathletics** Shot Put record with 15m 25 before breaking Alison Grey's Discus record from 1989 with 44m 81. Not to be outdone, our master's athletes continued to perform with Alastair Walker breaking the World M65 3000m record in 9:59.02.

The momentum continued into the 2023 indoor season where no less than 17 records were approved and Scottish athletes picking up ten medals at the British Indoor Championships, the second-best tally in 25 years. The European Indoor Championships had four athletes in the team – Laura Muir, Carys McAulay, Guy Learmonth and Neil Gourley who claimed his first major medal with a superb silver in the men's 1500m while Laura claimed a fifth European indoor gold becoming the most decorated British athlete in terms of European indoors with five titles.

There was a large Scottish representation (17.5%) selected for the European U18 Championships in Jerusalem in July and the seven athletes made their presence felt winning medals – Paige Stevens (Shot Put, bronze); Tendai Nyabadza (1500m, bronze); Dean Patterson (Medley Relay, bronze) and Rebecca Grieve (Medley Relay, gold).

Domestically there were large entries for all the Championship events with 831 entries for the **scottishathletics** Age Group Championships up on the 2019 entry which is great to see as the sport recovers from the pandemic. There was a £5,000 prize pot at the Scottish Senior Championships to celebrate the Commonwealth Games year with performance standards broken into gold, silver and bronze categories with the money shared between six athletes.

The club competition scene went from strength to strength with the Jaquars competing in the National League and retaining their place in the premiership for 2023. Meanwhile the Joint League continued to provide quality competition for U17 and above. During the winter the clubs agreed to formalise this structure, forming the new Scottish National League for the 2023 outdoor season. This brought closure on the Scottish Men's League, which had been in operation for 50 years, the Scottish Women's League and the U17/20 League which had just been about to get off the ground when the pandemic started.

We are indebted to our event sponsors 4J Studios who have continued to support our Track and Field events, thank you for your continued support in these difficult economic times.

I would like to take this opportunity on behalf of the Track and Field Commission to thank the Timetabling Group who put together all the championship timetables and all **scottishathletics** officials as without the dedication and support of our officials in purple and red all our events would not be able to happen.

Finally, my thanks to the Track and Field Commission and the **scottishathletics** Competitions Team for their support and dedication throughout the past year.

Leslie Roy MBE

Convenor

“We are indebted to our event sponsors 4J Studios who have continued to support our Track and Field events, thank you for your continued support in these difficult economic times”.



Road Running and Cross Country Commission Report

The Road Running and Cross Country Commission is tasked with increasing participation, improving quality of performance, increasing Scottish representation in GB&NI teams and improving our international results.

After the restrictions of 2020 and early 2021 and the successful return to cross country competition that winter, the Road Running Championships and Road Race Grand Prix returned for 2022. More than 20 athletes were rewarded for their performances in the Tru Wealth sponsored event with Annabel Simpson and Jonathan Glen being the most successful. The Young Athletes Road Races were held at a new venue at the East Fortune Race Circuit in March and the National Road Relay Championships returned to Livingston with victories for Shettleston Harriers women and Central AC men.

Ultra running also made a welcome return with the Anglo-Celtic Plate International being held in Perth. Jo Murphy claimed the women's British 100km title with a course record, and both the men's and women's teams won silver.

Cross Country had a full and successful season with a further return towards pre-pandemic numbers of participating athletes and clubs. The Lindsays National Cross Country at Falkirk was the highlight of the winter. Both the men's and women's races had new names on their trophies with Logan Rees of Fife AC and Scout Adkin of Moorfoot Runners being the successful athletes. Central AC maintained their string of men's titles taking this to an impressive 12 in a row while there was a first-time victory in the women's race for Shettleston Harriers. The Lindsays Short Course Cross Country Championship returned to Kirkcaldy where there were also two new names on the senior trophies with Ben Potrykus of Inverclyde AC and Megan Keith of Inverness Harriers as the deserved winners.

2022 also saw the return of the British Cross Challenge to Scotland at Scone Palace. The event also incorporated the Scottish Inter-District Cross Country



Championships and the final trial for the GB&NI U20 team for the World Cross Country Championships in Australia. The Cross Country Grand Prix is calculated across the season and rewards the most consistent athletes across our championships. These were Alice Goodall of Edinburgh University Hare and Hounds and Hamish Hickey of Central AC.

There were many performance highlights from Scottish athletes on the international stage. Megan Keith won U23 silver at the European Cross Country Championships in Italy and led the British team including fellow Scots, Alice Goodall and Eloise Walker to team gold. Megan also represented GB&NI at the World Cross Country Championships in Australia this time at senior level and Hannah Ryding was selected at U20 level in the same event. On the road running scene there were new British road bests from Eilish McColgan over several distances as well as World Age Group bests for Fiona Matheson and Alastair Walker.

The thanks of the commission as always go to our discipline sponsors Lindsays and Tru Wealth as well as our partners for the individual events from Falkirk District Council; North Lanarkshire Council, West Lothian Council and Scone Palace. The work carried out by our volunteers through the clubs and district commissions has been as always invaluable.

Mike Johnston
Convenor



Officials' Commission Report



The 2022 Commonwealth Games in Birmingham provided another exciting opportunity for many of our officials who were lucky enough to have been selected. Congratulations go to all 21 of our Scottish officials, covering most disciplines. It was a great achievement, and very well deserved for our hard-working colleagues. All of our officials selected as National Technical Officials (NTOs), contributed to a very successful Commonwealth Games, and a number of those presented their experiences to the 2022 Officials' Conference at Carnegie Conference Centre in November

While there were still a few challenges around for athletics during the last year, our officials stepped up and contributed hugely during this time and were justly rewarded for doing so. While there were some who preferred to experience less competitions, the vast majority continued to support a return to an almost normal, busy fixture schedule.

A programme of recruitment progresses with many virtual courses and some face-to-face gatherings offered. Athletic clubs also continue to ask for courses for their volunteers and it is hoped that these will support newcomers into the officiating community. Our very experienced officials are, unfortunately, an aging population and recruitment and retention of new officials remains a significant challenge but one which requires much reinforcement from all sectors.

Our Disciplines work tirelessly to support and encourage all officials within their individual areas. Commitment to selection and allocation of all officials is an ongoing process throughout the year, both for domestic and UK Athletics competitions. Our Heads of Discipline, together with their structured groups are committed and enthusiastic and are recognised for their hard work and commitment.

Once again, our officials were acknowledged at the **scottishathletics** Annual Awards Dinner. It was excellent to note that newer individuals into our sport gain as much recognition as those who have more experience.

The Technical Official of the Year award went to Alison McGhee and the Raymond Hutcheson Trophy for Services to Officiating went to Margaret-Ann MacLachlan. Officials Sandra Hardacre and Liz Wilder were awarded Honorary Life Membership, along with John Rodger.

Award winners and indeed, all those receiving a nomination, richly deserve to be acknowledged for their commitment and enthusiasm by their peers and clubs.

Our experienced officials are rewarded for their tireless commitment to maintain their position at the top of their game and continue to be recognised with their selection for UK televised events both during the Indoor and Outdoor seasons. We are indeed very fortunate to have such a wonderful group of experts.

The Track and Field Commission works very closely with the officials, especially with regards to championship timetables. An invitation is extended to our Meeting Management allowing their contribution to the discussion to prepare championship timetables. It continues to be a challenge to keep the length of the officiating day to only eight hours.

Many thanks go to the Officials' Commission members for their untiring energy throughout the year. The Commission meets regularly during the season and the process continues to be as effective and efficient as it was at the beginning. Their support is amazing, and it's been an absolute pleasure, once again, to have them on board offering such vast experience and advice.

Margaret Brown
Convener

Accounts



Accounts

Directors' Report

The directors present their report and financial statements for the year ended 31 March 2023.

Principal Activities

The company's principal activity is to act as the governing body for athletics in Scotland and as such to foster, develop and lead the sport of athletics in Scotland. Our role is to provide clear strategic leadership for the sport, support our members (athletes, clubs, coaches, officials and event organisers) and facilitate the continued growth and development of the sport.

The reporting year (2022-23) has been extremely positive for **scottishathletics** with membership continuing to increase gradually and with a full return to annual competitions for the first time since 2019. In addition, there has been some outstanding results for Scottish athletes in major global athletics competitions.

The club network continues to perform extremely well with overall club membership increasing and strong competition entries throughout the year.

In preparation for a new investment cycle and updated strategy being published in 2023-24, extensive consultation has been held with key stakeholders throughout the sport. This has supported the assessment of the delivery against the current strategy and assisted in setting the strategic priorities for the next four years. In addition, a new Facilities Strategy for athletics in Scotland was published in December 2022 to support the continued investment in athletics facilities and encourage innovation across the country.

The Board, CEO and Senior Management Team oversaw an internal governance review in 2022-23 to monitor progress against previous audits and to reassess roles, responsibilities and the sub structure of the Board. This review has led to the establishment of an Audit & Risk Committee and the creation of new terms of reference beginning to be implemented across all sub-committees.

Despite a challenging financial environment **scottishathletics** has maintained delivery across all core areas of the business and has increased support in welfare. Clubs and people are at the heart of everything the organisation does and continued investment to support education for these groups is essential.

The Board has continued to provide strong leadership and support to the staffing team and the internal governance review has helped to strengthen our structures.

Statement of Directors' Responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



Financial Review

The company has recorded a surplus for the year of £32,158 (2022 - £12,625) with reserves at 31 March 2023 of £408,650 (2022 - £376,492).

The results are consistent with the budgetary expectations stated at the last annual general meeting.

As with recent years, the financial strategy of the company has been to achieve a small surplus, and ultimately seeking to increase the Reserves by approximately 10% year on year - seeking to achieve a reserve of a minimum of three months operating costs ultimately. Investment funding from **sportscotland** is allocated primarily to staff costs, administration, development work, and to international performance and competition, with the balance of funding required to be generated from commercial income and sponsorship, membership or generated through activity.

Scottish Athletics is a company limited by guarantee incorporated on 28/03/2001. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed by the Articles of Association.

The total income of the company was £2,378,789 (2022 - £2,062,273) with grant funding providing 53%, membership and event income 35%, marketing and sponsorship 6% and other sources 6%.

Directors

At the annual general meeting on 1 October 2022, the appointment of Chuxx Onyia to the Board was formally agreed following the conclusion of Alison Johnstone's second term. Eilidh Doyle was also re-elected to serve a second four-year term.

Board members may serve a maximum of two terms of four years on the Board. However, a Board member may serve on the Board for a maximum of 12 years if appointed Chair or President. The Chief Executive Officer is also a Board Director.

Those Board members representing the Commissions are subject to re-election annually. All other Board members (excluding the Chief Executive Officer) are subject to retirement by rotation after they have been in office for four years or eight years following a reappointment.

Membership

At 31 March 2023, 166 Clubs and Associates were in membership of the company (2022 - 169) and there were 12,845 members of Athletics Scotland, the membership scheme of Scottish Athletics (2022 - 12,700).

Auditors

Henderson Loggie LLP were reappointed as auditors at the 2022 AGM for another term.

Statement as to Disclosure of Information to Auditors

The Board members who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant audit information of which the auditors are unaware. Each of the Board members have confirmed that they have taken all the steps that they ought to have taken as Board members in order to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditor.

Small Company Rules

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

David Ovens, Chair

By order of the Board
25 September 2023

Directors

Ronald Morrison (President)
David Ovens (Chair)
Colin Hutchison (Chief Executive Officer)
Leslie Roy MBE
Alison Johnstone (resigned 01/10/2022)
Margaret Brown
Hugh Buchanan
Michael Johnston
Joanna Butterfield MBE
Eilidh Doyle
Terry O'Hare
Jill O'Neil
Chuxx Onyia (appointed 30/08/2022)

Laura McCallum (Company Secretary)

Independent auditors' report to the members of Scottish Athletics Limited

Opinion

We have audited the financial statements of Scottish Athletics Limited (the 'company') for the year ended 31 March 2023 which comprise the Profit And Loss Account, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the company's affairs as at 31 March 2023 and of its surplus for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice and;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small company regime and take advantage of the small companies exemption in preparing the Directors' Report and take advantage of the small companies exemption from the requirement to prepare a strategic report.



Responsibilities of directors

As explained more fully in the Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud, is detailed below:

As part of our planning process:

- We enquired of management the systems and controls the company has in place, the areas of the financial statements that are mostly susceptible to the risk of irregularities and fraud, and whether there was any known, suspected or alleged fraud. Management informed us that there were no instances of known, suspected or alleged fraud;
- We obtained an understanding of the legal and regulatory frameworks applicable to the company. We determined that the following were most relevant: FRS 102, Health and Safety; employment law (including the Working Time Directive); and compliance with the Companies Act 2006;
- We considered the incentives and opportunities that exist in the company, including the extent of management bias, which present a potential for irregularities and fraud to be perpetrated, and tailored our risk assessment accordingly; and
- Using our knowledge of the company, together with the discussions held with management at the planning stage, we formed a conclusion on the risk of misstatement due to irregularities including fraud and tailored our procedures according to this risk assessment.

The key procedures we undertook to detect irregularities including fraud during the course of the audit included:

- Enquiries with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Reviewing Board meeting minutes for discussions of irregularities including fraud;
- Reviewing legal fee expenditure for evidence of any litigation or claims;
- Reading correspondence with regulators including the Health and Safety Executive to determine the extent of compliance;
- Challenging assumptions and judgements made by management in their significant accounting estimates;
- Documenting and verifying all significant related party balances and transactions;
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness;
- Testing key revenue lines, in particular cut-off, for evidence of management bias; and
- Reviewing the financial statement disclosures and determining whether accounting policies have been appropriately applied.

Owing to the inherent limitations of an audit, there is an unavoidable risk that some material misstatements in the financial statements may not be detected, even though the audit is properly planned and performed in accordance with the ISAs (UK). For instance, the further removed non-compliance is from the events and transactions reflected in the financial statements, the less likely the auditor is to become aware of it or to recognise the non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation. The primary responsibility for the prevention and detection of irregularities and fraud rests with the directors.

A further description of our responsibilities is available on the FRC's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Diana Penny (Senior Statutory Auditor) for and on behalf of Henderson Loggie LLP Chartered Accountants
Statutory Auditor
11-15 Thistle Street, Edinburgh, EH2 1DF
29 September 2023

Profit and Loss Account

For the year ended 31 March 2023

	Notes	2023 £	2022 £
Income			
Income from grant funding		1,260,741	1,184,264
Income from marketing and sponsorship		138,457	63,303
Income from the membership and from events		840,429	689,622
Other income		139,162	125,084
Total operating income		2,378,789	2,062,273
Expenditure			
Administrative costs		752,081	626,930
Events and programme costs		1,521,637	1,350,672
Membership scheme costs		19,765	23,129
Marketing and fundraising costs		50,560	38,684
Total operating expenditure		2,344,043	2,039,415
Operating surplus	2	34,746	22,858
Interest receivable		9,330	925
Surplus for the year before taxation		13,059	23,783
Taxation		(11,918)	(11,158)
Surplus for the year		44,076	12,625

Balance Sheet

As at 31 March 2023

	Notes	2023 £	2022 £
Fixed assets			
Investments	5	12,931	12,931
Tangible assets	6	-	-
		12,931	12,931
Current assets			
Debtors	7	166,925	91,962
Cash at bank and in hand		1,104,986	1,256,034
		1,271,911	1,347,996
Creditors: amounts falling due within one year	8	801,192	(909,435)
Net current assets		470,719	438,561
Creditors: amounts falling due in more than one year	9	(75,000)	(75,000)
Total assets less current liabilities		408,650	376,492
Net assets		408,650	376,492
Reserves	10	408,650	376,492

The financial statements have been prepared in accordance with the provision applicable to companies subject to the small companies regime, and were approved and authorised for issue by the Board on 11 September 2023 and signed on its behalf by:

David Ovens, Chair
25 September 2023



Notes to the financial statements

For the year ended 31 March 2023

1. Accounting Policies

Basis of preparation

The financial statements have been prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £. Scottish Athletics is a company limited by guarantee incorporated in Scotland. The financial statements are prepared under the historical cost convention and in accordance with the provisions of FRS 102 Section 1A small entities and the Companies Act 2006.

Going concern

As at 31 March 2023 the company had net current assets of £377,633 (2022 - £376,492). Having reviewed the financial projections for the year to 31 March 2024 and on confirmation of indicative funding for the period to 2025, the directors are satisfied the going concern basis is appropriate.

Recognition of income

Income is credited in the accounts on the date of receipt, except for subscriptions, fees and grants received in advance that are credited in the year in which they fall due.

Should grant income received during the financial period be unspent during that period, the position is discussed with the funders and subject to the agreement of the organisation providing that income, the sums concerned will be deferred and utilised to meet appropriate business needs in subsequent financial periods.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is calculated to write off evenly the cost of fixed assets over their expected useful life, as follows:-

Computer equipment	- 4 years
Other office equipment	- 4 years
Furniture and Fittings	- 10 years

Website design and content development costs are capitalised to the extent that they lead to the creation of an enduring asset delivering benefits at least as great as the amount capitalised. The website costs are depreciated on a straight line basis over three years following completion of the development work. Grant income in respect of the development is released to the Profit and Loss account over the same three year period.

Investments

Fixed asset investments are stated at cost.

Pensions

The company operates a group pension scheme, contributing a fixed percentage of each employee's salary to an individual pension plan. Costs in respect of this are charged to the Profit and Loss account in the period they are incurred.

Leased assets

The annual rentals on operating leases on equipment and vehicles, where substantially all the risks and benefits remain with the lessor, are charged as expenses in the periods in which they are incurred.

Taxation

The tax currently payable is based on taxable profit for the year.

Judgements and estimation of uncertainty

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

In preparing these financial statements, the directors have made the following judgements:

- Determine whether leases entered into by the company as a lessor are operating or finance leases. These decisions depend on an assessment of whether the risks and rewards of ownership have been transferred from the lessor to the lessee on a lease by lease basis.
- Tangible fixed assets are depreciated over a period to reflect their estimated useful lives. The applicability of the assumed lives is reviewed annually, taking into account factors such as physical condition, maintenance and obsolescence.
- Fixed assets are also assessed as to whether there are indicators of impairment. This assessment involves consideration of the economic viability of the purpose for which the asset is used.

Cash and cash equivalents

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial Instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Basic financial assets

Basic financial assets, which includes debtors and cash and bank balances, are measured at transaction price including transaction costs.

Basic financial liabilities

Basic financial liabilities, including creditors and loans, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised costs, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers.

Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

2. Operating Surplus

	2023 £	2022 £
Operating surplus is stated after charging:		
Depreciation of tangible fixed assets	-	-
Auditors' remuneration	8,900	8,000
Pension costs	62,446	56,283

3. Taxation

	2023 £	2022 £
Corporation tax charge	11,918	11,158

4. Directors' Emoluments

The directors' aggregate emoluments in respect of qualifying services were:

		2023 £	2022 £
Emoluments receivable	Remuneration	83,488	79,581
	Pension	4,590	4,500

As at 31 March 2023 retirement benefits were accruing to one director in respect of money purchase pension schemes.

The average number of employees during the year was 48 (split between 19 full time and 29 part time) (2022 - 19 full time and 28 part time).



5. Investments

	2023 £	2022 £
At 1 April 2022 and 31 March 2023	12,931	12,931

Investments at the year ended 31 March 2023 relate to the McLanaghan Trust. All investments are held at cost.

6. Tangible Fixed Assets

	Office Equipment £	Furniture & Fittings £	Website £	Total £
Cost				
At 1 April 2022	7,534	604	61,555	69,693
Disposals	(7,534)	(604)	-	(8,138)
At 31 March 2023	-	-	61,555	61,555
Depreciation				
At 1 April 2022	7,534	604	61,555	69,693
Disposals	(7,534)	(604)	-	(8,138)
At 31 March 2023	-	-	61,555	61,555
Net book value				
At 31 March 2023	-	-	-	-
At 31 March 2022	-	-	-	-

7. Debtors

	2023 £	2022 £
Trade debtors	43,766	49,828
Other debtors	109,869	24,869
Prepayments	11,583	17,265
VAT debtor	1,707	-
	166,925	91,962

8. Creditors - Amounts Falling Due Within One Year

	2023 £	2022 £
Trade creditors	73,770	32,486
VAT payable	-	2,822
Corporation tax	11,918	11,158
Trust fund creditors	12,177	12,177
Other creditors	89,991	89,791
Deferred income	432,918	555,357
Accrued charges	141,861	167,036
Pension charges	7,534	9,433
Other taxation and social security	31,023	29,175
	801,192	909,435

9. Creditors - Amounts falling due in more than one year

	2023 £	2022 £
COVID-19 Recovery Fund Loan – sport scotland	75,000	75,000
	75,000	75,000

The loan is made on an interest free basis, repayable in installments, with the first installment due on 1st April 2024 and thereafter every six months until paid in full. Early repayment can be arranged with mutual consent.

10. Reserves

	2023 £	2022 £
Prior year balance carried forward	376,492	363,867
Surplus for the current year	32,158	12,625
	408,650	376,492

11. Commitments Under Operating Leases

Total future minimum lease payments under non-cancellable operating leases for each of the following periods are as follows:

	2023 £	2022 £
Less than one year	34,418	34,751
In two to five years	3,245	9,716
	37,663	44,467

12. Related Party Transactions

A number of directors were involved in clubs where levies and affiliation fees were paid to Scottish Athletics in the year. There is a long standing arrangement with 3-56 Media where Terence O'Hare is shareholder and director, to provide print services under normal commercial terms that pre-dates his appointment to the Board of Scottish Athletics. David Ovens donated to Scottish Athletics, his remuneration for being on the UK Athletics Board.

13. Ultimate Controlling Party

The organisation is controlled by its Club and Associate members who are entitled to mandate one delegate each to attend any General Meeting, speak and vote on their behalf.





Annual Report and Accounts
2023



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