

Armagh Athletic Club

Trustees' Annual Report for the period

1st Day of September 2022 to 31st Day of August 2023

Charity Name: Armagh Athletic Club

Other Names Charity is known by: Armagh AC

Charity's principal address: 17 Drumcoote Road, Armagh BT60 4PL

Names of the Charity Trustees who manage the Charity

Trustee Name	Office
1. Brian Vallely	President & Publicity Officer
2. Fearghal Delaney	Chair
3. Mark McKeown	Secretary
4. James Vallely	Treasurer
5. Oonagh Haughey	Sponsorship Officer
6. Jacqueline Wright	Volunteer Officer
7. Shauna Duggan	Designated Officer
8. Evanna Fitzsimons	Junior Coordinator
9. Celine Doran	Junior Parent Rep.
10. Stefan Kennedy	Committee Member
11. Niamh Donnelly	Committee Member
12. Angela Kerr	Committee Member
13. Martin McKenna	Committee Member
14. Lorcan Vallely	Committee Member

Structure, governance and management

Description of the charity's trusts

Type of Governing Document: Constitution adopted 11/07/2021

How the charity is constituted: Unincorporated association

Trustee selection methods: Trustees are appointed or reappointed at the AGM held in April.

OBJECTIVES AND ACTIVITIES

Summary of the objects of the charity set out in its governing

document: The purpose of the club is the advancement of Amateur Sport, specifically athletics, for the benefit of its members in terms of physical and mental health.

Summary of the main activities undertaken for the public benefit

in relation to these objects: In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our committee meetings. Our main activities are as follows:

- Coaching and training of our members [over the year we had 80 senior members of whom 23 were female; and 55 Juvenile members of whom 25 were female] to improve their skills and performance levels in the various disciplines of athletics.
- Participation in events organised 1. by our own club; 2. by neighbouring clubs, usually in Ulster or North Leinster; 3. by Athletics N. Ireland (the governing body to which our club is affiliated and which organises and promotes NI & Ulster Championship events in Cross-country, Track & Field, and Road Running); 4. by The Northern Ireland Mountain Runners' Association (NIMRA); 5. by Athletics Ireland (who organise and promote All-Ireland Championship events in Cross-country, Track & Field, and Road Running); 6. by Shettleston Harriers, Glasgow, to whose annual Road Relays we usually send a team; 7. by the FSGT (French Federation who invite a mixed team of six to take part in the Vivicitta Race in Paris)

As the programme of each promoted event generally includes competitions suitable for all age-groups, the younger athletes competing will also witness the performance of the seniors, giving them a glimpse into what it is possible to achieve in athletics and demonstrating to them that athletics is not just for children, but is an activity that can be enjoyed throughout life.

Additional details of objectives and activities

We are indebted to our club coaches who are all volunteers, and freely give up their time to coach groups of athletes at one, two, or three sessions per week and frequently accompany them to athletic events taking place chiefly at the weekends. In the Juvenile section of the club we have 2 Athletics Coaches and 6 Assistant Coaches. In the Senior section we have 2 Athletics Coaches, 1 Coach in Running Fitness, 4 Leaders in Running Fitness, and 3 Assistant Coaches.

As declared in Section 9 of our governing document “Armagh AC is fully committed to safeguarding the well-being of its members. Every individual in the club/organisation should, at all times, show respect and understanding for their rights, safety and welfare, and conduct themselves in a way that reflects the principles of the organisation and the guidelines provided by our governing body and contained in the Code of Ethics and Good Practice for Children’s Sport.”

Achievements and Performance

In September (2022) we staged our annual **McElmeel Cup Cross-country races**, jointly sponsored by the club, White’s Oats, and McElmeel Mobility. This event which attracted hundreds of Juvenile and senior athletes from all over Ulster was a great success both as a fund-raiser for the club and in terms of the top-class competition for the runners and the enjoyment it provided for the spectators.

Results in the senior races at the McElmeel Cup count towards the Athletics NI **Cross-country League** in which Armagh AC

athletes take part. Our Women's team (16 Armagh AC runners in total, took part over the various rounds of the league) took 4th place from some fourteen teams. Our Men's team (also using 16 runners in total overall) took 3rd place out of twenty-five competing teams.

In the **Ulster Juvenile Cross-country Boys' Championships** we had an Under-16 and two Under-14s qualifying for the All-Irelands, along with an Under-20 qualifying from the Girls' section. Our 6-strong Under-16 Boys' team won silver in the Ulster C'ships and also qualified for the All-Irelands, while our lone qualifier in the Senior Girls' Ulster Schools C'ships finished 36th in the All-Ireland Schools. A girl and a boy from the club who took part in the Primary Schools Cross-country Finals both qualified for the Flahavan's Porridge Athletics NI Junior Cross-country squad. Finally, two of our Juvenile athletes, a male and a female were nominated at the Craigavon Borough Council Sports Awards, and our Chief Coach was nominated for Club Coach of the Year.

In October we promoted the Annual **Armagh 10-Mile Road Race and 4-Mile Fun-Run**, at their traditional Navan Centre venue, which, with its extensive car park and modern catering facilities is ideal . Both races were well supported, some competitors even coming from as far away as Dublin. Taking place, as it does, just three weeks before the Dublin City Marathon, the 10-Mile is regarded by many as an excellent 'sharpener' for that event, while the Fun Run attracts many juvenile runners, as well as joggers and keep-fit enthusiasts in general. From our club we had 20 male and 6 female competitors in the 10-Mile ; while 11 of our Juveniles participated in the 4-Mile Fun Run. Again, this event proved to be a good fund-raiser

Many of our club members, both male and female, took part in the **Dublin City Marathon** and we were delighted to learn that our male team had pulled off a shock victory in the All-Ireland

Masters' Marathon Championship, held in conjunction with that event.

Preparations began in October for the **2023 annual Armagh International Road Races** which take place in February. These once again were a huge success, attracting male and female athletes from a dozen countries including the USA. This event shows Armagh AC at its best, with the involvement of some 50 members (apart from the numerous members actually running) of all ages in administration, officiating, stewarding, advertising for the programme, programme-selling, etc., etc. As well as the Senior Elite races there is also a full programme of juvenile races for both boys and girls, in which practically all of our 55 Juvenile members took part, running either for the club, or in the colours of their schools - the choice was left up to them! It is a genuine cross-community event with the participation of all the primary and secondary schools in the area, as well as clubs from all over Ulster and north Leinster, and with sponsorship coming from local shops and businesses to augment the grants and sponsorship provided by the Armagh Banbridge & Craigavon Borough Council, Brooks Sportsgear Company, Armagh Sports & Trophies, Linwoods Health Foods, Athletics NI, White's Oats, and Armagh City Hotel.

The Men's 5k race (which has been described as "the fastest in-depth 5k in the world") and the elite Women's 3k, attract, among many others, Olympians, World Championship contenders, as well as Commonwealth Games and European Championship participants. The event provides a great boost for the local economy at a lean time of year, and generates enormous publicity for the club and from this we gain many new members at all levels. We had 6 Armagh AC runners in the Women's 3k, 6 in the Men's 3k, and 3 in the Men's 5k.

In March we staged the **first of our Mountain Races**, this one taking place on **Sliabh Gullion**. We had a record entry of both male and female athletes, and we were very fortunate with the weather - blue skies and bright sunshine throughout! Both our

Male and Female teams were very successful, with the Men victorious in their section, and the Women taking the Runners-up prizes in theirs. This event too showed a healthy profit.

In the same month came the **Alan Scally Relays**, organised by Shettleston Harriers of Glasgow. We sent a team comprised of two men and two women which took first place in the Mixed Relay event.

The final mountain race of the year promoted by Armagh AC - **the Flagstaff to Carlingford Mountain Race** - took place in June. With approximately 11 miles of 'up hill and down dale', this is the longest and most demanding on the provincial mountain race calendar and requires six mountain-peak check-points to be manned for over four hours - we are fortunate in being able to call on members, past and present, to monitor these posts. Six members of the club ran here in competition against more than a dozen teams from other clubs. Again the funds raised from this race were a welcome addition to our coffers.

One of our Masters athletes secured the Cup as best V40 runner in the **Newcastle 'Hill and Dale' series of Mountain Races** in the Springtime.

Four Armagh AC male athletes were selected on the NI and Ulster team for the **International Masters Cross-country** event in Scotland, and we also had representatives at the World Masters Mountain Running Championships in Clonmel.

In **Track and Field**, club members were very much to the fore, with our Juvenile athletes in particular making steady progress in many events under the watchful eye of their coaches. At the **Ulster Championships** one of our female athletes took silver in the

Under-18 400 Metres and qualified for the **All-Irelands**, where she finished a very creditable 5th. Another of our young female athletes came 4th in the Under-14 1500 Metres and she too qualified for the All-Irelands where she finished 16th.

In the **Ulster Schools Championships** one of our Senior Girls finished second in the Steeplechase and in the **All-Ireland Schools** came 7th in the same event. Another Senior Girl was runner-up in the 400 Metres and 3rd in the 400 metres Hurdles. One of our Intermediate Boys placed 3rd in the 200M and went on to finish 7th in the All-Irelands, while another of our Intermediate boys finished 8th in the Mile. There was a good turnout of Juvenile athletes also in the Firmus 5 series of Meets at the Mary Peters Track, inspired by the enthusiasm of their coaches.

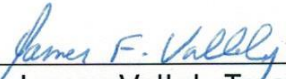
At the **Ulster Masters' Championships** we supplied the champion in the Women's V40 1500 Metres and double-champion in the Men's V40 1500M and 3000M. In the **All-Ireland Masters Championships** we had a silver medallist in the Men's V45 800M and for good measure the same athlete followed up with a bronze in the High Jump.


FINANCIAL REVIEW

Brief statement of the charity's policy on reserves

Cash in Bank at 31st August 2023 was £27,472.27 in unrestricted funds. The main financial risk to the charity is loss of funding from the local Borough Council and reduced sponsorship.

Details of any funds materially in deficit: Not applicable.


Mr James Vallely Treasurer
25/06/2024


Trustee (Club Secretary)
25/06/2024