

Charity registration number SCO46398 (Scotland)

ROSS COUNTY ATHLETICS CLUB
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 5 APRIL 2023

ROSS COUNTY ATHLETICS CLUB

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

J Ellen
A Young
S Davison
L Bell
M Carson
C Macgruer
L Ross
B Courtois-Lynch
T Quigley

Charity number (Scotland)

SCO046398

Principal Office

Achnasoul Cottage
Muir of Ord
Ross-shire
IV6 7XA

Independent Examiner

A9 Accountancy Limited
Elm House
Cradlehall Business Park
Inverness
United Kingdom
IV2 5GH

ROSS COUNTY ATHLETICS CLUB

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ROSS COUNTY ATHLETICS CLUB

TRUSTEES' REPORT

FOR THE YEAR ENDED 5 APRIL 2023

The trustees present their annual report and financial statements for the year ended 5 April 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The objectives and aims of the charity are the advancement of public participation in sport and the organisation of recreational activities, with the objective of improving the conditions of life for the persons for whom the facilities or activities are primarily intended, and to encourage and promote community participation in the sport of athletics, by providing facilities and equipment for training and competition.

Achievements and performance

The period covered by this report marked a return to normal post-COVID training and events which was welcomed by all at the club. Tuesday training continued during this time at Dingwall Academy (outside during the summer and inside during the winter months). Junior membership numbers increased a little over the year with intakes of new members in April 2022, October 2022 and early 2023. The number of adult members decreased slightly during the year.

Track & Field:

During 2022/23 Track & Field competitions included a series of Open Graded events organised by Elgin AAC which were attended by a small number of club athletes over the season. There was also a series of Inverness Harriers Jumps and Throws events which several members attended.

The RAM Grampian League involving age groups U11 to seniors took place with the first event in Inverness in May, followed by dates in June, July and the final in Inverness on 4th September. This saw a return to the pre-covid format and was welcomed by all.

The Youth Development League (YDL) also took place with a small number of RCAC athletes joining Team North. Events took place in Aberdeen, Inverness and Dundee and culminated in Team North qualifying for the final.

Three club runners took part in the Monument Mile Classic in Stirling. All 3 athletes broke club records.

The Scottish National U17 3000m took place on blisteringly hot evening in Glasgow. Only 1 club member - a U17W took part but they achieved a fantastic silver medal.

The Scottish Schools Championships in Grangemouth was very well attended by club athletes with an impressive medal haul. Gold in U17 female 3000m, gold in U15 boys 1500m and bronze in U15 boys hammer. This resulted in a SIAB selection for our U17 woman.

The Scottish National Championships took place in Aberdeen and Grangemouth in August with a number of club members taking part. In the U15 category the club athletes took home a bronze in the male hammer and a silver medal in the male 1500m.

The British Milers Meet in Glasgow saw two athletes compete in the 1500m with both achieving PBs and taking down longstanding club records.

In July one of our senior men completed in the World Police and Fire Games in Rotterdam winning two silver medals in the discus and shot putt and a gold in the hammer. In August the same athlete won silver in the discus and hammer and bronze in the shot putt at the British Police Championships.

The final event of the summer was School Games and again we had a female U17 selected to compete.

ROSS COUNTY ATHLETICS CLUB

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 5 APRIL 2023

Cross Country:

The cross country season was met with enthusiasm by club members as usual. The first event of the season was the North District XC Relays in Nairn. The club entered 3 junior teams and won medals in all. The boys teams won gold and bronze and the girls team came home with a bronze. Following this, the club entered three teams (2 male/ 1 female) into the National XC Relays at Scone Palace. All the teams did well and enjoyed the experience.

RCAC entered teams into most categories from U11 to Seniors in the North League which had 5 events - Nairn, Evanton, Dores, Peterhead, & Forres. These were excellent individual and team performances throughout the season. At the final event the club won U13B & U15B team titles, plus two individual titles (U13B & U15B) and several other top 3 places. We successfully hosted the Evanton event which is always a popular venue for runners.

The north district XC Championships took place at Gordonstoun and the club had 25 athletes competing. The U13G team took team silver followed by the U13B who took team gold and an individual 1st and 3rd. The U15B the best results of the day with an individual 1-2 and another team gold. In the U15G race the team were placed 3rd place team. The club took individual gold in the U17W race and bronze in the U17M race. A small number of Senior ladies also took part.

14 junior members were selected to run for Team North in Perth at the Inter-Districts event. There were some fantastic performances including a top 10 position in the U15G race.

20 junior athletes attended the National XC Championships at Calender Park in Falkirk. The club had a great day with many good performances including a fantastic individual 1st place in the U17W race. A first national champion for the club for some time (if ever). The U15B narrowly missed out on a team bronze.

The club had 1 U15B who represented Team North at the Inter Countries XC event in Loughborough in early March. In late March two U17s (1 male and 1 female) were selected to run Liverpool at SIAB XC.

Road running:

The Forres 10k back to basics race saw some junior and senior club members taking part and enjoying being back racing on the road.

The club has 5 adult runners who made the long journey to Manchester Marathon who all ran well. There was also representation in the Berlin, London and York Marathons.

The Baxters Festival of Running saw a large team of juniors and adults taking part in the 5k, with one of the junior ladies winning the female race. There were also juniors in the 10k and adults in the Marathon. The club also provided a number of volunteers for this event (marshals, lead cyclists and mascots) and was rewarded with a donation from the organisers.

The club was represented one of the clubs U17W at the Armagh 3K.

25 runners were entered into the Inverness Half 5k with a first, second and third in the male race, plus many others in the top 10. Four adults took part in the Half Marathon. The club provided 7 volunteers to support the event.

The Scottish Young Athletes Road Race took place at East Fortune, North Berwick. The club was represented by 6 athletes with a first individual place in the U17W race and a top 10 place and team bronze in the U15B category.

Two club athletes were selected to represent Scotland in the London Mini Marathon in March. Both runners did incredibly well and it was a huge achievement to be selected.

Hill & trail running:

A small crew of 6 runners braved the junior Craig Dunain Hill Race in March. There were first places in the U12, U14 and U16 categories.

ROSS COUNTY ATHLETICS CLUB

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 5 APRIL 2023

Other events:

The annual Santa Hat 5K run was replaced by the Puffin Pool New Year's Dash 5k and was very well attended. Over £800 was raised for this well used local charity.

Prior to the club awards night in March 2023 a fun trail run was organised. This was designed to be fun and included all ages and was hugely enjoyed by all who took part. Awards were given from U11 to senior age groups.

The club regularly provides volunteers to the Alness and Torvean parkruns. In addition club athletes regularly take part in parkruns across the UK and beyond.

A group of junior members of the club organised two successful ceilidh's during this period. Both were enjoyed by members of all ages, parents and volunteers.

Financial review

Reserves policy

The Trustees would like to maintain a level of free reserves sufficient to meet the statutory and other liabilities which could arise in the event of major changes in income levels. The average 3 months running costs are expected to be £3,000 and unrestricted funds were maintained above this level throughout the year, and are expected to be adequate in the financial year to come.

The trustees consider unrestricted funds to be sufficient to cover all liabilities in the event of major change in the income levels.

Principal funding sources

Our main form of funding is annual membership fees, which are set each year at the AGM. We also continually look for external funding to expand our facility. Note: This reporting year had limited income from membership fees, but in turn there was no significant items of expenditure other than Affiliation Fees and Zoom Fee to facilitate Trustee and club meetings. We also continually look for external funding to expand our facility.

Plans for future periods

Aims and key objectives for future periods

The Ross County AC main future objective and focus is to increase our levels of qualified coaches, helpers and officials to ensure we can offer the best opportunities to our members to train, develop and compete. We will do this with the support of Scottish Athletics who have been offering guidance and advice. This will also ensure that we have capacity to take on new members from our waiting list which is currently significant in number.

We also aim to increase our adult membership to pre-COVID levels. Due to changes in coaching, the club has been limited in what we can offer out with Tuesday junior training. Following on from this we hope to be able to enter adult teams in future events as was previously possible.

The club and Trustees extend thanks to the Trustees who have resigned and for their significant contribution to RCAC.

Structure, governance and management

Ross County Athletics Club is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 9 March 2016.

ROSS COUNTY ATHLETICS CLUB

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 5 APRIL 2023

The trustees who served during the year and up to the date of signature of the financial statements were:

J Ellen

A Young

S Davison

P Barlow

(Resigned 6 May 2022)

L Bell

M Carson

C Macgruer

L Ross

B Courtois-Lynch

T Quigley

Recruitment and appointment of trustees

The constitution requires that the charity have a minimum of three trustees at any one time, the maximum number of trustees is sixteen. Trustees are normally appointed at the Annual General Meeting, and all trustees are required to resign each year, although trustees are deemed to be re-elected unless they request not to be.

The Board can at any time appoint a non-member as a trustee if they are deemed to have special experience or skills that would be of assistance to the board.

The individual who signed the charity trustee declarations forms which accompanied the application for incorporation of the organisation shall be deemed to have been appointed by the members as charity trustees with effect from the date of incorporation of the organisation.

The Board tries to ensure that it comprises a mix of members, so that the charity has a variety of expertise.

Organisational structure

The Trustees and members meet on a regular basis to discuss and manage the affairs of the Charity. All meetings have returned to a face to face format and this has been welcomed by all.

The trustees' report was approved by the Board of Trustees.



J Ellen

Trustee

Date: 11/11/2023

ROSS COUNTY ATHLETICS CLUB

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 5 APRIL 2023

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

ROSS COUNTY ATHLETICS CLUB

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ROSS COUNTY ATHLETICS CLUB

I report on the financial statements of the charity for the year ended 5 April 2023, which are set out on pages 7 to 14.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustee Investments (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the financial statements as required under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the financial statements.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - (ii) to prepare financial statements which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations;have not been met or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Hollie Mackay

Hollie Mackay CA
A9 Accountancy Limited

Elm House
Cradlehall Business Park
Inverness
IV2 5GH
United Kingdom

Dated: ... 8/12/23 .

ROSS COUNTY ATHLETICS CLUB

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 5 APRIL 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
Income and endowments from:							
Donations and legacies	3	1,337	-	1,337	1,190	-	1,190
Charitable activities	4	3,861	-	3,861	1,301	-	1,301
Other trading activities	5	345	-	345	322	-	322
Other income	6	-	-	-	245	-	245
Total income		<u>5,543</u>	<u>-</u>	<u>5,543</u>	<u>3,058</u>	<u>-</u>	<u>3,058</u>
Expenditure on:							
Raising funds	7	(223)	-	(223)	(303)	-	(303)
Charitable activities	8	7,790	-	7,790	4,743	-	4,743
Total expenditure		<u>7,567</u>	<u>-</u>	<u>7,567</u>	<u>4,440</u>	<u>-</u>	<u>4,440</u>
Net expenditure and movement in funds		<u>(2,024)</u>	<u>-</u>	<u>(2,024)</u>	<u>(1,382)</u>	<u>-</u>	<u>(1,382)</u>
Reconciliation of funds:							
Fund balances at 6 April 2022		<u>7,574</u>	<u>7,000</u>	<u>14,574</u>	<u>8,956</u>	<u>7,000</u>	<u>15,956</u>
Fund balances at 5 April 2023		<u><u>5,550</u></u>	<u><u>7,000</u></u>	<u><u>12,550</u></u>	<u><u>7,574</u></u>	<u><u>7,000</u></u>	<u><u>14,574</u></u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

ROSS COUNTY ATHLETICS CLUB

BALANCE SHEET

AS AT 5 APRIL 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Stocks	11	1,425		1,203	
Cash at bank and in hand		11,785		13,734	
		<u>13,210</u>		<u>14,937</u>	
Creditors: amounts falling due within one year	12	660		363	
Net current assets			12,550		14,574
			<u>12,550</u>		<u>14,574</u>
The funds of the charity					
Restricted income funds	13		7,000		7,000
Unrestricted funds			5,550		7,574
			<u>12,550</u>		<u>14,574</u>

The financial statements were approved by the trustees on 11/11/2023


.....
J Ellen
Trustee

ROSS COUNTY ATHLETICS CLUB

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5 APRIL 2023

1 Accounting policies

Charity information

The charity is a Scottish Charitable Incorporated Organisation (SCIO).

The charity is registered in Scotland. The registered office is situated at Achnasoul Cottage, Muir of Ord, Ross-shire, IV6 7XA.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

1.4 Income

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

ROSS COUNTY ATHLETICS CLUB

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

1.6 Stocks

Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

1.7 Cash and cash equivalents

Cash and cash equivalents comprise cash in hand, call deposits, and other short-term liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees 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.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Donations and gifts	1,337	1,190

ROSS COUNTY ATHLETICS CLUB

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2023

4 Income from charitable activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Charitable activities		
Membership fees	180	1,301
Term fees	3,681	-
	<u>3,861</u>	<u>1,301</u>

5 Income from other trading activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
XC league	-	81
Sales of club clothing	345	241
Other trading activities	345	322
	<u>345</u>	<u>322</u>

6 Other income

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Other income	-	245
	<u>-</u>	<u>245</u>

7 Expenditure on raising funds

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Trading costs		
Club clothing costs	(223)	(303)
	<u>(223)</u>	<u>(303)</u>

ROSS COUNTY ATHLETICS CLUB

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2023

8 Expenditure on charitable activities

	Total 2023 £	Total 2022 £
Activity support costs		
Track and room hire	1,318	550
Equipment repairs and renewals	400	1,828
Website and other internet fees	48	54
Race entry and affiliation fees	1,786	1,599
Donations	350	100
Training and coaching course fees	1,505	340
Sundry expenses	130	272
Trophies	873	-
Social events	720	-
	<u>7,130</u>	<u>4,743</u>
Share of support and governance costs (see note)		
Governance	660	-
	<u>7,790</u>	<u>4,743</u>
	<u><u>7,790</u></u>	<u><u>4,743</u></u>
Analysis by fund		
Unrestricted funds	7,790	4,743
	<u><u>7,790</u></u>	<u><u>4,743</u></u>

Governance costs include accountancy fees which represent the independent examiners fee of £660 (2022 £nil).

9 Trustees

No trustees (or any persons connected with them) have received any remuneration or benefits from the charity during the year.

10 Taxation

The charity is considered to pass the tests set out in paragraph 1 schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

11 Stocks

	2023 £	2022 £
Stocks	1,425	1,203
	<u><u>1,425</u></u>	<u><u>1,203</u></u>

ROSS COUNTY ATHLETICS CLUB

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 5 APRIL 2023

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	660	363

13 Restricted funds

Restricted funds - the balance at the year end relates to a Grant received towards the construction of an indoor pole vault and jump track.

	At 6 April 2022 £	At 5 April 2023 £
	7,000	7,000
Previous year:	At 6 April 2021 £	At 5 April 2022 £
	7,000	7,000

14 Unrestricted funds

	At 6 April 2022 £	Incoming resources £	Resources expended £	At 5 April 2023 £
General funds	7,574	5,543	(7,567)	5,550
Previous year:	At 6 April 2021 £	Incoming resources £	Resources expended £	At 5 April 2022 £
General funds	8,956	3,058	(4,440)	7,574

15 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total Unrestricted funds 2023 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 5 April 2023 are represented by:					
Current assets	6,633	7,000	13,633	7,937	14,937
Current liabilities	(550)		(550)	(363)	(363)
	<u>6,083</u>	<u>7,000</u>	<u>13,083</u>	<u>7,574</u>	<u>14,574</u>

ROSS COUNTY ATHLETICS CLUB

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 5 APRIL 2023**

16 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).
