



bellahoustonroadrunners

Scottish Athletics
National Club Conference 2023

bellahoustonroadrunners



Background

- Founded in 2000
- Based in southside of Glasgow
- Road Running / Cross Country / Trail Running







Background

- Association 2000-2017
- Became a Charity (SCIO) in 2017
- Board of Trustees
- Formal Constitution
 - Based on framework provided by Scottish Athletics
 - Policies
 - Annual report



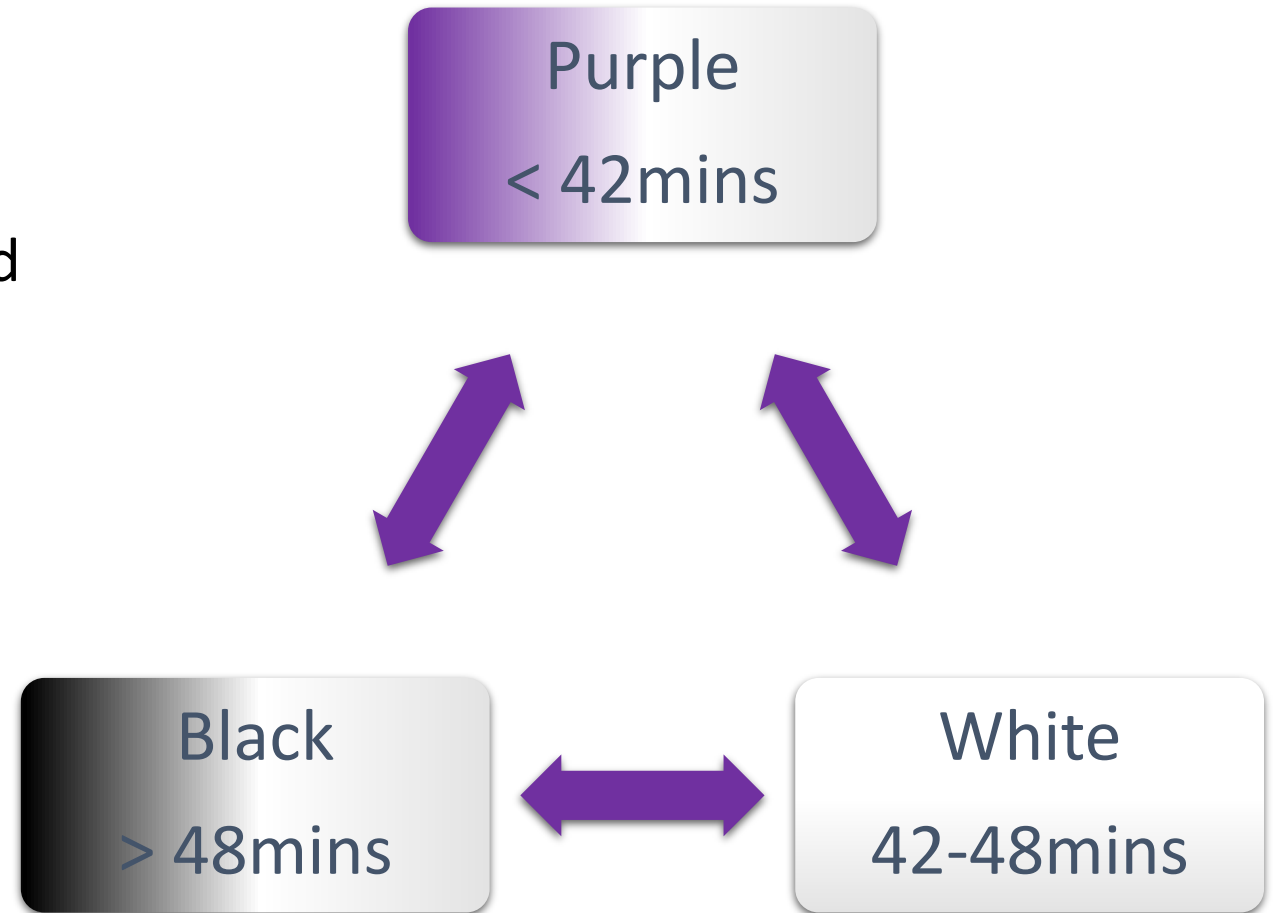
Current Set Up

- Monday evening – Track Session
- Wednesday evening - Endurance Road Session
- Saturday morning – XC Session



Current Set Up

- Monday evening – Track Session
- Wednesday evening - Endurance Road Session
- Saturday morning – XC Session
- Split into 3 groups based on current 10K time

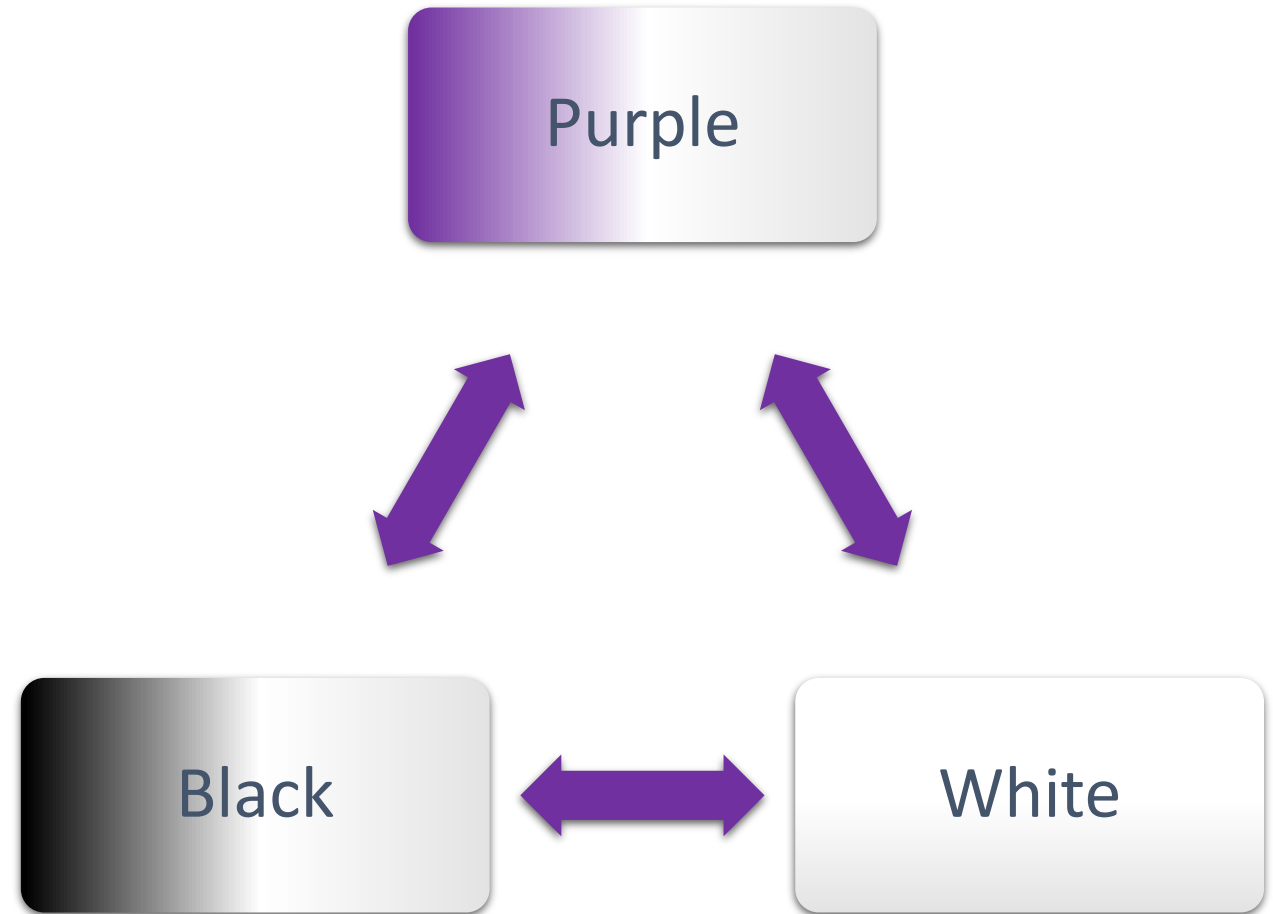


Current Set Up

- Training Schedule set by Robert Hawkins

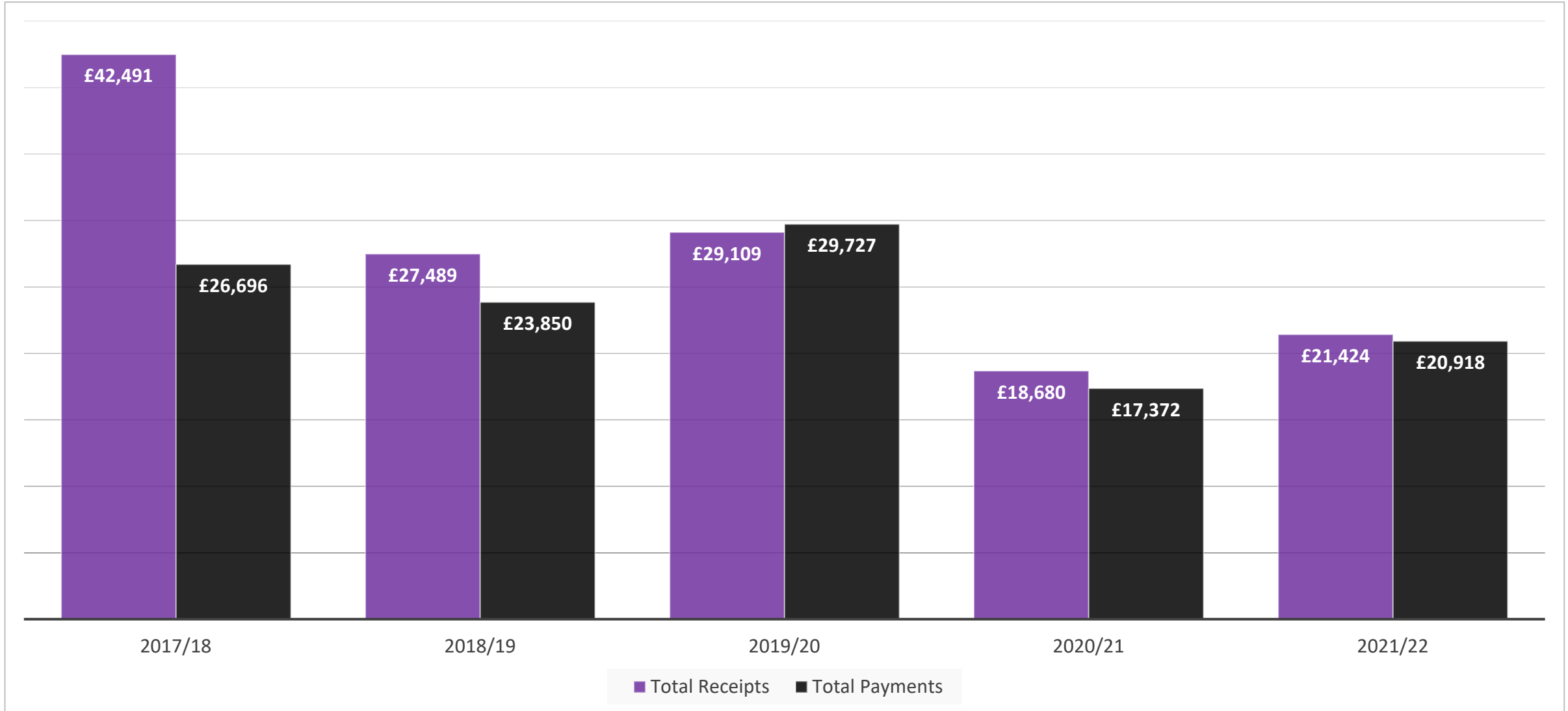


- 13 SA qualified volunteer coaches
- 4 members on training scheme



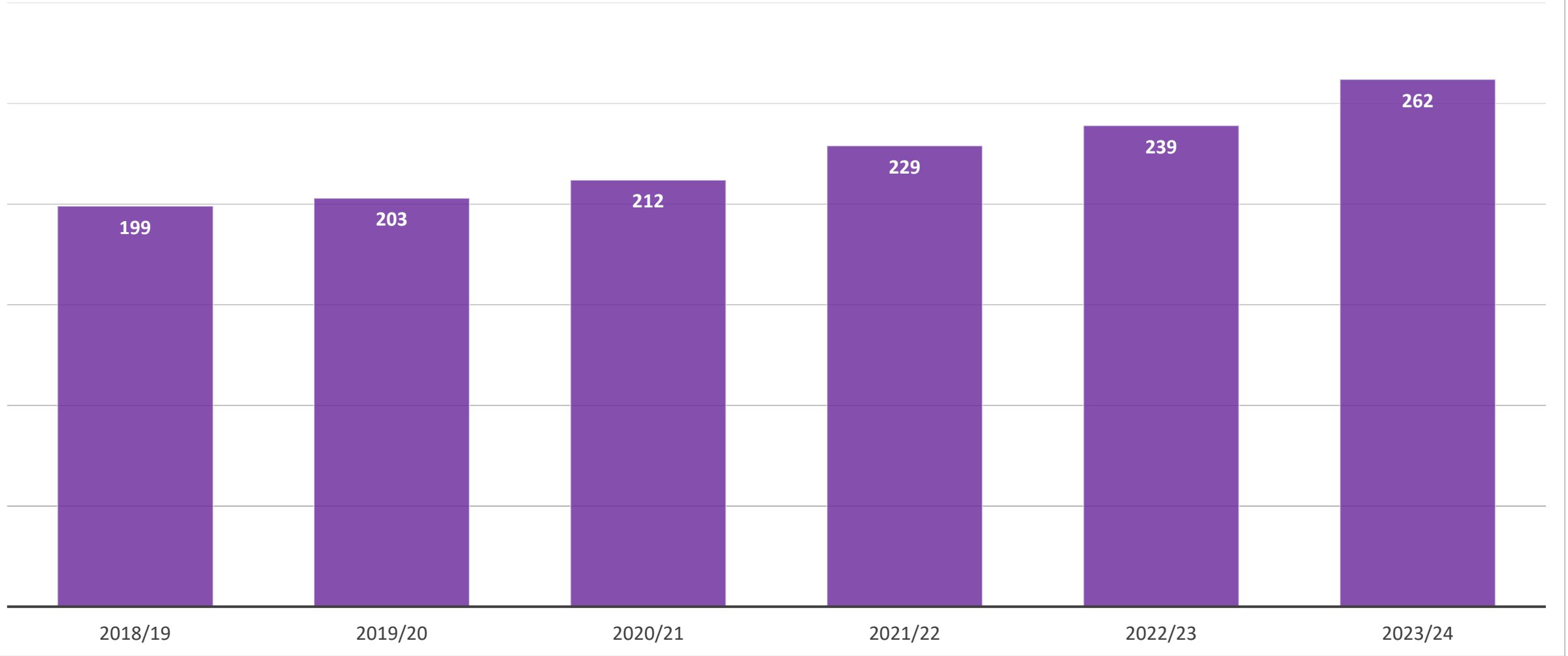


Finance



Membership

Annual Membership



CONGRATULATIONS
TO ALL OUR
#4JAWARDS WINNERS!



SCOTTISHATHLETICS AND
JOGSCOTLAND AWARDS 2020

The Club Community....

Club Championships

- Main (Road) Club Championships
- Cross Country Championships
- Winter Handicap

- All who complete the road club champs win a momento





Club Championship – minimum 2 from each category

Short races <5 miles	Medium 6-9 miles	Long races >10miles + at least 1 HM
Emirates 1 mile race	Jimmy Irvine 10K	Falkirk Half Marathon
Mob match	Tilli 10K	Inverness Half Marathon
Allan Scally road relays	Buchlyvie 10K	Alloa Half Marathon
Renfrewshire 5 mile	Down by the River 10K	Dunbartonshire AAA Half
National RR Livingston (short leg)	National RR Livingston (long leg)	Tom Scott 10M
Round the Loch 6K	Round Houses Falkirk 10K	Monklands Half Marathon
Club 3K track race	Troon 10K	Edinburgh Marathon Half
Edinburgh 5K	Thornhill 10K	Loch Leven Half Marathon
President's Cup 5K	Helensburgh 10K	Kirkcudbright Half Marathon
SVHC Clydebank 5K	Shettleson 10K	Mhor Half Marathon
Linwood parkrun 22/07/23	Dumbarton 10K	Arran Half Marathon
Elder parkrun 12/08/23	Clydebank 10K	Girvan Half Marathon
3K on the Green 25/08/23	Brian Goodwin 10K	Kirkcaldy Parks Half Marathon
Elder Park Green Segment	Killlearn 10K	Kyles 10M
	Rouken Glen 10K	Kilmacolm Half Marathon
	Kilmarnock Roon the Toon 10K	Scottish Half Marathon
	Glasgow Mens and Ladies 10K	Dunoon Half Marathon
	Blades 10K	GSR Half Marathon
	Paisley 10K	Kirkintilloch Neil McCover Half Marathon
	NAAC 10K	Strathclyde Park Segment
	Stirling 10K	
	Cumbernauld 10K	And any marathon
	GSR 10K	
	Queens Park Segment	



Main (Road) Club Championship

- 2023 season
- 90 members completed the club champs
- 55 members ran a marathon

- Annual Club Awards night
- Senior, V40, V50, V60 prizes



Club Races

- Indoor 1 mile race at Emirates Arena
- Track 2 mile race
- President's Cup – handicap race
- Mob Match vs Bellahouston Harriers



Mob Match 2023



V



Bellahouston Road Runners 7 x winners



Deaf Awareness – BSL





What changed with the pandemic?

- Pre-Pandemic
- Communication via training sessions and online club forum via club website.
- Facebook
- Twitter

The screenshot shows the forum interface for 'bellahoustonrunners'. At the top, there are navigation options for 'all categories', 'all tags', and 'Categories'. Below this, a list of categories is displayed with their respective counts and unread items. The categories include:

- General**: 380 items, 14 unread, 1 new. Description: General items, announcements and chat.
- Training**: 119 items, 2 unread. Description: All things training! General discussion and questions about club training and coaching sessions, or individual queries/requests for help/suggestions.
- Social**: 61 items, 1 unread. Description: General category for social events organised by, or of interest to, club members.
- Club Organisation**: 608 items, 10 unread. Description: This is a general category under which all the main club organisation categories sit, mainly:
 - Coaches
 - Team Management
 - Statistics
 - Race Organisers
 - Committees
 - Venue and Facilities
 - Event planning
 - Informal Group, Runs
 - Group Leaders
 - Finance
- Guest/Trial Membership**: 1 item. Description: This category is for guest and trial members of the club, who need access to the #training category.
- Oh no, has your membership lapsed!?**: 0 items. Description: Sadly, if you're seeing this category, our records suggest your membership of the club has probably lapsed, or perhaps you're a new member and we've not quite completed setting you up.
- Businesses, Recommendations and Events**: 8 items. Description: The club and its members sometimes have things to share that they think might be of interest or use to other members. So we've created this new category to help with that.
- Website posts**: 61 items. Description: This is the location for the forum copy of all website news posts.
- Archived**: 3 items. Description: Closed topic for topics that we don't want to delete, but have passed their usefulness/expired or we want to move out of visibility for some reason.
- Guides and Instructions**: 11 items. Description: There are various guides and notes that are useful for members involved with the organisation of the club, that need somewhere to live.
- Races**: 384 items, 29 unread, 11 new. Description: Upcoming races and race news.

On the right side, a list of recent topics is shown with their titles, dates, and counts. Examples include:

- National Short Course XC Champs 2023 - Sat 4th Nov 2023 (18 items, 2d)
- **National XC Relay Champs - Sat 21st Oct** - ENTRIES CLOSED (36 items, 2d)
- Approval Requested (2022-23) (197 items, 2d)
- Club Champs Finishers list Oct 23 (0 items, 2d)
- Club Champs 22/23 provisional final tables (11 items, 7d)
- **ENTRIES CLOSED** - West District XC Relay - 7th October (62 items, 7d)
- Club Champs update Sept '23 (38 items, 8d)
- Club Champs 23 Segments (42 items, 8d)
- American trilogy (3 items, 9d)
- Club Champs Update June 23 (44 items, 11d)
- Risk Assessments 2023 / 2024 (0 items, 14d)
- London marathon club ballot places 2024 (2 items, 14d)
- London Marathon Update - Club Places 2024 (0 items, 14d)
- SA Events Update - Sept 23 (0 items, 14d)
- World Athletics Indoor Championships 2024 - Volunteer opportunities (0 items, 14d)
- Volunteers requested - West District XC (Sat 7 Oct) (0 items, 15d)
- Club Champs 21-22 Sept Update (63 items, 15d)
- Awards Night 2023! (0 items, 25d)
- Great Scottish Run Marshalling! 30th Sep & 1st Oct! (22 items, 26d)
- Club Champs Update July 23 (42 items, 28d)

What changed with the pandemic?

- WhatsApp groups
- Facebook
- Videos



Online Racing – Strava Segments

☆ BRR CC21 Short

Run Segment Glasgow, Scotland, United Kingdom

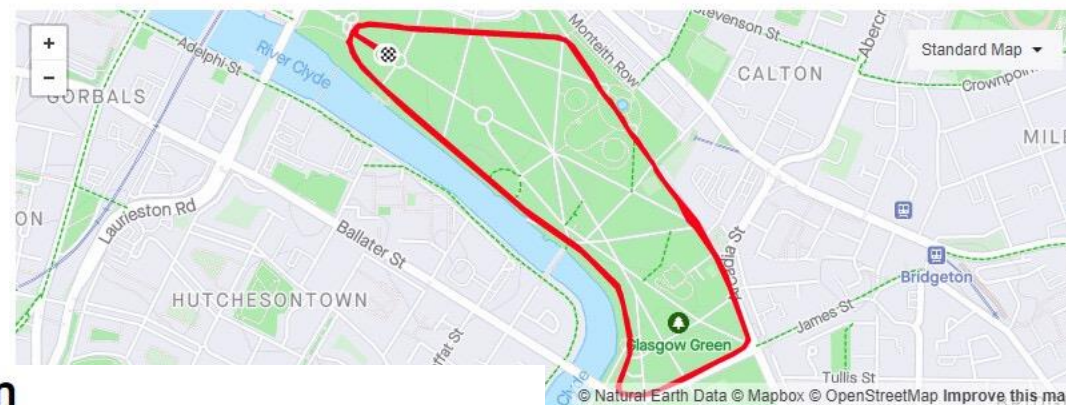
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 28 Attempts By 27 People
4.74km 0.0% 25m 27m 2m



☆ BRR CC20 10K

Run Segment Glasgow, Scotland, United Kingdom

Distance Avg Grade Lowest Elev Highest Elev Elev Difference 91 Attempts By 65 People
9.88km 0.0% 6m 14m 8m



☆ Bella RR Half Marathon

Run Segment Bellshill, Scotland, United Kingdom

Distance Avg Grade Lowest Elev Highest Elev Elev Difference 30 Attempts By 28 People
21.10km 0.0% 24m 34m 10m



Beyond the club...



Jimmy Irvine 10K - Sunday 12th November 2023



parkrun in Scotland



68 events and counting....

Aberdeen	Elgin	Levensgrove	Queen's Park Glasgow
Agnew	Ellon	Lews Castle	Ruchill
Alness	Erskine Waterfront	Linwood	Springburn
Auldathie District	Falkirk	Livingston	St Andrews
Aviemore	Faskally Forest	Loch Leven	Stonehaven
Ayr	Forfar Loch	Lochend Woods	Strathclyde
Bressay	Fort William	Lochore Meadows	Thurso
Camperdown	Ganavan Sands	Meadowmill	Tollcross
Crathes Castle	Girvan Prom	Montrose	Torvean
Crichton	Greenock	Mount Stuart	Troon
Dean Castle Country	Hay Lodge	Oriam	University of Stirling
Drumchapel	Hazlehead	Palacerigg Country	Ury Riverside
Drumpellier Country	Holyrood	Perth	Victoria
Dunfermline	Kirkcaldy	Plean	Vogrie
Edinburgh	Kirkwall	Polkemmet Country	Wallaceneuk
Eglinton	Lanark Moor	Pollok	West Links
Elder Park	Largs Prom	Portobello	Whitekirk Hill



West District League



Bellahouston Park, Saturday 11th February



Volunteering





Supporting Local (and not so Local) Charities





Scottish Athletics Cerebral Palsy Awareness Week





Thank You

Jimmy Irvine 10K - Sunday 12th November 2023

<https://www.entrycentral.com/jimmyirvinebella10k>



Finance

