

# ATHLETICS INCLUSIVE

## JANUARY 2023 UPDATE

(COVERING JULY - DECEMBER 2022)

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

### COMMONWEALTH GAMES BIRMINGHAM 2022



*It was a record-breaking Commonwealth Games for Team England including a first ever gold medal in the wheelchair marathon. In total 12 medals were won with 4 of them being gold.*

*Nathan Maguire GOLD T53/54 1500m*

*Hannah Cockroft GOLD T33-34 100m*

*Emmanuel Oyinbo-Coker GOLD T45-47 100m*

*Johnboy Smith GOLD wheelchair Marathon*

*Daniel Sidbury SILVER T53/54 1500m*

*Zac Shaw SILVER T11/12 100m*

*Kare Adenegan SILVER T33-34 100m*

*Sophie Hahn T37/38 SILVER 100m*

*Eden Rainbow Cooper SILVER - wheelchair marathon*

*Fabienne Andre BRONZE T33-34 100m*

*Ola Abidogun BRONZE T45-47 100m*

*Simon Lawson BRONZE - wheelchair marathon*

*The Commonwealth Games in Birmingham was a fantastic Games for the scottishathletics athletes competing, with two medals, and strong performances showing real depth across the five athletes:*

*Sean Frame (Joyce Rammell) SILVER T54 Marathon*

*Samantha Kinghorn (Rodger Harkins) BRONZE T54 1500m*

*Ross Paterson (John Kinder) T38 100m*

*Alexander Thomson (Chris Baillie) T38 100m*

*Mel Woods (Rodger Harkins) T54 1500m*

*There were three medals for Welsh athletes including:*

*Aled Davies GOLD Discus Throw F42-44/61-64*

*Olivia Breen GOLD T37/38 100m*

*Harrison Walsh BRONZE Discus Throw F42-44/61-64*



# INCLUSIVE CHAMPIONS

## JIM HUNTER - PERTH STRATHTAY HARRIERS

Jim is President and Inclusion Coach at Perth Strathtay Harriers and has been steeped in our sport for many years.

Working across scottishathletics, Scottish Disability Sport, and Perth Strathtay, Jim has been the driving force behind the development and success of the club's inclusion group for young people and adults with disabilities and additional support needs.

He competed for the club before moving into coaching four decades ago and has been club president for ten years.

Perth Strathtay Harrier's vision is: "To develop an informed, educated and inclusive athletics community and create a clear pathway to ensure that people of all abilities are supported to participate, progress and perform in athletics"

The club works with a large group of athletes with a physical, sensory and/or learning disability. The club has a simple approach: coach the athlete, not the disability. This ethos applies to athletes training and competing regularly from grassroots to international level. During lockdown, the club creatively engaged athletes, families and carers in both physical and social activities, stimulating mental health as well as physical health. Athletes worked remotely; training plans were adapted; and on-line social events were successfully organised to keep everyone engaged.

From grassroots through to high performance, Jim has provided support and encouragement which has benefited athletes across the country.

Beyond his work with his local club, he is also a UK Special Olympics Team Coach, a founding Trustee of the 'Physical' Sports charity, raising money to help youth sport in Perth and Kinross, and works closely with Perth Autism Support, the Blind Society, SHIP (Support, Help & Integration in Perthshire) and Perth & Kinross Disability Sport.

In recent years, Jim has been recognised with several prestigious awards including:

BEM: Queen's Birthday Honours, June 2022 for Services to Inclusion in Sport.

Lifetime Achievement Award: sportscotland Coaching, Officiating and Volunteering (COV) Awards, October 2022, in recognition of his longstanding commitment to making athletics more accessible to people of all abilities

Lifetime Achievement Award: UK Coaching Awards, November 2022

At the Scottish Athletics Annual Awards in 2020, Perth Strathtay Harriers were the inaugural winners of the Janice Eaglesham MBE Para Development Club of the Year.

On winning the COV award, sportscotland said 'Jim has guided and supported generations of young people over many decades, motivating and inspiring those around him to get involved in sport at all levels,'

Jim said: "I love taking part in sport and like so many volunteers, an experienced coach one day asked me to come along and help out and it's been like that ever since - I've been coming along and helping out with various groups.

"When you get that little glimmer of a smile on the little one's - or not so little one's - faces, that's what seems to tick my box."

[Jim Hunter - Lifetime Achievement Award 2022 Video](#)



# INCLUSIVE CHAMPIONS

## TASHA THOMPSON - BLACK GIRLS DO RUN UK

To mark this year's Black History Month, we caught up with Tasha Thompson, founder of Black Girls Do Run UK - an affiliated club and running community celebrating black women in London. Formed in 2019, Black Girls Do Run UK aim to inspire, encourage, and motivate black women to enjoy exercising regardless of ability as a running family.

### What is the story behind BGDR?

"I had been running for 20 years at the time, and whenever I attended races which I had been doing since 1999, I didn't see many women who looked like me at the start line, so I started to try and do something about it by creating the Black Girls Do Run Instagram page to create more visibility of regular black women running.

"You can't be what you can't see! Our mottos are live, laugh, run and no one is left behind. It encourages us to be together, to run together regardless of our running ability, regardless of how fast or slow we run, we encourage each other, and we champion each other."

### Let's hear from the Black Girls Do Run UK community!

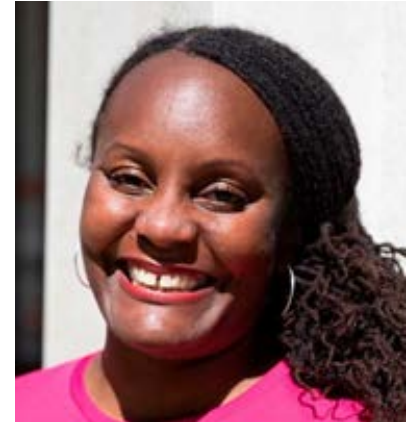
Only beginning in 2019, the work of Tasha and the other Run Leaders have been phenomenal growing in size and impacting the lives of black women, giving them confidence in their running. Don't just hear it from us! Here's some of the wonderful Black Girls Do Run UK community to tell us all about it:

"Black Girls Do Run UK (BGDRUK) has not only created a community supporting black female runners but has become a hub that has birthed confidence and has shaped the way black women show up in the run space. BGDRUK for me has become a movement that I see as transforming black women's lives and giving us a space to be seen, heard, and respected amongst our running peers.

"The extra bit about being part of BGDRUK is that I am with women who can sympathise with how I feel to be part of a minority group in the running community. That means a lot to me.

"BGDRUK gives me so much support and inspiration and has changed my life in so many positive ways. Knowing I'm part of a family of runners just like me keeps me motivated and connected, and I feel blessed to have found them."

[Watch the full interview here.](#)



# INCLUSION

## SCOTTISHATHLETICS - 4JSTUDIOS ANNUAL AWARDS

Commonwealth Games silver medallist, Sean Frame, won Para Athlete of the Year at the 4J Studios Annual Awards Dinner in October.

In 2022, scottishathletics introduced a Para Athlete Performance Coach of the Year award for the first time, with the title this year going to Rodger Harkins, who is coach to Samantha Kinghorn and Melanie Woods.

Aberdeen AAC were the deserved winners of the Janice Eaglesham MBE Para Development Club of the Year. Presented in memory of the late Janice Eaglesham, this award recognises the innovation shown by clubs to develop athletics provision for, and the performances of, athletes with a disability. Para-athletes are fully integrated into Aberdeen AAC, both in training and competition. The club also assists athletes to attend events, often helping to arrange the transportation of equipment, and fundraises to ensure that each frame runner or wheelchair athlete has their own frame or racing chair. Club members have helped to organise events with Grampian Disability Sport, and coaches have trained college students to help to deliver para-events.

Aberdeen AAC also won Track and Field Club of the Year and were nominated for the Impact Club of the Year for their work with high-SIMD communities across the city.

Aberdeen AAC worked with Scottish Disability Sport on these two short films to demonstrate how they have included para-athletes in their activities:

[https://youtu.be/\\_VFokbXwOnM](https://youtu.be/_VFokbXwOnM)

<https://youtu.be/ZCryBBf0-5A>



## ENGLAND ATHLETICS - PERSONAL BEST FOUNDATION

England Athletics has officially launched its Personal Best Foundation - a new charity that uses the power of athletics to support disadvantaged children and young people across England.

Last month Sports stars, friends of athletics, and special guests gathered in London for an evening of celebration to show their support and help raise vital funds for the Foundation.

Olympic and Paralympic athletes Christine Ohuruogu, Kelly Sotherton, Marilyn Okoro, and Vanessa Wallace were among those attending Drapers' Hall for the event, which helped shine a light on the challenges facing 4 million children across the UK living with inequality and poverty.

If you'd like to help change young lives through athletics, please donate and help get the Personal Best Foundation off the starting blocks via [www.personalbestfoundation.org.uk](http://www.personalbestfoundation.org.uk)

## UKA & ENGLAND NETBALL - MENTORING PROGRAMME

After its launch in January 2021, a successful first year of the mentoring programme partnership between UK Athletics and England Netball has concluded.

Six mentors from UK Athletics worked with six mentees from England Netball, working across the different operational departments at the respective Governing Bodies: in performance, communications, Human Resources and Finance.

Following on from a similar partnership between UKA and the ECB in 2020, this was a continuation of development and networking for employees at the organisation.

The group were able to share best practice, learn from each other and continue to develop and upskill their mentees. Feedback from both organisations has been very positive with both mentors and mentees valuing the opportunity to develop personally and professionally.

# INCLUSION

## SCOTTISHATHLETICS - ATHLETICS TRUST SCOTLAND YP FORUM

In early October, Athletics Trust Scotland (ATS) announced sponsorship support for the scottishathletics Young People's Forum (YPF). The YPF is a national group established in December 2021 to give young people in athletics a platform and voice in all aspects of the planning, development, and delivery of the sport in Scotland.

Now ATS will support the YPF and contribute to costs associated with the ongoing running of the forum including the first ATS YPF National Conference due to take place in spring 2023.

YPF lead member Erin Gillen said: 'Our two main aims are to look at the retention of young people in the sport, and mental health within the young athletes.'

Support from ATS for our Conference helps us plan for that event which will look at these aspects among others. The YPF is already showing we have an enthusiastic, talented and diverse group of young people who want to change athletics for the better and we hope our sport can support their vision.'

At the 2022 National Club Conference, the ATS YPF delivered their own workshop on the importance of young people in athletics, and how we can formally involve them in all levels of decision making. A few of the forum members also shared their own stories and experiences, attributing their involvement in the ATS YPF project to some of their personal successes and achievements. Further details on the ATS YPF Conference will be announced in due course.



## SCOTTISHATHLETICS - MASTERS

Scottish Veteran Harriers Club teams represented Scotland at the British and Irish Masters XC in Ireland. The Dublin event was the first time the international meet has been staged for three years and there were several superb medals for the Scots.

There were lots of highlights, in fact, including an eighth title in these championships for Fiona Matheson in the W60 category. And Alastair Walker's victory at M65 was notable for the staggering winning margin as the Teviotdale Harrier finished a full two minutes ahead of the best of the rest.

There was also a Scottish 1-2-3 at M70 led home by Tony Martin.

Scottish Female Individual Medallists:

- W40: Gold for Sara Green
- W45: Bronze for Carol Parsons
- W55: Silver for Ana Richardson
- W60 Gold for Fiona Matheson
- W65: Silver of Jane Kidd; Bronze for Isobel Burnett
- W70: Bronze for Jeanette Craig

Scottish Male Individual Medallists:

- M40: Gold for Mark Doherty
- M65: Gold for Alastair Walker
- M70: Gold for Tony Martin; Silver for Andrew McLinden; Bronze for Alex Sutherland



Photo via Athletics Weekly

# INCLUSION

## WELSH ATHLETICS - GUIDE RUNNING WORKSHOPS

The Welsh Athletics Guide Running Workshop has been developed in partnership with Disability Sport Wales with contribution from Guide Dogs Cymru.

The 2-hour workshop is a mixture of theory and practical activities and provides attendees with information and experience in supporting visually impaired people to run.

Those who complete the workshop with an up to date and valid Leadership in Running Fitness qualification will have the opportunity to join a Welsh Athletics / Run Wales register of recognised Guide Runners.

In 2022, 8 Guide Running Workshops were delivered, upskilling 45 leaders in how they can make sessions VI friendly and how to guide runners safely.

## DID YOU KNOW?

jogscotland's Menopause Friendly campaign won the Scottish Women in Sport Inspiration Award 2022 in recognition of ground-breaking project to raise awareness within jogging groups.

## CONTACTS

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## WELSH ATHLETICS - RUNWALES GROUP OF THE YEAR

Just Run Penybont have taken a fully inclusive approach to social running this year. They have set up a specific group for visually impaired runners in their area, run a specific group for mens' mental health and carry out a number of fundraising events for charities including MIND.

At a time when so many are recovering from a difficult 2 years, this group have helped so many to make lifelong friends through running. It is for these reasons that they were recognised as the Run Wales Group of the Year at the recent Welsh Athletics Awards evening. Huge congratulations to all involved with the group!



## 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](#)
- [SCOTTISH ATHLETICS EQUALITY, DIVERSITY AND INCLUSION GUIDANCE FOR CLUBS](#)
- [RUN WALES GUIDE RUNNING SUPPORT](#)

# WHAT'S ON?

## ATHLETICS INCLUSIVE CALENDER

### JANUARY

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

**18 JAN**

#### England Athletics

Para Athletics Webinar Series - Para Jumps  
Wednesday 18 Jan 7.30pm - 9.00pm

[BOOK HERE](#)

**22 JAN**

#### scottishathletics

4JStudios scottishathletics Indoor Super Teams

### FEBRUARY

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

**FEB**

#### LGBT HISTORY MONTH

**12 FEB**

#### scottishathletics

4JStudios scottishathletics National Indoor Masters Champs & Para Success

### MARCH

M	T	W	T	F	S	S
		1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>
6 <sup>TH</sup>	7 <sup>TH</sup>	8 <sup>TH</sup>	9 <sup>TH</sup>	10 <sup>TH</sup>	11 <sup>TH</sup>	12 <sup>TH</sup>
13 <sup>TH</sup>	14 <sup>TH</sup>	15 <sup>TH</sup>	16 <sup>TH</sup>	17 <sup>TH</sup>	18 <sup>TH</sup>	19 <sup>TH</sup>
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27 <sup>TH</sup>	28 <sup>TH</sup>	29 <sup>TH</sup>	30 <sup>TH</sup>	31 <sup>ST</sup>		