

# A SPORT FOR CHANGE:

The wider impact of athletics in Scotland 2016/17



Cover photo by Jeff Holmes, for Great Run Company

**BELIEVE, BELONG, ACHIEVE TOGETHER**



scottishathletics, the governing body for athletics in Scotland, is delighted to produce this 'impacts' document to showcase the tremendous impact that athletics in Scotland is having on sport, life and health.

This document goes beyond membership and participation statistics to look at the difference that athletics has on individual's physical activity levels and mental wellbeing, and to evidence the impact that our athletics clubs and jogging groups are having on our participants and the communities they serve.

The qualitative and quantitative evidence that follows clearly demonstrates that the sport of athletics in Scotland is making a significant contribution to Scottish society and the Scottish Government's Active Scotland Outcomes.

We would like to thank the Scottish Government and sportscotland for their assistance in conducting this research. Working in partnership is key to delivering on the Scottish Government's policy objectives, and whilst extending thanks to all our partners we want to particularly acknowledge the contribution of our member clubs, jogging groups, athletes and volunteers for not only assisting with the research but for being the people that are making the difference.

Mark Munro  
Chief Executive Officer

*The statistics and information provided in this document were gathered through various sources including:*

- **scottishathletics** club affiliation returns
- jog**scotland** group registration information
- Social impact survey to **scottishathletics** clubs
- Physical activity and mental wellbeing surveys to athletes, volunteers and jog**scotland** members
- **scottishathletics** club projects and reports

## Active Scotland Outcome

## scottishathletics impact

**We encourage and enable the inactive to be more active**

**47%** of athletics club members did not meet the recommended level of physical activity before starting to participate in athletics

**66%** of joggers did not meet the recommended level of physical activity before joining jog**scotland**

**We encourage and enable the active to stay active throughout life**

**98%** of athletics club members meet the recommended level of physical activity

**93%** of jog**scotland** members meet the recommended level of physical activity

**We develop physical confidence and competence from the earliest age**

We have developed new physical competency standards and resources for the full participant pathway

**231** young (14+) athletics leaders trained in the last 12 months

**We improve our active infrastructure – people and places**

Over **4,000** volunteers supporting athletics clubs in Scotland every year

We have worked with local and national partners to develop **6** new community track facilities in the last 12 months

**We support wellbeing and resilience in communities through physical activity and sport**

**86%** of jog**scotland** members indicated that jogging helps them to feel close to other people

**81%** of club respondents under 16 stated that athletics has a positive or very positive impact on helping them to deal with problems well

**We improve opportunities to participate, progress and achieve in sport**

**85** clubs or groups delivering athletics sessions in schools contributing to over 7,000 under 17s being members of scottishathletics clubs

**16** Scottish athletes selected for 2017 World Championships – highest ever representation

## 01 ATHLETICS IN SCOTLAND



## 02 WIDER IMPACT



# 59,922

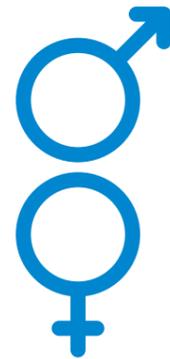
members of **scottishathletics**

### 18,153

club members  
50.8% male  
49.2% female

### 41,769

jogscotland members  
33% male  
77% female  
41 years: average age



### 49%

membership growth  
since 2011

### 638

member clubs and groups  
152 athletics clubs  
486 jogging groups

### 6,000+

new jogscotland  
members annually

### 26

athletics events  
and disciplines

# 97%

## of athletics clubs utilise local authority facilities



Athletics clubs  
and jogging  
groups in **EVERY**  
local authority  
in Scotland



28 clubs and groups  
delivering projects  
in 2017/18 specifically  
targeting inequalities

### 57

clubs link with local  
community groups  
to deliver athletics

### 43

clubs delivering Run,  
Jump, Throw sessions  
in local community

### 44

clubs with one  
or more disabled  
athletes

## 03 PHYSICAL ACTIVITY scottishathletics



**66%** of club members increased their level of physical activity in the last 12 months



**47%** of club members did not meet the recommended physical activity guidelines before participating in athletics

**98%** of club members meet the recommended physical activity guidelines

**92%** of club members meet the recommended physical activity guidelines through participation in athletics and/or running

**94%** of club members said that participating in athletics has increased their level of physical activity

**49%** of club members are physically active for 30 minutes or more on 5+ days a week through athletics

**99%** of club members are physically active for 30 minutes or more per week through athletics

**98%** of club members indicate that participating in athletics has a positive or very positive effect on making them feel physically healthier

## 04 PHYSICAL ACTIVITY jogscotland



**86%** of jogscotland members increased their level of physical activity in the last 12 months

**66%** of jogscotland members did not meet the recommended physical activity guidelines before participating in jogscotland

**93%** of jogscotland members meet the recommended physical activity guidelines

**67%** of jogscotland members meet the recommended physical activity guidelines through their participation in jogging

**91%** of respondents said jogscotland has increased their physical activity level

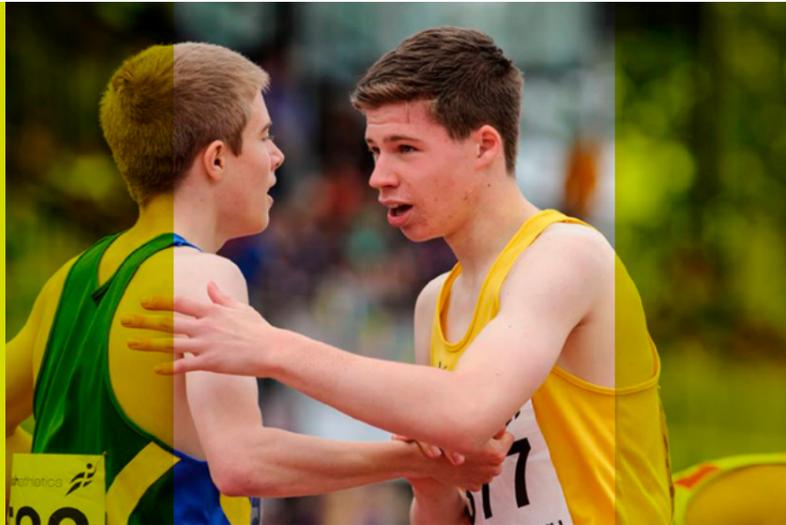
**97%** of jogscotland members are physically active for 30 minutes or more per week through jogging

**96%** of jogscotland members indicate that participating in jogscotland has a positive or very positive impact on making them feel physically healthier

**49%** of jogscotland members are physically active for 30 minutes or more on 5+days a week

**87%** of those that are active for four days or less are physically active for 150 minutes or more per week

## 05 SUBJECTIVE WELLBEING



**97%** of respondents under 16 stated that athletics has a positive or very positive impact on their ability to focus and learn new things

**94%** of respondents under 16 stated that athletics has a positive or very positive impact on helping them think clearly



**81%** of respondents under 16 stated that athletics has a positive or very positive impact on helping them to deal with problems well

This table outlines the percentage of members that stated jogging and athletics has a positive or very positive impact on the wellbeing indicators.

Indicator	% of ALL jogscotland members	% of ALL Athletics Club members
Making you feel more optimistic about the future	88%	75%
Making you feel more useful	77%	71%
Making you feel more relaxed	92%	78%
Helping you to deal with problems well	82%	72%
Helping you to think clearly	87%	75%
Helping you to feel close to other people	86%	72%
Helping you to make-up your own mind about things	74%	64%
Your ability to focus on tasks and learn new things	81%	72%

## 06 EDUCATION



**231** young (14+) athletics leaders trained in the last 12 months

**339** teachers trained in the last 12 months

**485,000+** visits made to athletics sessions through the Active Schools network in the last year

**18,000+** athletics sessions delivered through the Active Schools network each year

**85** clubs and groups delivering athletics sessions to schools

## 07 VOLUNTEERING



**£8.4M**

**Value of  
volunteering  
per annum  
based on  
living wage**

**4,000+**

volunteers support athletics in Scotland every year

**1,630**

active volunteer coaches

**432**

coaches trained in the last 12 months

**2,177**

volunteers support athletics clubs in Scotland every week

Officials are the lifeblood of our sport enabling the delivery of **447** licensed events every year. The following statistics show the impact that officiating in athletics has on the individuals.

**424**

active volunteer officials

**208**

officials trained and/or upskilled in the last 12 months

**47%**

have increased their level of physical activity in the last 12 months

**93%**

are physically active for 150 minutes or more per week

**53%**

meet the recommended physical activity guidelines through officiating in athletics

**76%**

say that officiating in athletics makes them feel physically healthier

Indicator	% of officials
Making you feel more optimistic about the future	<b>74%</b>
Making you feel more useful	<b>94%</b>
Making you feel more relaxed	<b>65%</b>
Helping you to deal with problems well	<b>64%</b>
Helping you to think clearly	<b>73%</b>
Helping you to feel close to other people	<b>86%</b>
Helping you to make-up your own mind about things	<b>71%</b>
Your ability to focus on tasks and learn new things	<b>82%</b>

*This table outlines the percentage of officials that stated officiating in athletics has a positive or very positive impact on the wellbeing indicators.*



**16** Scottish athletes in 2017 World Championships (highest ever)

**2** World Championship medals won by Scottish athletes

**5** Scottish athletes in 2017 World Para Championships

**7** World Para Championships medals won by Scottish athletes

**13** major championship medals won in other disciplines in 2017

**15** Scottish athletes in 2016 Team GB Olympic team

**1** Olympic medal won by Eilidh Doyle in Rio 2016

**6** Scottish athletes in 2016 Team GB Paralympic team

**7** Paralympic medals won by Scottish athletes

**300** (approx.) opportunities to represent Scotland internationally each year

**6** major Junior Championship medals won in 2017

# Springburn Harriers

Springburn Harriers was founded in 1893 to promote amateur athletics and cross-country running. The club endeavours to be progressive and inclusive and is a great example of the ability athletics clubs have to benefit the lives of individuals and communities. The club has been at the forefront of **scottishathletics** 20:20 modernisation project changing their legal status, creating a development plan for the club, and appointing a part-time Club Development Officer.

The club has introduced the G21 project to encourage participation and membership from young people, adults and families living in communities that may be excluded due to the impact of poverty. The project has led to the introduction of a local Parkrun and a range of introductory tasters and events in local parks and schools. On the back of this outreach work the club has now setup three satellite sites in local secondary schools and established a partnership with a local youth organisation, Royston Youth Action, to run a series of run, jump and throw sessions for local young people.

After first introducing a youth section in June 2014 Springburn now have over 125 junior members. Whilst some of these junior members are achieving podium finishes at local, regional and national events others have been developing their leadership and personal skills through Springburn's involvement in the Duke of Edinburgh and Saltire Awards.

# Non-binary gender identity

**scottishathletics** have been working together with LGBTI jog**scotland** groups Edinburgh Frontrunners and Glasgow FrontRunners, and LGBTI charity LEAP Sports Scotland to discuss how best to accommodate a non-binary category in events within the restrictions of the current UKA rules of competition.

After discussions with UKA, it was confirmed that under rule 21 S4(6) a non-binary (third gender) category could be applied to the race without it affecting permitting or insurance providing the promoting body is affiliated to a National Association and holds a permit.

As a result of this, the first **scottishathletics** permitted event (Pride Run) with third gender/non-binary category was held in June 2017, and a **scottishathletics** permit for a second event with third gender/non-binary category has been issued for the Jedburgh 10K in October 2017.

**scottishathletics** have subsequently submitted a proposal for rule change to UKA to allow race organisers the option to create additional gender categories within (mass participation) races, for which we are awaiting feedback.

# Barry Craighead

Having been an official and administrator in athletics for over 50 years Barry is a great example of one of the many volunteers in our sport who are critical to the ongoing success of our clubs, athletes and events. Despite approaching his 80th birthday his commitment to the sport is still not dwindling and he is clear on the physical and wellbeing benefits of being an official:

"I have now been involved in athletics for 58 years having taken up running after completing my national service. The impact officiating has on my physical health is huge, I am currently still officiating at 60 meetings per year and from my own personal study I have found that I walk 4 miles at each event. I love the companionship that the sport brings and I have also this year taken on the role of Peer Group Head for the Starters."

As highlighted in the volunteering section of this document 47% of officials have increased their level of physical activity in the last 12 months showing the great impact the sport has on them alongside the immeasurable impact they have on the sport.

# Sammi Kinghorn

Sammi Kinghorn was involved in a farming accident as a teenager at her home in the Scottish Borders. Sammi was introduced to athletics after attending the Spinal Unit Games at Stoke Mandeville Hospital where she saw wheelchair racing for the first time. On her return to Scotland she researched the sport and followed up via a visit to Red Star AC and attendance at a Scottish Disability Sport Parasport event at the Kelvin Hall in Glasgow. From the outset it was clear that it was the speed and look of the event that attracted Sammi and she sourced a coach in late 2011 when she took delivery of her first race chair. The sport and Sammi's success has broadened her horizons, not only in providing a focus which has brought with it opportunities to travel, meet new people, improve health and wellbeing and to develop new skills in areas such as motivational speaking. The opportunity that sport and athletics in particular has provided, in addition to a lot of hard work on her part, has led to Sammi becoming world champion and world record holder a little over 5 years after taking part in her first race as a 16 year old. Athletics has opened a career path for Sammi and has taken her life in a very exciting direction that Sammi has embraced with her usual positivity. Sammi has become a role model and has encouraged and supported others to become involved in sport.

# Lewis Raeburn

Lewis is a member of Shettleston Harriers in the East End of Glasgow and comes from the Baillieston area. Athletics has been a big part of his life and not only has his involvement in Shettleston Harriers helped him to improve his performances on the track and become a Scottish medal winner but it has also helped him improve in school and boost his career aspirations.

“Being involved in athletics has helped me increase my confidence, taught me that through hard work you can achieve so much, and has helped me in school and looking for a career as I leave school”.

Lewis’s confidence and belief in himself has improved to such an extent that he now volunteers in the club helping to deliver their summer holiday camps to other children from the local area. He has also applied for an apprenticeship with Glasgow Sport in the Core Coach Programme. Shettleston’s Pathways Development Officer, Alex Mackay, knows first-hand the impact that athletics can have on young people’s education and wellbeing having been diagnosed with dyslexia in the mid-1960s.

“Athletics has helped me to realise my full potential in education, giving me the discipline and confidence to overcome any issues that have stood in my way. I have seen numerous young people come into the sport and use athletics as a platform to grow personally and improve their attainment levels and career prospects.”

# jogscotland and SAMH

**jogscotland** is the nation’s recreational running network helping to get people active, stay active, and feel healthier and happier.

The fun, friendly groups across the whole of Scotland support people from all walks of life to: improve their physical activity levels and mental wellbeing; create new connections and friendships; and make positive changes to their life’s.

## **jogscotland** and **SAMH**

In 2017 **scottishathletics** entered a new collaborative partnership with the Scottish Association for Mental Health (SAMH) to deliver the ongoing operations of **jogscotland**.

The partnership recognises both organisations shared belief in the value of physical activity and sport as a means to achieve both physical and mental wellbeing.

The partnership has already led to 179 jog leaders signing up for online mental health awareness training and over 90 jog leaders attending introduction to mental health sessions. Furthermore, the partnership has also led to local jogging groups linking with SAMH’s Active Living Becomes Achievable (ALBA) project, a physical activity-focused behaviour change intervention project.

# Mums on the Run and jogworks

## Mums on the Run (MOTR)

MOTR has a great impact on getting people active, offering guidance, advice and solutions to help mums across the country enjoy the physiological, social and psychological benefits of getting outside and being active.

The programme supports new mums to get active with their young children helping to encourage physical activity, promote mental wellbeing and reduce isolation often felt by new mothers.

## jogworks

The jog**works** programme offered by jog**scotland** is very flexible encouraging organisations to get staff active during lunchtimes, after-work and where possible to have an active commute.

Staff members who exercise regularly are likely to be happier and healthier, leading to improved morale, reduced absenteeism and cost saving for businesses.

The Royal Society of Edinburgh's jog**works** group has not only encouraged staff to get active during lunchtime it has also led to participants taking part in their local Parkrun and taking part in 5k, 10k and half marathon events.

# David Lawson

David Lawson has gained control over his depression – and lost 10 stone – since he took up running and joined jog**scotland** Meadowmill.

*He says: "A few years ago, I was tipping the scales at 30 stone plus and was suffering from bad depression. I was trying to put up with fighting it every day, watching my family and friends around me trying to help, but I kept pushing them away. I'd got to the point I didn't like to go out. I had been physically and mentally abused as a child, and I think that started coming out once I had my son and thought about how much I wanted to give him a good childhood."*

*"I look better and I feel brilliant, not just for me but for my family, for my kids. It still helps with my mood – if I'm down I just like to get out and get my run in, then I'm better."*

*"I have now climbed Ben Nevis twice, 24 munros, ran five half marathons, a 10 mile run, eight 5Ks, four 10Ks, a 6.5K Kilomathon and I feel so alive. My weight is still coming off and I will continue to run as much as I can, I love it."*

# Carlene Clifford

Carlene Clifford, lost 10.5 stone with the help of jog**scotland** group The Galavanters.

Carlene began to put on weight when she had children, and by the end of 2014 was almost 23 stone, and says she felt *“disgusted, embarrassed and extremely self-conscious”*.

In 2015 she decided it was time to make a change, and managed to lose 4.5 stone by improving her diet, but then her weight loss plateaued.

On joining The Galavanters she initially couldn't manage the 30 second jog in between walking for 30 seconds. She built up gradually, and after her first jog**scotland** block she was running 15 minutes non-stop. In the two years since Carlene has become a Jog Leader herself, setting up her own jog**scotland** group, Selkirk Striders, and completed her first 10k.

*“To date I've lost 10.5 stone and I feel amazing. My confidence is still growing, but I feel like a different person. I never in a million years thought I'd call myself a runner but here I am, age 29, a runner!”*



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