

ATHLETICS INCLUSIVE

JULY - SEPTEMBER 2021

Welcome to the third edition of the quarterly equality, diversity and inclusion news from UK Athletics, Athletics Northern Ireland, England Athletics, Scottish Athletics and Welsh Athletics.

PARA INCLUSION

Para Athletics series - England Athletics

England Athletics, in partnership with British Athletics, continue to deliver the Para Athletics webinar series throughout the Autumn- covering a whole range of topics and free of charge! Following a short break for the summer and the Tokyo Paralympics in September, the webinar series will resume with a range of online sessions taking place each month throughout Autumn/Winter and into 2022. The topics that will be covered in the webinar series will include:

- Wheelchair Racing (An Introduction / Athlete Development (Athletics365) / Chair Mechanics and Maintenance)
- Amputee running information covering Beginner/ Participation, Speed and Endurance
- Para Sprints, Endurance, Jumps and Throws
- FrameRunning



For more information and to book a webinar visit the [England Athletics website](#).

Paralympic Success - Scottish Athletics

The Paralympics in Tokyo was a fantastic Games for the Scottish Athletics athletes competing, with six medals coming home, and strong performances showing real depth across the nine athletes:

- Jo Butterfield - 4th in the F51 Seated Club Throw
- Libby Clegg (with Chris Clarke) - SILVER in the Universal Relay (also competed in the 200m and finished 3rd in her heat, did not progress to final)
- Sammi Kinghorn - SILVER in the T53 400m, and BRONZE in the T53 100m
- Maria Lyle - BRONZE in both the T53 100m and 200m
- Owen Miller - GOLD in the T20 1500m
- Derek Rae - 9th in the T46 Marathon
- Stef Reid - 4th in the T64 Long Jump Final
- Ben Rowlings - 8th in the T34 800m Final, 9th in the T34 100m final
- Melanie Woods - 5th in the T54 800m Final, PB in the T54 400m heats (did not progress to final)



PARA INCLUSION CONT.

Para Athletics Training Sessions

Athletics Northern Ireland continue to deliver our Para Athletics Training Sessions, with new dates added for October 2021- April 2022

The sessions are free and cater for athletes aged 12 and above. The sessions are suitable for beginners, as well as developmental athletes.

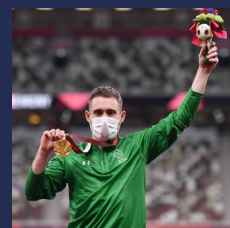
Find out more here: <https://athleticsni.org/Athletes/Para-Athletes>

Paralympic Success- Athletics Northern Ireland

Athletics Northern Ireland were represented by two athletes at the Tokyo Paralympic Games, both running for Team Ireland: Jason Smyth and Michael McKillop.

Jason Smyth won his sixth Paralympic Gold medal and his fourth consecutive gold in the Men's T13 100m, finishing in 10.53. This adds to Jason's impressive collection of Paralympic Gold Medals, having won the Men's 100m and 200m in Beijing and London, and retained his 100m title in Rio.

Michael McKillop, four-time Paralympic gold medallist, ran in the Men's T38 1500m, finishing in 8th place in 4:27.69.



PARA ATHLETES AT THE TOKYO PARALYMPIC GAMES

The para athletes were out in force in Tokyo and made the nation proud as they represented ParalympicsGB and picked up around 20% of the overall team medal count! Here is a review of their performances at this summer's Games.... in numbers!

2 WORLD RECORDS SET BY BRITISH PARA ATHLETES

14 LIFETIME BESTS SET BY TEAM MEMBERS

6 CONSECUTIVE PARALYMPIC GAMES WHERE DAN GREAVES HAS WON A MEDAL IN THE DISCUS

7 PARALYMPIC MEDALS WON BY HANNAH COCKROFT

24 MEDALS OF ALL COLOURS WON BY THE ATHLETICS TEAM

9 GOLD MEDALS WON BY THE TEAM

54 TOP-EIGHT FINISHES



DIVERSITY IN SPORT

Scottish Athletics are delighted to be shortlisted for the Herald & GenAnalytics Diversity Awards for Diversity in Sport. The awards recognise organisations and individuals actively promoting diversity in all its forms. Our nomination comes on the back of work carried out by our Equality and Diversity Advisory Group, and other across the sport, to increase and support participation by people from a wide variety of backgrounds. Among the projects mentioned in our nomination are our world-leading move to allow non-binary entries in licenced athletics events; the Community Strides project carried out by jogscotland with partners SAMH, to make jogscotland more accessible to people from ethnically and culturally diverse communities, and #OnTheRightTrack, our programme to use running and athletics to improve the lives of people and communities.

The nomination also recognises the ways in which ED&I are embedded into our everyday work, such as the progression of para inclusion in our events, the equalisation of cross-country distances for male and female athletes, and the production of equality guidance for clubs. The winner will be announced on 7 October.

MENTAL HEALTH AND WELLBEING

Scottish Athletics

During July and August, the Scottish Association for Mental Health (SAMH) took part in Get Into Summer, a campaign from the Scottish Government and Parent Club to encourage young people to socialise, play and reconnect within their local communities. Together with Basketball Scotland and Netball Scotland, scottishathletics were delighted to work together with SAMH on this campaign, providing a summer programme of physical and mental health activity for young people aged 11-19 years old, at 24 community-based clubs across Scotland.



scottishathletics identified eight athletics clubs, who were delivering summer programmes, to receive financial support to open up more spaces in their programmes, and thread the new SAMH '5-ways to wellbeing' resource through their athletics sessions.

This programme had significant success, with the feedback being that clubs were able to remove the financial barrier to participation in their summer programmes, but the children and young people also greatly appreciated the opportunity to discuss their mental health whilst also returning to some form of physical activity and organised sport.



LET'S TALK ABOUT MENTAL HEALTH SERIES

The latest 'Let's Talk About Mental Health online session' took place on Monday 20th September. This was a speaker event in September with former GB athlete Jack Green. The next event will be a panel session in November. For more information or to register for booking information visit the [England Athletics website](#).



GRANGETOWN 2 TRACK #G2T YOUNG LEADERS WORKSHOP A SUCCESS!

This month Welsh Athletics worked with the Grange Pavilion & Grange Youth Forum to deliver a Leading Athletics workshop to young people from the local community. Amhed, Aymen, Spragga, Waseel, Amin, and MB (aged between 16-19) learnt new skills and enhanced their existing communication and organisational skills in order to deliver fun and engaging athletics activities to children. These individuals will support local coaches from Cardiff Athletic Academy with the remaining sessions at Grange Pavilion and it is hoped that they will progress on to continuing these sessions in the future, increasing the opportunity for children to get involved in athletics in the Grangetown area. In the future it is hoped that the new leaders will have the ambition to enhance their own personal development by completing a recognised NGB leadership certification.

This project has been part of a wider initiative to bring athletics to the children of Grangetown and is the start of a new partnership between Cardiff Athletics and Grange Pavilion.



INCLUSION

UK ATHLETICS - FREE TRAINING FOR WORLD SUICIDE PREVENTION DAY

On 10th September England Athletics came together with organisations and communities around the for World Suicide Prevention day to raise awareness of how we can create a world where fewer people die by suicide. We know athletics and running can support better mental health and so we encouraged everyone involved in the sport to take the [FREE 30 minute Zero Suicide Alliance Social isolation and suicide awareness training here](#) for a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts. The training is available all year round so why not take it too?

SCOTTISH ATHLETICS - NATIONAL CLUB CONFERENCE

The scottishathletics National Club Conference is taking place on Saturday 9th October, with diversity and inclusion very much part of the agenda. There will be presentations on Youth Forum, Para Sport and the #OnTheRightTrack (Changing Lives) programme. The scottishathletics Equality and Diversity Advisory Group are hosting one of the workshops, presenting on the role of the Group and the revised Equality Guidance for Clubs. The keynote speaker for the Conference is Paula Dunn, UKA's Paralympic Head Coach.

DID YOU KNOW?

Scottish Athletics

The 4J Studios Age Group Championships in Aberdeen on the 28th and 29th August 2021, saw the highest numbers of entrants in U15 Girls since 2017 and likewise in the overall U20 Category.

The Masters Championships at Kilmarnock in July, saw three records broken: Fiona Matheson - W60 British Record, 1500m; Mark Gallacher - M50 Scottish Record, Steeplechase; Jim Buchanan - M55 Scottish Record, Steeplechase.

WHAT'S ON?

SCOTLAND

OCTOBER

M	T	W	T	F	S	S
				1 ST	2 ND	3 RD
4 TH	5 TH	6 TH	7 TH	8 TH	9 TH	10 TH
11 TH	12 TH	13 TH	14 TH	15 TH	16 TH	17 TH
18 TH	19 TH	20 TH	21 ST	22 ND	23 RD	24 TH
25 TH	26 TH	27 TH	28 TH	29 TH	30 TH	31 ST

KEY





Scottish Athletics National Club Conference

DIVERSITY CALENDER

OCTOBER

M	T	W	T	F	S	S
				1 ST	2 ND	3 RD
4 TH	5 TH	6 TH	7 TH	8 TH	9 TH	10 TH
11 TH	12 TH	13 TH	14 TH	15 TH	16 TH	17 TH
18 TH	19 TH	20 TH	21 ST	22 ND	23 RD	24 TH
25 TH	26 TH	27 TH	28 TH	29 TH	30 TH	31 ST

KEY

-  World Mental Health Day
-  Black History Month

DECEMBER

M	T	W	T	F	S	S
		1 ST	2 ND	3 RD	4 TH	5 TH
6 TH	7 TH	8 TH	9 TH	10 TH	11 TH	12 TH
13 TH	14 TH	15 TH	16 TH	17 TH	18 TH	19 TH
20 TH	21 ST	22 ND	23 RD	24 TH	25 TH	26 TH
27 TH	28 TH	29 TH	30 TH	31 ST		

KEY

-  Rainbow Laces

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RESOURCE CORNER

- [BELIEVE PERFORM](#)
- [DISABILITY CONFIDENT SCHEME](#)
- [THE EQUALITY STANDARD A FRAMEWORK FOR SPORT](#)
- [UKA DIVERSITY ACTION PLAN](#)
- [ENGLAND ATHLETICS DIVERSITY ACTION PLAN](#)
- [SCOTTISH ATHLETICS EQUALITY STANDARD ADVANCED LEVEL REPORT](#)
- [GUIDANCE FOR INCLUSION OF TRANSGENDER PEOPLE IN SPORT](#)
- [DIVERSITY ACTION PLAN UPDATE OCTOBER 2021](#)