**Linlithgow Athletic Club (LAC) – President’s Annual Report for 2022/2023 – AGM April 2023**

Another great year for the club – largely down to you the members and of course a very dedicated board of trustees and an equally dedicated army of coaches, jog leaders and volunteer helpers!

I checked the trustee board e-mails to see if the Covid subject cropped up in 2022! We were effectively ’stood down’ from Scottish Athletics restrictions in late March 2022. and although individuals are obviously still being affected by Covid, we were able to go ahead with a full year of club coached sessions; races and social events!

Club membership continues to steadily grow with over 130 adult members and over 50 junior members. We have continued to expand our coaching resources with new coaches at ‘assistant’ level and others progressing to ‘Coach’ level. This has enabled us to continue to offer an attractive range of coached sessions for both adults and juniors. Our award winning ‘Let’s go Linlithgow’ sub-section continues to thrive, offering ‘couch to five kilometre’ programmes throughout the year, with also a range of other jog groups helping to develop those who have discovered or re-discovered their running habit.

One of the most encouraging and immensely pleasing things about the past year is the huge increase in event participation from our senior and ‘masters’ athletes. Particularly across ‘team’ events like cross country and road relays. The ladies led the way in this respect but latterly we had some huge club participation in these events across all age groups and genders. Most recently in the Grangemouth 10k race we also had individual ‘podium’ success in male and female masters’ categories and of course we had representation internationally in masters’ cross country!
Also, our members’ representation in marathons worldwide, continues with some superb personal performances.
This senior athlete ‘aspirations and goals’ aspect is woven into our club development plan but has largely happened ‘organically’ by coach and jog leader encouragement and also through much mutual encouragement amongst our members through our various social media groups.

Also in our development plan are some goals relating to ‘equality and diversity’ and we have a very active sub-group ‘ticking off’ achievements in the plan, going way beyond those ‘good practice’ requirements suggested by Scottish Athletics.
As part of the plan we have also looked at trying to capture interest from the ‘youth’ category, we now have a very well established ‘girls’ group in this category, providing a very important healthy and social running outlet for young girls. We are still working hard to try to generate some enthusiasm amongst ‘the lads’ in the youth category!

We have continued to remain engaged with the new ‘West Lothian Cycle Circuit’ at Kettilstoun which is now due to open at the end of May. Our membership secretary has secured a real ‘coup’ in obtaining free use of the circuit for a regular junior parkrun on Sunday mornings and the club has stepped up to help provide a team of volunteers already. The club has also contributed to half of the parkrun start-up costs which are ‘standard’ at £4000. By remaining engaged with the cycle circuit project, the club has secured some ‘slots’ in the circuit usage plan. As a ‘pilot,’ the board has agreed to fund all ‘facility’ based club sessions for 2023 and for the cycle circuit we are in the process of discussing ‘take up’ of these slots with our coaches and jog leaders.
Additionally in the original Kettilstoun plans there is an outline plan for a ‘Compact Athletics Facility’. A small sub-group had a preliminary meeting with Scottish Athletics to begin investigating the feasibility and justification of such a facility.

Our junior sessions continue to offer a great evening for youngsters, covering the basics of ‘run, jump and throw’ in a friendly and fun environment. Our junior coaches are also going to have a look at some ‘attainment’ structures as provided by Scottish Athletics. This will help ensure that for ‘field’ type of events we are providing gentle encouragement for achievement for those young boys and girls who would welcome it.

Our communications are now in a good place and although there are as always, a plethora of communication channels, I think we have a good model currently, where results and achievements reported by members are summarised on a regular basis with website bulletins.

On the social side, we had a great summer barbeque event and another really successful Christmas ‘Champions’ Night, where we crowned our club champions and celebrated many of the members’ achievements.

Having managed to have our first ‘post covid’ 10k race in 2021, we repeated the feat again in 2022 with a record entry level. Once again, the 10k committee worked extremely hard throughout the year to deliver a fantastic day out for all participants in the 10k and junior fun run events. We also generated excess revenue, enabling the club to commit to funding the junior parkrun start up.

It has been a wonderful year!
Thanks for taking time to read this and ***please***also have a read of our other annual summary reports: - Welfare; Head Coach and Treasurer. These will give you a flavour of the immense amount of work that goes into making our wonderful club such a success.

All the very best for 2023 and 2024.
Angus Gallie
President
Linlithgow Athletic Club