**Strathearn Harriers Juniors**

AGM 2022 Report

**Summary**

The last 12 months have seen the juniors go from strength to strength. While membership levels have remained steady, attendance at training has increased and participation in time trials, internal and external competitions has also been very strong.

This has helped us establish a strongly positive environment which encourages inclusion but also celebrates success, whether absolute (medals, records, top 10s, selection for representative teams) or relative (Personal bests and improvements).

The behaviour, commitment and performance of the juniors has never been better and it’s an absolute privilege to be involved.

**Membership**

Membership has been steady over the last few years with a slight dip during lockdown. 2022 looks like being a bumper year – we would normally expect 5-10 new members to join us through the course of the year.

**Attendance at Training**

We train twice a week and have been keeping records of attendance for many years. The lockdown restrictions disrupted our data for 2020 and 2021 so these numbers are not as complete as the other years. However, it paints a picture of healthy attendance with approx 25-30 athletes attending at least once a week.

**Competition attendance**

Bearing in mind the impact of the lockdown on competition, we have had a tremendous response to our call for athletes to participate.

Our intra-club events (time trials, track day and intra-club XC) have all been well supported with lots of evidence of improvement and progress both individually and as a club.

Externally, we struggled to find track and field competition last year due to the numbers of events cancelled. This meant that our juniors had to travel much further than usual to participate in far flung places like Meadowmill (East Lothian), Dunfermline, Livingston etc. So, a big thank you to parents for supporting the club in this way.

For the winter 2021/22 season (excludes indoor T&F), we have seen a high level of participation. Had it not been for race 1 of the East District Series being in Hawick(!) we would probably have had a record year this year.

**Performance**

So many “firsts” to report:

* 1st gold medal at a National Competition
* 1st athlete to compete in a Scotland vest\*
* 1st athlete to represent Scotland at Hill Running
* 1st time we have had three athletes selected for East District Cross Country Team
* 1st time we have had one (let alone two!) East District XC League Champions
* 1st time we have won a medal at the National Cross Country Champs
* 1st medals at National Indoor champs (including Gold and Bronze)
* 1st medal at Scottish Schools Indoor T&F Champs
* 1st medal at Scottish Schools Cross Country Champs
* 1st girl to break 5.30 for the mile time trial
* 1st time we have had 3 junior boys recording times under 5 minutes for our time trial
* 1st time we have had 3 junior girls recording times under 6 minutes for our time trial

There are so many other fine performances and achievements, but this hopefully gives a sense of what a year we’ve had.

*\*while a current member*

**Coaching Team**

There is a fantastic group of coaches and parent helpers that have shown great commitment and support over the last 12 months in tricky and changing circumstances and through the long winter months. We are always looking for new coaches and have funding to support anyone that wants to take the first step on the ladder to become a Coaching Assistant. I’d like to thank all of you for your reliability, flexibility and commitment to ensure we have been able to keep the juniors going and developing during a difficult 12 months.

**Finally…**

This report only scratches the surface of what the juniors have been up to this last year. I have also deliberately steered away from mentioning individuals by name as there are so many that deserve mention and just not enough time or space to ensure everyone gets the specific praise they deserve. Suffice it to say, that our current crop of juniors is the best we have ever had and every single one of you make coaching a genuine pleasure!