

**UKMC
Sunday 5 July 2015
UKA, Alexander Stadium**

Attendance Lynn Davies
 Ed Warner
 Niels de Vos
 Kevan Taylor
 Roger Simons
 Wendy Haxell
 Keith May
 Keith Reed
 Leslie Roy
 Roy Corry
 Peter King
 Carol Anthony
 Sarah Coffey

Apologies: Nigel Rowe
 Jason Gardener

Welcome & Apologies

LD welcomed everyone to the meeting. Apologies were received from Nigel Rowe & Jason Gardener.

Minutes of meeting 20 February 2015

These were approved as a true record of the meeting, with the small changes highlighted.

Matters arising from meeting 20 February 2015

There were no matters arising

Volunteer Representatives

Officials Representative – Wendy Haxell

Taken as read – see Appendix I

- Clubs need to encourage officials to continue up the gradings after they have been on Level 2 courses.
- Malcolm Rogers re-elected as Chairman of Technical Advisory Group

- Official conference on the 19 April was well attended with the WIWA also taking place the same weekend.

WH raised concern on the lack of officials due to clashing of meetings. RS suggested that Nigel Holl picks up the lack of officials as part of his strategy role. **Action:** NH

Coaches Representative – Keith Reed

Taken as read – see Appendix II

- Peter Stanley has now changed his role within coaching but still chairs the Coach Education Steering Group. Coaching Development is now the role of the Home Countries
- The new Coach Development pathway has been well received.

KM asked about the “event specialist” coaches and other technical events. **Action:** KR to discuss with Peter Stanley.

Clubs Representatives – Keith May

Taken as read – see Appendix III

- Home Countries saw an increase in entries for their championships this year, especially in the young age groups.

A discussion on the age groups proposed rule changes took place with a feeling that the issues are more related to the cross country and the timing of the season. Feedback on age groups is to be provided to HCAF Boards for feedback through CEO Forum before a recommendation to the UKA Board.

RS updated on the remaining rule changes; feedback from the sport is expected by 27 July.

Off Track Representative – Nigel Rowe

No report

Home Country Reports

England Athletics Report – Peter King

Taken as read – see Appendix IV

- New 3 year kit sponsorship launched with New Balance; IHG Hotel Group also launched as a membership benefit.

- 2.2m people are taking part in athletics and running in England (1x30mins) a week over the age of 16. Participation has increase again in the last 12 month period.
- 142,000 registered club athletes and c. 1600 clubs and member bodies at 31 March 2015.

Scottish Athletics – Lesley Roy

Taken as read – see Appendix V

- 4 Scottish Athletes have been selected for World Youth Games, 6 for CWG Youth Games and the Hill Running team had 2 senior men winning medals.
- Recent internal restructure of the Governing Body, primarily affecting the Development Team, with the changes consistent with the strategic plan “Perform when it Counts” and the driving factor to increase focus on athletics clubs across Scotland.

Welsh Athletics – Carol Anthony

Taken as read – see Appendix VI

- Welsh Athletics focus in recent months was on its social running strategy, looking to engage the health department of Welsh Government in recognising the health benefits of running.
- The Active Adult Survey results indicate an increase in number of runner in Wales from 6.9% in 2009 to 13.5% in 2014, equating to almost 250,000 runners.
- World Half Marathon will be hosted by Cardiff in 2016.

Athletics Northern Ireland – Roy Corry

Taken as read – see Appendix VI

- Tom Crick has been appointed as Director of Coaching & Athlete Development and commenced on 1 July.
- Belfast Airport race, sponsored by Grant Thornton was very successful with positive feedback. 500 people took part and aiming to increase to 700 for 2016.
- Registrations have increased and up 62%.

Chairs Report

Report taken as read

EW updated the Council on the agreement with Grant Thornton as part of a partnership arrangement. Currently two staff (Executive Assistant & Financial Controller) has been seconded. Support is also being sought for coaching.

Greg Rutherford Long Jump Record – EW reported on the communication with England Athletics on the processes for ratification. PK felt that TAG was not in a position to ratify records. RS confirmed that the question was asked through the UKA Board giving the Technical Advisory Group authority to ratify records. PK said he would be happy for TAG Terms of Reference to ratify records in future.

EW updated on the Panorama programme in to Alberto Salazar. A decision by UKA Board was agreed to carry out a review into the Oregon Project. This would be carried out by UKA Non Executives Jason Gardener, Sarah Rowell & Anne Walfula Strike. The UKA Board will review at a Board meeting on 27 July with a summary statement before the World Championships.

CEO Report

Report taken as read

2015/16 Annual Budget

KT presented the 2015/16 budgets to the Council showing a projected surplus of £1m for the financial year.

The income for 2015/16 is expected to be £28m, an increase of £6m due largely to the Anniversary Games and London 2017. There are risks and challenges to meeting this including delivering a successful Sainsbury's Anniversary Games in the Olympic Stadium.

2015 Elections

KT provided an Election timetable with details of the UK Members Council Elections. There are 5 positions vacant at the 2015 AGM and the process for this would start during July. The appointments panel would consist of Ed Warner, Carol Anthony, Lynn Davies and Richard Worth (Senior NED UKA Board).

Jason Gardener is the preferred candidate for President to replace Lynn Davies.

A number of potential candidates have been approached for the position of Vice President and EW asked if the Council felt there were other names they would like to see in the mix to feedback to him before 29 July.

The Electoral Reforms Service will invite clubs to submit nominations from 27 July with nominations closing 7 September. If a ballot is required papers for this will be issued on 30 September with the ballot closing 16 November. The outcomes of the elections will be announced at the AGM in December.

EW asked the Council if they would support the proposal to invite Lawrence Clarke to be the Athlete Representative on the Council (to replace Helen Clitheroe). The Council agreed unanimously. **Action:** SC/LD to invite Lawrence to the AGM in December.

Any Other Business

There was no other business

Date of next meeting

Friday 2 October – 10am Athletics House, Alexander Stadium, Birmingham

APPENDICES

Report by Wendy Haxell, Technical Officials representative UKA Members Council Meeting July 2015

Level 5 meetings

Rules review is ongoing with Roger Simons leading.

Drop outs from selections are being monitored. Some reasons are valid but others show that commitment to a meeting is not a hard and fast decision.

Level 4 and 3 meetings

The list for people for this level remains as the non-IMO list but some IMO may be used when necessary.

Regional meetings

Length of day will need to be addressed if new licencing regulations come in for 2016. Need to try to get more officials to support their regional meetings. Officials gain their grading but often only require it for their club meetings.

Club meetings

Clubs still need to encourage their officials to continue up the gradings after they have been on the level 2 courses.

A survey of tutors was to have been carried out with the aim of tidying up the list. The Education committee are still looking at this. No list has appeared as yet.

Because the COFSECS often know when courses are needed they would appreciate the list so that they can organise more for course cover. It appears that the material for courses is now produced by an outside agency. The booking of this material needs to be clear as my package was only being packed on the day I expected to have received it by.

It perhaps needs a meeting across all the areas to talk further about responsibility and who is generating the drive for educative processes that will help us to gain more officials and to deliver this education.

Tutors need to be aware of all the changes to the forms and how upgradings are done and who by. Numerous enquiries are handled because people are unclear as to where to send their forms. Many of the officials would like an easy to use web site which contains the information in an easily accessed manner. Some things can only be found on the England website and not British athletics site.

H/S should have been on line with self-assessment this April. It would appear not to be the case as I have recently tutored one.

The website is still not being updated. Lists of officials in particular are never altered when changes are made.

There is still the problem of clashing meetings. Selections for the indoor meetings have proven this. The outdoor meetings have also been a problem. The statement that we have plenty of officials is not true if you put all the meetings on at the same time. The timing of meetings also has to be considered wrt age groups etc who may be on summer holiday.

Welfare issues

The new policy and procedure issued to officials has caused much consternation.

The petrol allowance has been adjusted slightly. There is a 300mile cap instead of 250 which means it is more in line with ancient procedures.

The lack of single rooms is still the main issue. There are a large number of people who will not share and they are now paying £30 a night in order not to do so. When one official asked at a hotel what the difference was for a double or single room they were told there was no difference and no supplement to pay so why was a supplement being charged... surely the supplement payable should be relevant to the hotel being used so for some it may be 25 others 30 etc.

SAG will be single rooms as we are in a University.

Rule Book

The initial revision of the rule book for 2016 was circulated to certain people for comment by 13 February. The committee will look at any comments made and then a wider circulation will occur. Any contentious issues may need further looking at...e.g. age groups but the final decisions will be made in the Autumn.

Rule book... work done by TAG (led by RS) combining IAAF and UKA rules. Each section will have a supplement. Intention is to vote in August if any controversial rules.

General

Malcolm Rogers re-elected as chairman of TAG.

Roger Simons is retiring as organiser of peer group meetings from January 2016.

TAG Looked at length of day... CA likely to create a permit recommendation so that 8hr length of comp. is max. Competition strategy group will look at this. If longer then suggest bringing in another team or add another day. Implications have to be looked at but all in favour of cutting length of day.

Timekeepers... still need to review numbers allocated to meetings.

Starter/Assistant starters also needs to be looked at as they are getting more meetings than just the 2 that most other officials get.

Officials conference 19 April... Well attended, venue same as last year and very good.

WIWA also took place that weekend but they did not get involved in the main conference. A young officials conference also took place.

Wendy Haxell 2015

UK Members Council
Coaching Report
June 2015

KPI 1: Win more medals to inspire the public

The indoor season finished well with good medals success in Prague. Unfortunately the summer season has not been so good with a below par performance at the European Team Championships and the negative stories around drug use. The positive side has been the emergence of new talent and this well demonstrated at the England U20/U23 Championships at Bedford. Unfortunately this type of event goes mostly unnoticed by the public. Our coaches are doing a great job in preparing our athletes for this summer season and we hope we can have a very successful World Champs in Beijing later in the summer.

KPI 2: Stage great events to engage the public

We hope that with the Olympic stadium now ready for use, the Anniversary Games will be well attended and really capture the same atmosphere as it saw in 2012. We must make sure that our 'star' athletes do attend meetings as they are what the public pay to see.

This can be difficult at times but it is vital we try and get the best value for money for the public. It also inspires the up and coming athletes if they can compete against established international athletes. The coaches also need motivation to continue their hard work and this is gained by seeing their athletes competing at the highest level they can against the best in the world.

KPI 3: Increase participation to build an athletic nation

The most recent the Active People survey showed that once again participation in Athletics is increasing and also that it has shown a steady growth since 2006. Track and Field participation is also up slightly which is interesting because anecdotal evidence seems to conflict with this. There are still too many track and field competitions and it does need to be resolved. There is a Competition Working group who are meeting regularly and we await their findings and recommendations. We must ensure athlete development is put before club loyalty.

Peter Stanley has now changed his role within coaching but he is still chairing the Coach Education Steering. Coaching Development is now the roles of the Home Countries. The Coach Education Steering Group continue to guide this important sector and the group has Coach Development representatives from all four Home Countries as well as their Coach Education Leaders. They also have representation

from the EA Board as well as the England Council Members. Martin Rush has joined the group as the Lead for England and Mel Hainke represents UKA along with Peter. The group have created the new Coach Development Pathway illustration and commentary related to it. Which has been published on uCoach.

Areas being looked at are Insurance issues related to Olympic Lifting/Weight Exercises. They will also be discussing Wheelchair Racing and issues surrounding licensing within the new structure, as prior to 2012 there was no qualification.

An important role of the group is to value the **Quality of coaching knowledge** which our coaches should possess, as well as trying to strike a balance to support our Clubs with an appropriate **Quantity of coaches** to facilitate their requirements based on participation.

Delivery of all Coach Education Courses will now be carried out by the respective Home Countries. British Athletics is creating a structure to allow support and quality assurance to be monitored for all four Countries to ensure consistency of presentation and content across the UK. Tutors previously employed by British Athletics, will now be employed by the H.C.s and the numbers will be increased to accommodate local demand.

Internal Verifiers and Quality Assessors are being trained to support existing and new tutors.

Changes are also happening in Scotland with a review underway which includes Coach Development

KPI 4: Host the `best ever` World Championships to make the country proud

The time is now getting short and it hoped that we can have a really good World Championship this year which will raise the public interest in both the sport and the event in 2017.

The coach and athlete development outlined above will be vital to the success at the event so we need to ensure they are monitored for their success on a regular basis.

Key Philosophies

1. All strategic decisions should be driven by the support of the Athlete Development Model (ADM)

The changes to the Coaching Development Pathway (see Appendix) are driven by the ADM and as outlined we need to ensure coach development is maintained without compromising the safety and welfare of coaches and athletes. This means

coaches must be qualified to and licensed to coach the events and fully covered by insurance

2. To be Britain`s best Olympic and Paralympic sport in everything we do.

The Olympics in Rio are just a year away and it is time to make sure our sport has an excellent public image. It is difficult when Athletics is in the headlines for the wrong reasons.

Thankfully there is still enthusiasm from our young athletes and our coaches.

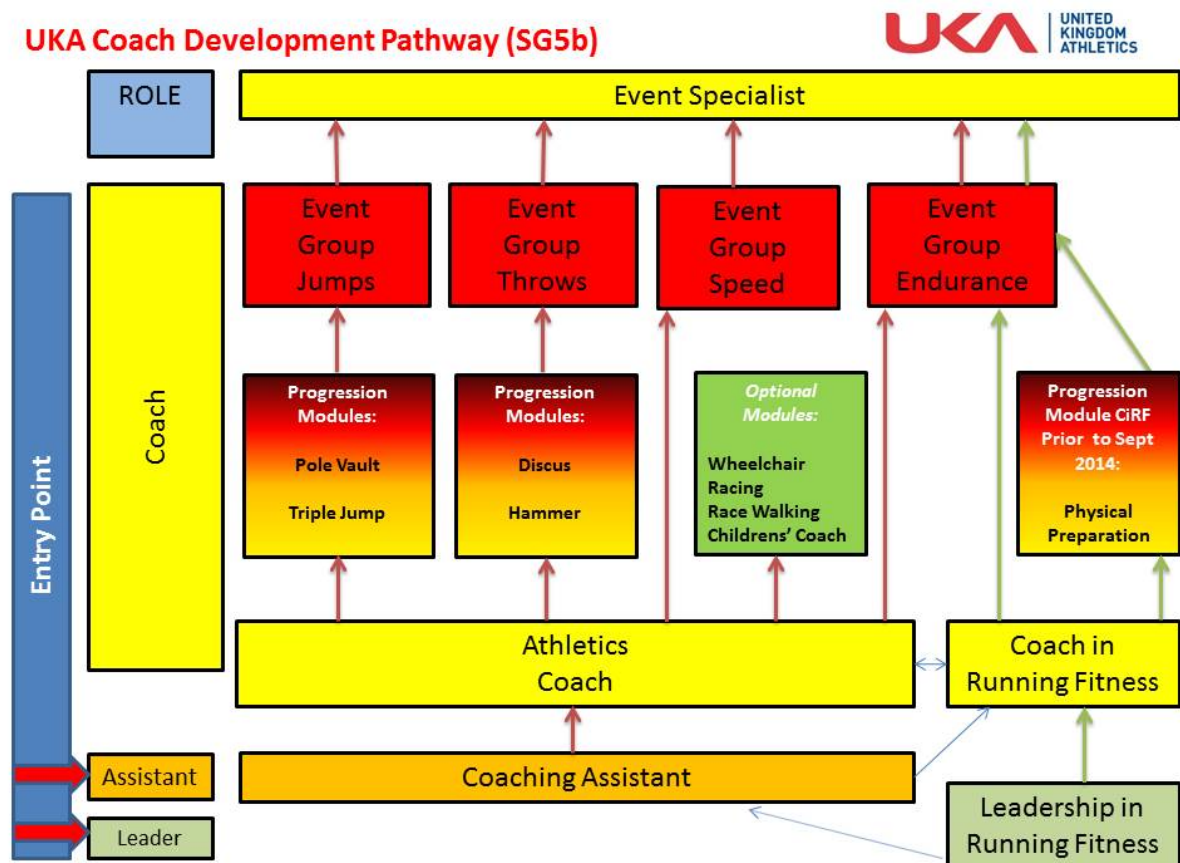
Finances are often a major issue and affect athletes, coaches, clubs as well as the NGB's. I am not sure this can be easily solved but we do hope it can be possible.

Keith Reed
Coaching Representative
June 2015

Coach Education Pathway Update (April 2015)

As a result of discussions on the Education and Coach Development Pathway, the UK Coach Education Steering Group has advised British Athletics of some key amendments to ensure the safety of athletes and coaches and maintain the quality of coaching.

British Athletics will continue to align a Coaching Development Pathway that is consistent with the Athlete Development Model; conforming to a General to Specific training policy, which is progressive and logical. The current formal Coach Education Pathway from Leader to Assistant and Coaching roles reflects this transition.



The introduction of optional "add-on" modules post Athletics Coach qualification has resulted in health and safety, licensing and insurance complexities. The



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sport's concern for continued quality coaching combined with safeguarding both athletes and coaches has resulted in the following changes:

Athletics Coach Add on Modules:

1. Triple Jump, Wheelchair Racing and Race Walking modules can be completed online, once the sections have been completed and the multiple choice questions successfully answered candidates will receive an updated coaching license to reflect this additional module. Candidates that have completed these since 6th January 2014 will now have their amended coaching licenses released.
2. Pole Vault, Hammer and Discus modules – due to the increase in health and safety risks to both athletes and coaches in the coaching of these disciplines; in addition to completing the online component candidates will also have to complete a short practical assessment in these areas before this event is added to their coaching license. It will now be compulsory that all candidates enrolling on these courses will have to complete a practical assessment. Assessments can be arranged through the relevant Home Country and will run in conjunction with cell/pod and coach development activity.

Progression to Event Group Awards:

1. The pathway for progression to your choice of Event Group Awards now includes compulsory completion of the relevant add-on modules for the specified pathway, i.e. aspiring Jumps coaches will need to complete both the Triple Jump (online element) and Pole Vault (online and practical elements) add on modules to progress and complete the Jumps Event Group course.

Aspiring Throws coaches will need to complete both the Hammer and Discus (online and practical elements) add on modules to progress and complete the Throws Event Group course. In addition to the Event Group Integration days Home Countries may offer an assessment day for the Athletics Coach Bolt on Modules prior to this day, resulting in a completion weekend.

2. A Jumps or a Throws candidate can complete the online component of these courses prior to being assessed for their add on modules; however they will not be permitted to attend an Event Group Integration Day until the practical elements have been successfully passed.



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3. Coaches that have already completed an Event Group Integration Day in 2014 / 2015 who do not hold the required pre-requisites in the add on modules will receive an amended license excluding them from those events, i.e. Event Group Jumps (excluding Pole Vault). If they wish the Pole Vault to be included they must complete the online module and have a practical assessment.
4. Wheelchair Racing and Race Walking are not pre-requisites for progression to any Event Group Award and can be completed individually online and will not require any assessment.
5. To enable CiRF qualified coaches to progress to the Endurance Event Group Award an additional online module addressing Physical Preparation is required.
 - For coaches commencing the CiRF course prior to 1st September 2014 they will need to complete this module before progressing.
 - For coaches who commenced the revised CiRF Award (from 1st September 2014), on successful completion they will be able to progress straight to the Endurance Event Group Award.
6. A one day Children's Coach course is currently being devised as an option for coaches post the Athletics Coach qualification.

All the above changes will take effect from 13th April 2015. These adjustments have evolved to enhance coaching knowledge and experience, reduce the risk of injury to athletes whilst preserving the quality of coaching at club level and protecting the sport as a whole.

A series of Frequently Asked Questions (FAQ) are available at the following link:

<http://ucoach.com/qualifications/coach-education-and-pathway/coach-education-pathway-update-april-2015/>

These will be updated regularly to provide further clarity where it is needed.



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CLUB REPRESENTATIVE REPORT TO UKMC

The main topic for discussion re the Clubs has been the proposed Change of Age Groups and the consultation that has taken place. There seems to be strong opposition to these changes and it will be interesting to see what the Rules and Revision Committee propose on the feedback from the consultation. I have asked for a copy of their findings. The concerns shown, particularly in England, is that the Schools will not be changing their age groups in line with the UKA proposals, and therefore if these changes are implemented there will be the situation where hurdlers could be competing in events over different distances with different height of hurdles for the schools than for their Clubs, and similarly throwers could be throwing different weights for schools than their Clubs. Neither of these would be ideal and could be detrimental in the development of these events. Opposition has also come from the endurance sector with the proposed change of date where an athlete changes age groups on the 31 December. This would mean that it would split the Cross-Country and Road Running season, with some athletes competing in one age group before the New Year and a different one after it.

On a positive note it seems that several counties saw an increase in entries for their Championships this year especially in the younger age groups. Senior athletes in some Counties still seem to give the Championships a miss. This could be down to lack of competition in various counties and to the lack of Electronic Timing, which affects the sprint events in particular. The Area Under20 & Senior Championships also seem to have been well supported.

Keith May

3 July 2015

UKMC Reporting Template – England Athletics July Report 2015

1.1 KPI 1: Win more medals to inspire the public

1.2 KPI 2: Stage Great Events to engage the public

- Commonwealth Youth Games England team selected following a successful Under 20/23 National Championships which were held in June at Bedford – record entry for successive years.
- EA Senior AAA Track & Field Champs entries are now being taken. This event will be combined with the UKCAU and will take place over the first weekend in August.
- ESAA Track and Field Champs take place in Gateshead during early July funded by England Athletics.
- EA Under 15/17 Track & Field Champs take place at the end of August at Bedford.
- New kit sponsorship launched with New Balance – 3 year partnership.
- Full coaching and athlete development programme in place for the next 12 months.
- New National Coach Mentor Lead being recruited in Combined Events & Jumps during early July as Al Richardson takes up a position as Director of Athletics at Millfield School.
- Spencer Duval in post as new Endurance National Coach Mentor Lead.
- New national road running coordinator recruited to coordinate national EA RR champs and development activities – Andi Drake
- EA is funding the ERRAs, ECCAs, ESAA, Area and County competition providers in 2015 as part of an ever closer working relationship between competition providers in England.
- 9 regional volunteer award evenings and a national Hall of Fame event will take place during September and October this year
- A series of locally delivered coach development workshops as part of the winter LCDP will take place starting in September
- EA will sponsor again officials conferences in the South, SW, Midlands and North during winter 2015
- EA will host a first national running conference in early 2016
- EA will conclude its 2015 annual consultation programme in the next month. The board will meet to determine related actions ahead of its Autumn AGM, during early September.

1.3 KPI 3: Increase participation to build an athletic nation

- There are now 2.2m people taking part in athletics and running in England 1x30 mins a week over the age of 16. There are 2.3m people taking part over the age of 14. Participation has increased yet again in the last 12 month period and over 3.4m people now take part in our sport 1x30 mins per month. Track/Field participation and disability participation has held firm and increased respectively during the last 6 months (107k and 20k+ respectively)
- There were 142,000 registered club athletes and circa 1600 clubs and member bodies in England at 31st March 2015. We are, at this point, ahead of our 2015 target

for the current year with nearly 9,000 more registered athletes than there were at this time in 2014.

- Road Races that have been licensed in England have increased in number by circa 150 compared with this time last year. There were 2,400 road races licensed in England during 2014 in total.
- We have launched the THIS GIRL CAN RUN web platform during June 2015
- We have commissioned a new running insight contract to Kelly Gordon Associates and a running audience segmentation report will be published to the market in December 2015.
- We have restructured our running participation team and now have new members of staff in the following positions – Insight, Partnerships, Product Development and Marketing/Campaigns. This team is led by Matt Birkett as Head of Running Participation.
- EA is currently recruiting a coordinator to lead our internal inspiration work around disability, participation and volunteering in the lead towards the 2017 World Athletics/IPC Championships (inspiration replacing the word legacy) This work is being aligned to the formal structures of the 2017 organising committee. This work is being managed/overseen by our Head of Running Participation Matt Birkett.
- We continue to progress well against our 4 year target for introducing local Satellite Clubs (a partnership between clubs, schools and other community organisations) We have delivered nearly 500 against a 4 year target of 1,000 clubs with a strong number of disabled participants engaged in the programme.
- Monthly visits from the CEO during early summer 2015 include London Heathside, Lewes AC Sussex, Liverpool Harriers and Bedford & County AC. These visits have proved insightful for both the CEO and other staff that have joined him. Further visits are planned for the early Autumn period to Maidstone, Young Athletes AC in Surrey, Framlingham and West Suffolk.
- We have recently invested in new floodlights at Kettering and a partnership running route project involving the National Trust. We continue to support Birmingham CC and other running partners in the recent Sport England funded city of running project. We also supported pitches from parkrun to Sport England for additional funding support. We are working with Netmums, Forestry Commission, BT, National Trust and other organisations to initiate workplace running programmes.

1.4 KPI 4: Host the ‘best ever’ World Championships to make the country proud

As referenced above, we continue to work alongside the GLA and British Athletics to deliver a local legacy from the 2017 world championships. Steve Grainger (NED England Athletics) is vice chair of the oversight group and chair of the Coordination Group.

Other

- EA is currently going through the process of reviewing its mission, vision, values and strategic priorities as an organisation with a view to introducing/integrating a new strategy in 2016 ahead of the new 2017 Sport England funding cycle.

Scottishathletics

Report to UKMC June 2015

UKMC Reporting Template

KPI 1: Win more medals to inspire the public

It was great news when Glasgow was announced as one of the venues for the Indoor Grand Prix (currently hosted by Birmingham) to alternate year on year with Birmingham (Glasgow 2016/2018/2020) and thus keep International Athletics in the city.

One year on from a home Commonwealth Games in Glasgow Scottish athletes continue to aspire and break some of the oldest records on the 'books'. Mark Dry broke the 32 year old hammer record at the Loughborough International while Alisha Rees broke a 45 year old Scottish Schools 200m record in mid-June.

It is excellent to be able to report that Sportscotland has announced investment funding for Scottish sport over the next four years – 2015-2019. Scottishathletics has been successful in getting investment however it is the same amount as last year and therefore in 'real' terms a reduction. This direct investment, together with the direct service we receive through sportscotland Institute of Sport make a huge contribution to our work at all levels of athletics right across Scotland. The national agency for sport's investment approach is underpinned by the five key principles of system approach, sustainability, high standards, impact and additionality.

Scottish athletes certainly knew how to 'Perform when it Counts' winning no fewer than 24 medals (9 Gold) at the England Athletics U20/U23 Championships at Bedford on 20/21 June. When the dust settles on selection hopefully a number of Scottish athletes will be wearing GB&NI vests at European Age Group Championships.

KPI 2: Stage Great Events to engage the public

As with our Indoor Track & Field Championships the Outdoor season continues to attract record numbers. There were 1496 athletes entered for the North, East and West District Championships and with club activity the back bone for athletics in Scotland it was brilliant to see so many athletes of all ages getting out to compete.

There was real club commitment and enthusiasm at the scottishathletics superTeams competition. This is a great way for U12 athletes to try different disciplines (60m, Long Jump, shot and 4x100m relay) and for some compete for the

first time. There were over 100 teams entered with almost 400 athletes taking part on the day.

KPI 3: Increase participation to build an athletic nation

scottishathletics has recently carried out an internal restructure of the governing body – primarily affecting our Development Team. The changes are consistent with our strategic plan ‘Perform when it Counts’ and the driving factor in that blueprint has been to increase our focus on athletics clubs across Scotland and the support we are able to offer.

This move has been designed to help deliver effectively our recently launched Club 20:20 Modernisation Plan and continue the very successful Club Together programme with the original positions of Regional Development managers being replaced with National Club Managers. These jobs will involve direct engagement with clubs, giving them support combined with brokering and managing expert external support and consultancy to those clubs and when it will have a positive impact. This has regrettably led to some staff being made redundant.

Our Events manager has decided to pursue other interests and move on but will remain with us on a part-time basis through to the end of the summer track and field season.

KPI 4: Host the ‘best ever’ World Championships to make the country proud

As previously, Scottishathletics is totally committed to this objective, and to supporting the UK wide drive to ensure this objective is delivered. We see 2017 offering yet another “catalyst” for development impact as well of course as being a huge incentive for elite athletes to compete at a home WC.

Leslie Roy
scottishathletics
June 2015

Welsh Athletics UKMC Report June 2015

1. The four strategic priorities

KPI 1: Win more medals to inspire the public

The Welsh outdoor track and field Championship season is in full flow with record numbers attending the combined under 13, under 17 and Senior Championships at the weekend. This following weekend will see the Welsh Schools National Championships (Gemau Cymru) sharing centre stage with the British Championships.

We are also delighted to report an assortment of medals, Championship qualifying performances and National Records for the Welsh contingent at the England u20/u23 Championships in Bedford – an event that doubled at the “trials” for the European U20 and U23 Championships next month.

Adele Nicoll (Vladimir Zinchenko) surpassed her lifetime best with a gold medal winning throw and another European Junior qualifying mark of 15.23m in the Shot, setting a new Welsh Junior Record in the process. Adele has subsequently been named in the first wave of selections for the Great Britain team that will contest the European Junior Championships next month. Another athlete named in the 1st wave of selections for the Great Britain team was **Bronwen Owen** (Andrew Henderson) who will contest the 5000m at those Championships, but who stepped down a distance in Bedford to place 4th over 1500m.

Swansea sprint sensation **Hannah Brier** (Neal Merry) smashed the World Youth qualifying time [11.80] with an outstanding 11.44 (+1.8) clocking to set a new Welsh Junior Record. Hannah has now achieved both the 100m and 200m qualifying times for the Championships in Cali, Columbia next month.

On day two of the Championships, **Bethan Davies** (Martin Bell) contested the 20km race walk as a “guest” athlete and clocked 1:36.39.70 for a new Welsh record and British track record for the distance. **Emily Wright** (Dan Cossins) leapt to 6.08m taking her clear of the World Youth qualifying standard.

The final track action from a Welsh perspective saw **David Omoregie** (Benke Blomkvist) take the u23 110mH title in a closely contested race with David King, Omoregie clocked 13.62s just 1 100th of a second ahead of King (13.63s). This is another performance inside the qualification time for the European U23 Championships.

Ahead of the selection meetings, Melissa Courtney ran a big personal best on Saturday night at the BMC race in Watford that now gives her automatic selection to the Great Britain team for the European U23 Championships.

KPI 2: Stage Great Events to engage the public

Events organisation Run 4 Wales held a successful series of events through the spring and now looks ahead to the autumn and a record-breaking entry to the 2015 Lloyds Bank Cardiff Half Marathon.

The spring series included;

- Llandudno Running Festival
- Cardiff Bay 5 Mile
- Royal Welsh Trail Running Festival

In recent weeks, the Lloyds Bank Cardiff Half Marathon achieved a further significant milestone when BBC Wales announced that it would be screening the event live.

The 2015 event will host the Welsh and British Half Marathon Championships and is included in the Run Britain Grand Prix Series.

With the IAAF / Cardiff University World Half Marathon Championships fast approaching, the autumn event will also serve as the British team trials for the World Half Marathon.

KPI 3: Increase participation to build an athletic nation

Welsh Athletics has focused its attention on its social running strategy in recent months, looking to engage the health department of the Welsh Government in recognising the health benefits of running.

Rhedeg Cymru | Run Wales aims to make running *‘the most popular individual sporting pursuit in Wales, underpinned by a network of opportunities that are accessible to all’*. The following summarises the objectives of Run Wales.

1. The Power of Running

- **By 2019 Run Wales will have created and supported opportunities for 450,000 people to run in Wales each week**

Presently, across the UK, running as a social activity is going through an unprecedented period of growth. The Active Adult Survey¹ 2012 results indicates an

¹ [Active Adult Survey 2012](#): Sport Wales

increase in the number of runners in Wales from 6.9% in 2009 to 13.4% in 2014 - this equates to almost 250,000 runners.

As a result, Run Wales has clearly identified that there is a need to engage with the wider running community in Wales, not only to exploit the latent demand which currently exists for all forms of social running, but also to become be the first port of call for social running opportunities in Wales. A programme supported by Welsh Athletics, Run Wales has developed an 'Opportunities Pathway' that is primarily aimed at promoting social running opportunities in Wales.



Strategically, the Run Wales Social Running Programme complements the Welsh Athletics' target of increasing the number of active adults in Wales. Run Wales also has the potential to play a central role in the delivery of the memorandum of understanding between NHS Wales and Sport Wales.

How?

Run Wales will work in partnership with key stakeholders such as Welsh Athletics, Park Run, The National Trust, Local Health Boards, Local Authorities, BME and LGBT groups along with the national 'Run Group' (a collection of race and running providers in the UK) to provide people with the opportunity and access to social running in Wales.

Run Wales will roll out a workplace running programme nationwide, establishing more workplace leaders to give people the opportunity to run from their workplace. This directly contributes to the Welsh Government's '**Creating an Active Wales Strategy**' target of *'all public sector employees and three-quarters of all other employees will have access to sport and physical activity facilities, at or within a 10-minute walk of the workplace'*.

- **By 2019 we will have upskilled 785 individuals (Running Champions) empowering them to lead 297 community running groups across Wales.**

Run Wales wants to create a lasting change across Wales and provide people with the tools to make a real difference to their health. The programme will have a positive effect on community cohesion and inequality by offering the opportunity for all to get involved. These upskilled individuals will be Run Wales community running champions (volunteers) who are enthusiastic and passionate about running and getting active. They will rally interest and be the driving force of local participation promoting the benefit of social running.

How?

Run Wales will upskill local individuals into running champions by providing them with the relevant training (qualified Leaders in Running Fitness -LiRF), welfare support and information to take action. Run Wales will act as the central support and resource hub for all social running within Wales.

"I run with a group of friends and this course was ideal for me. It was practical and insightful, and it has given me the skills I needed to go back and deliver sessions with my group." LiRF Course attendee

Run Wales will support the creation of 45 Park Runs across Wales by 2019, supporting the opportunity and networks for runners in Wales to run.

Run Wales will map running opportunities across Wales, providing people/groups with a comprehensive database of local groups, run locations/routes and distances thus giving every adult (16+) the opportunity to join a running network.

- **By 2019 26,000 people from across wales will be a member of the Run Wales social running network.**

By being a member of Run Wales, individuals will be part of the largest running group in the country. Via a membership system Run Wales will help individuals find other likeminded people in local registered running groups led by qualified (LiRF), insured group leaders, to run with. The nationwide programme would support and motivate runners to run and to run more often in Wales. Run Wales would become an inclusive and participatory running network focus on creating a healthy nation.

How?

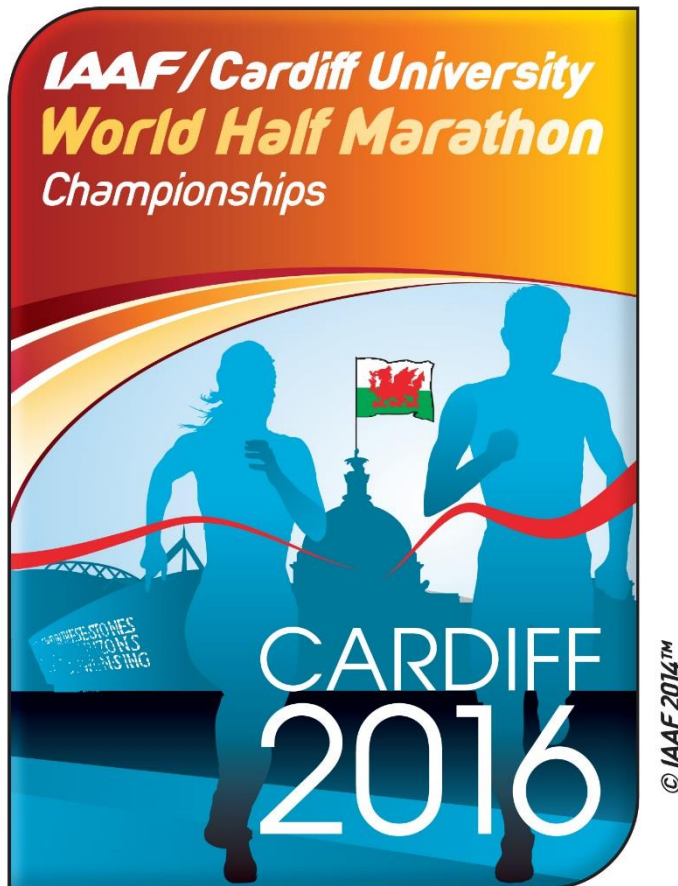
Run Wales will be the first port of call for all social runners needs in Wales, with a robust brand identity, interactive and purposeful website and strong social media presence. Run Wales will be a network that make runners in Wales feel like they belong.

Through having employed activators in each LHB and running champions in the community, Run Wales will have a dedicated workforce to drive participation and community engagement. A Membership system will enable quantifiable data to be captured, that provides information and gives an understanding of why people run, what the motivating factors are and what impact it has on the health of the nation.

KPI 4: Host the 'best ever' World Championships to make the country proud

The Local Organising Committees for the 2015 World Mountain Running Championships and the 2016 IAAF / Cardiff University World Half Marathon Championships (Cardiff 2016) continue to make good progress.

- Cardiff University has now been unveiled as the title sponsor for World Half Marathon and is included in the official “capsule” logo.



- The IAAF has invited its 88 Label Road Race Directors to a road running conference in Cardiff, as part of the World event. Invitations have been extended to the race directors the world's leading races and includes the Label races in Paris, Boston, Berlin, Copenhagen and Beijing.
- Cardiff 2016 has also expressed an interest in hosting the IAAF Council meeting, which would see the full board of the IAAF convening in Cardiff for a two-day meeting following the world athletics series event.
- Cardiff 2016 also launched the Cardiff Sport Expo which will be held in the Cardiff International Arena in the three days leading-up to Cardiff 2016. The venue can hold up to 250 stands and will focus on sport and wellbeing, giving an opportunity for sector brands, charities, events and IAAF partners to raise their profile to an estimated number of 70,000 visitors.

Finally, the IAAF has given the green light to the iconic route which will host next year's IAAF/Cardiff University World Half Marathon Championships, Cardiff 2016. An IAAF delegation led by Competitions Director Paul Hardy, Technical Delegate Dave Bedford and Senior Competitions Manager Carlo de Angeli visited Cardiff to give the IAAF's final seal of approval for the championship and mass race course.

It will take some of the world's best athletes and up to 25,000 runners on a 13.1 mile journey around the capital on Easter Saturday (March 26) next year and includes all of the city's most famous landmarks.

Starting outside Cardiff Castle, the route passes the Millennium Stadium, Cardiff City Stadium, Penarth Marina, the Cardiff Bay Barrage, the Wales Millennium Centre and the stunning Roath Park Lake before a grandstand finish on King Edward VII Avenue in the city centre.

"The IAAF is delighted with the course for next year's IAAF World Half Marathon in Cardiff which the local organising committee has made public today," commented IAAF President Lamine Diack.

"The unveiling of the route on which the championships and mass races will be run is a major milestone on the road to 26 March 2016 when the Welsh capital will host the IAAF / Cardiff University World Half Marathon, Cardiff 2016.

"Appropriately today's announcement coincides with a site visit to Cardiff by an IAAF delegation, which will include discussion about the integration of the championships and mass races and plans for a global road race seminar.

"These are exciting times for road running and we confidently expect Cardiff to deliver an exceptionally successful and fun event for elite and mass runners alike."

2. The 2 Key 'Philosophies'

All strategic decisions should be driven by the support of the Athlete Development Model.

No update.

To be Britain's best Olympic and Paralympic sport in everything we do.

No update.

Athletics Northern Ireland – HCAF Report June 2015

KPI 2.1: Win more medals to inspire the public

Following a selection process supported by Sport Northern Ireland and UK Athletics we have appointed Tom Crick as Director of Coaching and Athlete Development . This is a new post effectively combining the remit of two previous posts. The appointment is in line with the recommendations of a recent independent report on our Performance and Talent Development structures. Tom begins work on 1 July

Coaching Courses 1 Nov 2014 -31 May 2015

Course Name	Number of Courses	Number of Participants
Coaching Assistant	3	87
Leader in Running and Fitness	12	292
Athletics Coach	1	21
Coaching in Running & Fitness	2	43
Elevating Athletics Primary	0	0
Leading Athletics	2	55
Jumps Coaching Network	0	0
Endurance Coaching Network	2	50
365 Workshop	1	24

KPI 2 & 3 – Stage Great Events to engage the public/ Increase participation to build an athletic nation

KPI	Event Name	Participants	Discipline	Overall Figures	Male	Female
2- stage regional/national events	Antrim international Cross Country	Adults & Age Groups	Cross Country	323	152	171
2- stage regional/national events	NI & Ulster Senior T&F Champs	Adults	T&F	282	181	107
3 - Increase participation	Belfast Marathon	Adults	Cross Country	15,326	8,773	6,643
2 Stage regional/national events	NI & Ulster Age Groups Champs	Age Groups	T&F	775	323	402
3 - Increase participation	Titanic 10k	Senior	Road	1,523	870	623
Total Participations				18,229	10,129	7,946

KPI 3 cont. – Athlete Membership to Athletics Northern Ireland

Athletes Registered	Male	Female	
U13	231	226	
14-15	201	217	
Age 16+	2,224	2,049	
Total	2,656	2,488	5,148

NB: Membership this year reflects a 62% increase comparative on the first quarter last year

KPI 4: Host the ‘best ever’ World Championships to make the country proud Athletics Northern Ireland proposes the following internationals subject to funding:

Provide accommodation, training facilities & pre-event competition at Mary Peters Track for competing nations at IAAF World Championships