



National Club Conference

Hilton Hotel, Glasgow

Saturday 9th October 2021

Wifi – Honors (Hilton Honors network)



David Fallon
Head of Development
scottishathletics

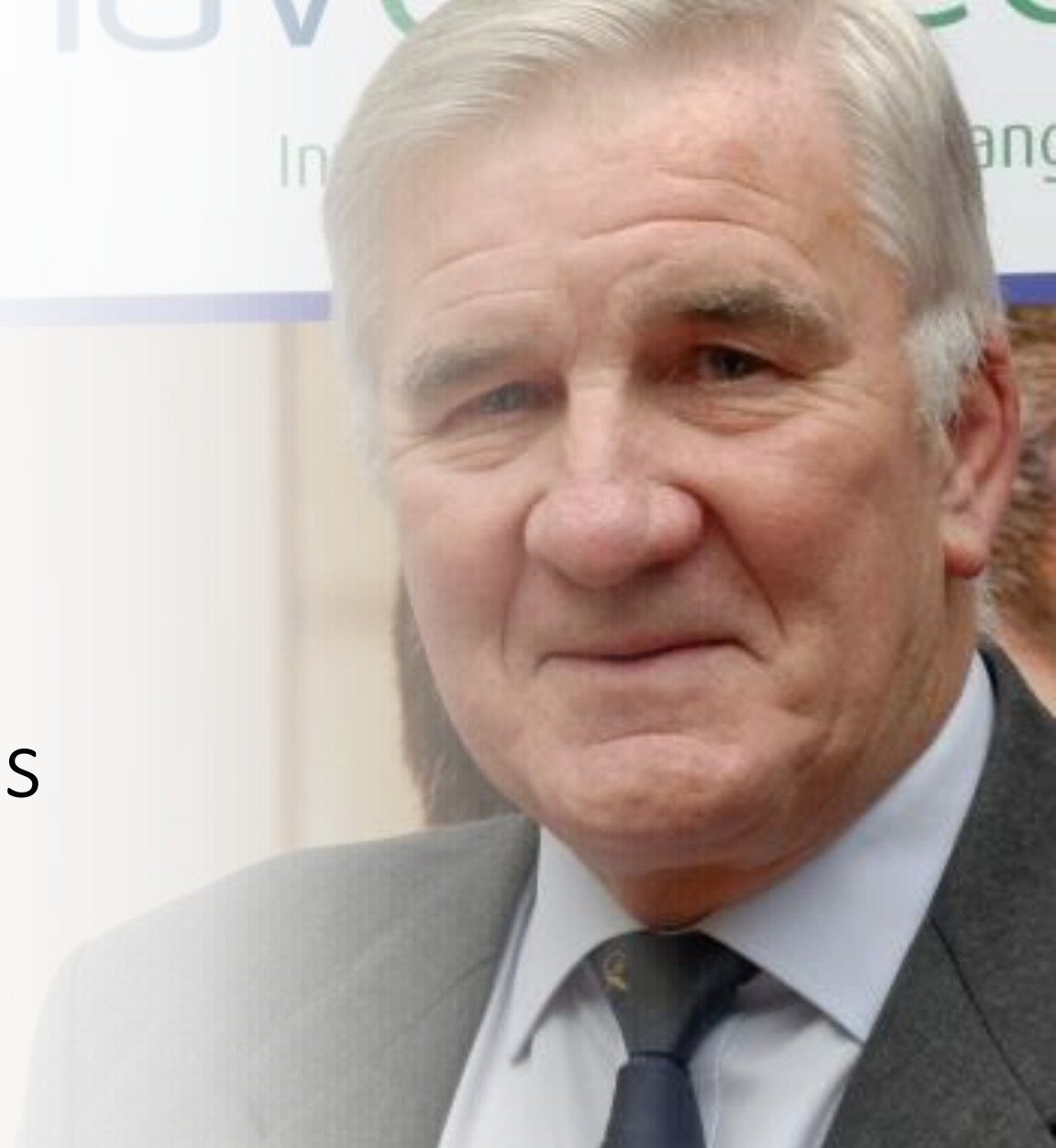


BELIEVE, BELONG, ACHIEVE TOGETHER

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Conference Information

- Housekeeping
- Introduction to **scottishathletics** staff
- Partners
- Agenda
- Networking
- Photos

A close-up portrait of Ron Morrison, an older man with grey hair, wearing a grey suit jacket, a light blue shirt, and a dark tie. He is looking slightly to the right of the camera with a neutral expression. The background is blurred, showing some text like 'In' and 'ang'.

Ron Morrison
President,
scottishathletics

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A close-up portrait of Paula Dunn, a Black woman with short braided hair, smiling warmly. She is wearing a white collared shirt and a grey blazer. The background is a soft, out-of-focus orange.

—

Keynote presentation Paula Dunn

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My journey

from athlete and community coach
to Paralympic Head Coach



Paula Dunn



The Beginning: How did it start

- Identified at Primary and at Secondary School and started Athletics when I was 12.
- A member of Trafford AC since 1976 and still a member today!
- Met my coach at the age of 10 and he started coaching me at the age of 15.
- He established a world class environment and produced 2 Olympic medallist and numerous European and Commonwealth medallists in his group.
- First International at 18



The Family- My biggest supporters.



Athletics Career: 1985-1996

- 1 Olympic Games (selected for 2)
- 3 World Championships
- 3 Commonwealth Games
- 3 European Championships
- 1 European medal
- 4 European Team medals
- 5 Commonwealth Games Medals
- Competed for my country over from 1985 - 1996
- 10 UK National AAA`s Titles over 100m/200m

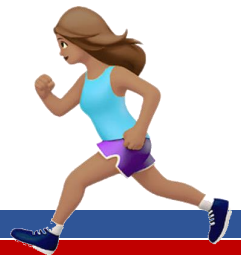


Worked throughout my athletics career for Manchester City Council, which enabled me to combine my racing with my job. No lottery support!



The Racing Years

"If you believe in yourself, anything is possible!"



My Coaching Career

“Work hard in silence - let success make the noise”

- In 1997 I began coaching Athletics at Trafford AC by accident!
- Mentored and encouraged by my own coach – Jim Harris
- Coached two GB U23 sprinters and two GB U18 and U20 sprinters.
- Coached senior GB athlete, representing England at the Manchester Commonwealth Games in 2002.
- Coached one Paralympic sprinter, who went on to win a Bronze in the 2004 Paralympic Games and Silver in 2006 at the European Championships.
- I am currently a UKA Level 4 Performance Coach, specialising in Speed and Relays.



My first coaching job – 1991..

“Talent wins games, but teamwork and intelligence win competitions”



Athletics Management and Coaching experience

- GB Junior Speed and Relay Coach, 2002,2004 and 2006
- GB U18 Team Leader ,2003, 2005 and 2007
- Team England Women's Speed and Relay coach at the Commonwealth Games in Melbourne in 2006
- GB Junior Paralympic Team Leader 2009 and 2010
- GB Senior Speed and Relay Lead for the World Para Athletics Championships in 2011
- GB Head Coach for the European Para Athletics Championships in 2012
- GB Speed and Relay Lead London Paralympic Games in 2012

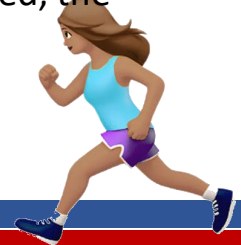


In 2012, appointed the first female and black head coach for British Athletics



2012 Onwards: 9 major Championships...

- 2013 World Champs – Achieved our target – 29 medals won, top 5 on the medal table
- 2014 European Champs – Surpassed our target – 55 medals won, number 2 on the medal table
- 2015 World Champs – Surpassed our medal target – 34 medals won, top 3 on the medal table
- 2016 Paralympic Games – Surpassed our medal target, and the teams best result since 2000! – 32 medals won, top 3 on the medal table – 114 countries participated, the highest number ever!
- 2017 World Champs in London – Surpassed our medal target – 39 medals, top 3 on the medal table
- I was nominated as Coach of the Year and the Para Athletics squad and Team of the Year at the 2017 BBC Sports Personality of the Year
- 2018 European Champs in Berlin, surpassed our medal target – 50 medals won, number 2 on the medal table
- 2019 World Champs in Dubai, surpassed our medal target 27 medals won!
- 2021 European Champs in Poland, surpassed our medal target with 36 medals.
- 2020 Paralympic Games, 24 medals won, 4th on the medals table – 155 countries participated, the highest number ever and we hit our medal target!





Delayed Games!

- **The challenges** —

A small number of athletes were self isolating

Disruption to training and competition plans

Lack of facilities open

Lack of medical/physio support

- **New ways of working**

Online educational workshops, meetings but we were able to adapt and still move forward and stay connected with both the internal and external team

- **Learnings**

Improvements can still be made despite the challenges

Focus on areas that can impact performance – nutrition, sport psych, energy management etc

- **Delivery and Outcomes** –

New athletes identified, targets hit, we also had a high number of SB's, PB's, ER's and WR's in 2021 so we just didn't survive we flourished!



My Golden Rules

Dream big

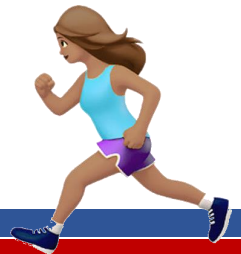
Work hard

Be brave

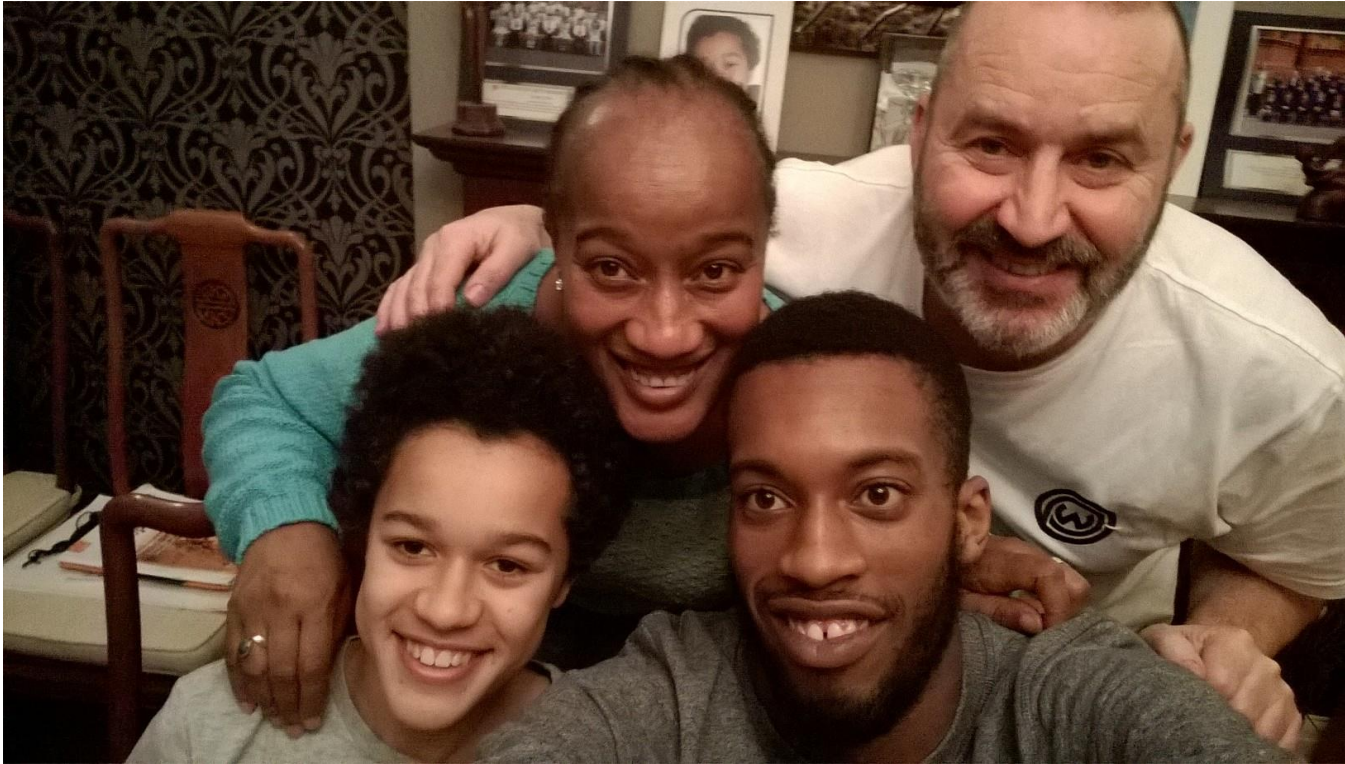
Be nice

Have fun &

create great memories



What is my biggest achievement?



Workshop 1

Spey – Aberdeen AAC

Clyde – Springburn Harriers

Dee – Equality Group

Main Room – Coaching

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Refreshment Break

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**NATIONAL
CLUB
CONFERENCE
2021**

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Workshop 2

Spey – Aberdeen AAC

Clyde – Springburn Harriers

Dee – Equality Group

Main Room – Coaching

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Tru Wealth

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Official partners of
scottishathletics 

David Ovens
Chair
scottishathletics



Colin Hutchison
CEO
scottishathletics



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National Club Conference 2021

LOOKING AHEAD (2021-2026)

David Ovens, Chair, **scottishathletics**

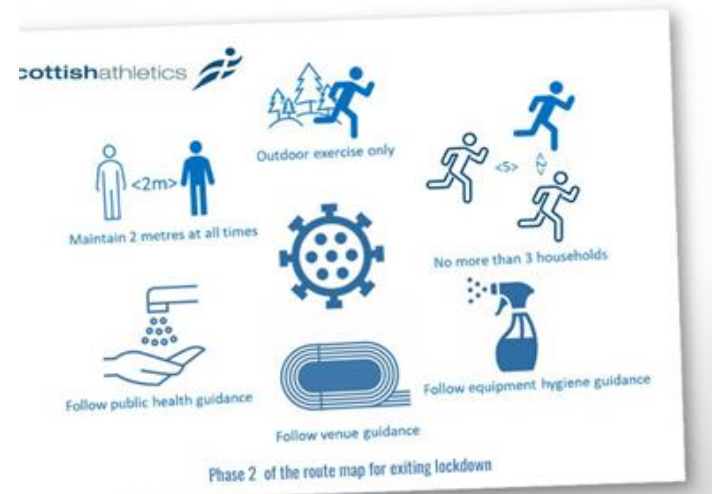
Colin Hutchison, CEO, **scottishathletics**

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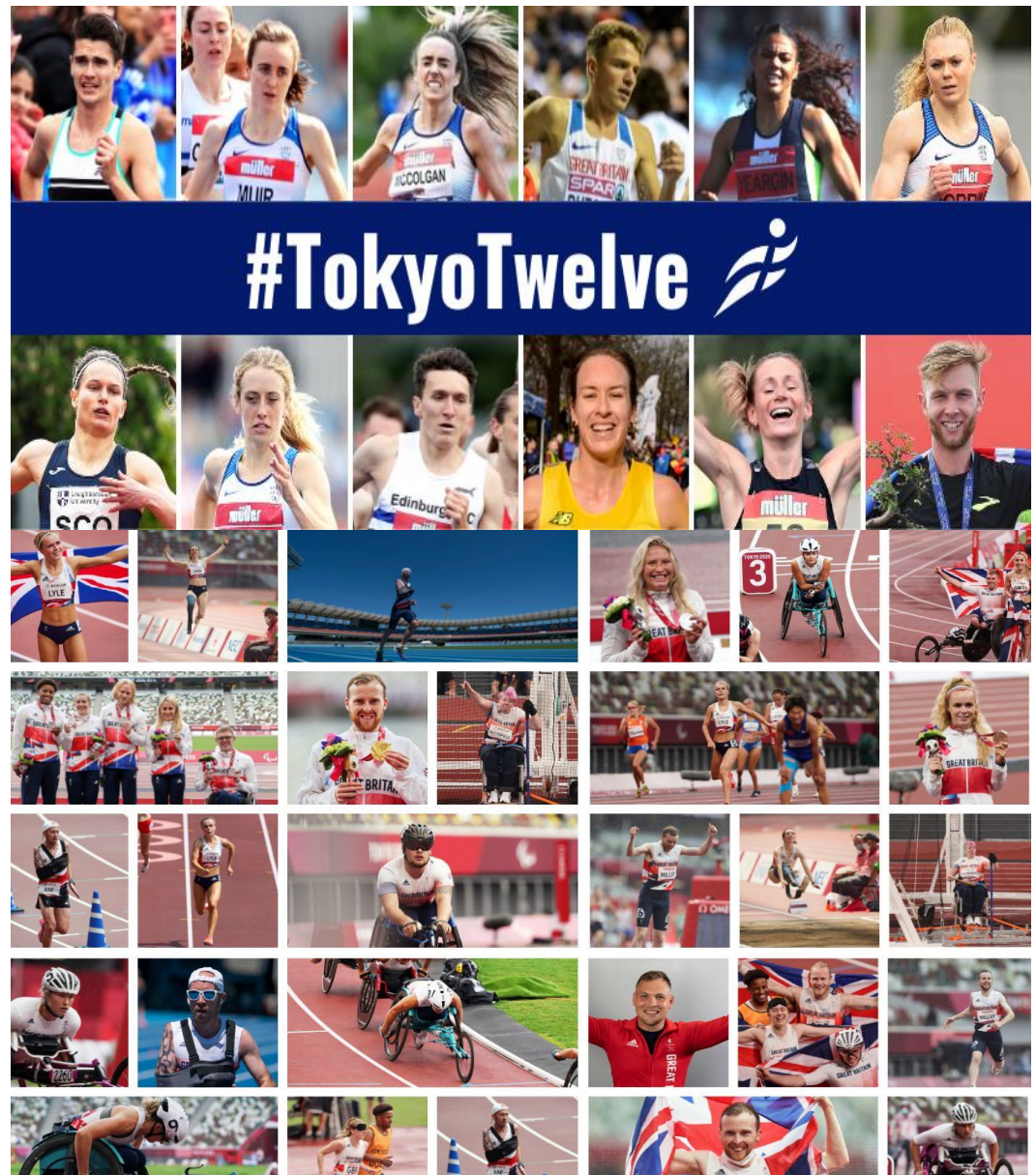
Reflections - 2020/21

- Pre-covid
- Impact of covid
- Resilience across athletics in Scotland
- Role of everyone in the sport to reconnect
- Refocussing on our objectives
- Athletics Unified



Recovery – current position

- Clubs and people
- **scottishathletics**
- Club affiliation (-3.5%)
- SA membership (-16%)
- Olympics/Paralympics
- Volunteers



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Reconnecting

- Clubs and volunteers - adjusting our support to meet the needs of our members
- Communications
 - Covid updates
 - 12-15 news stories per week
 - Social media growth across all platforms
 - Profiling club work
- Event entries (9% down on 5 year average)
 - Together Apart
 - +123 teams in club relays
- Creating new opportunities to participate in the sport
 - Club recruitment
 - Keep on running
 - Daily Mile

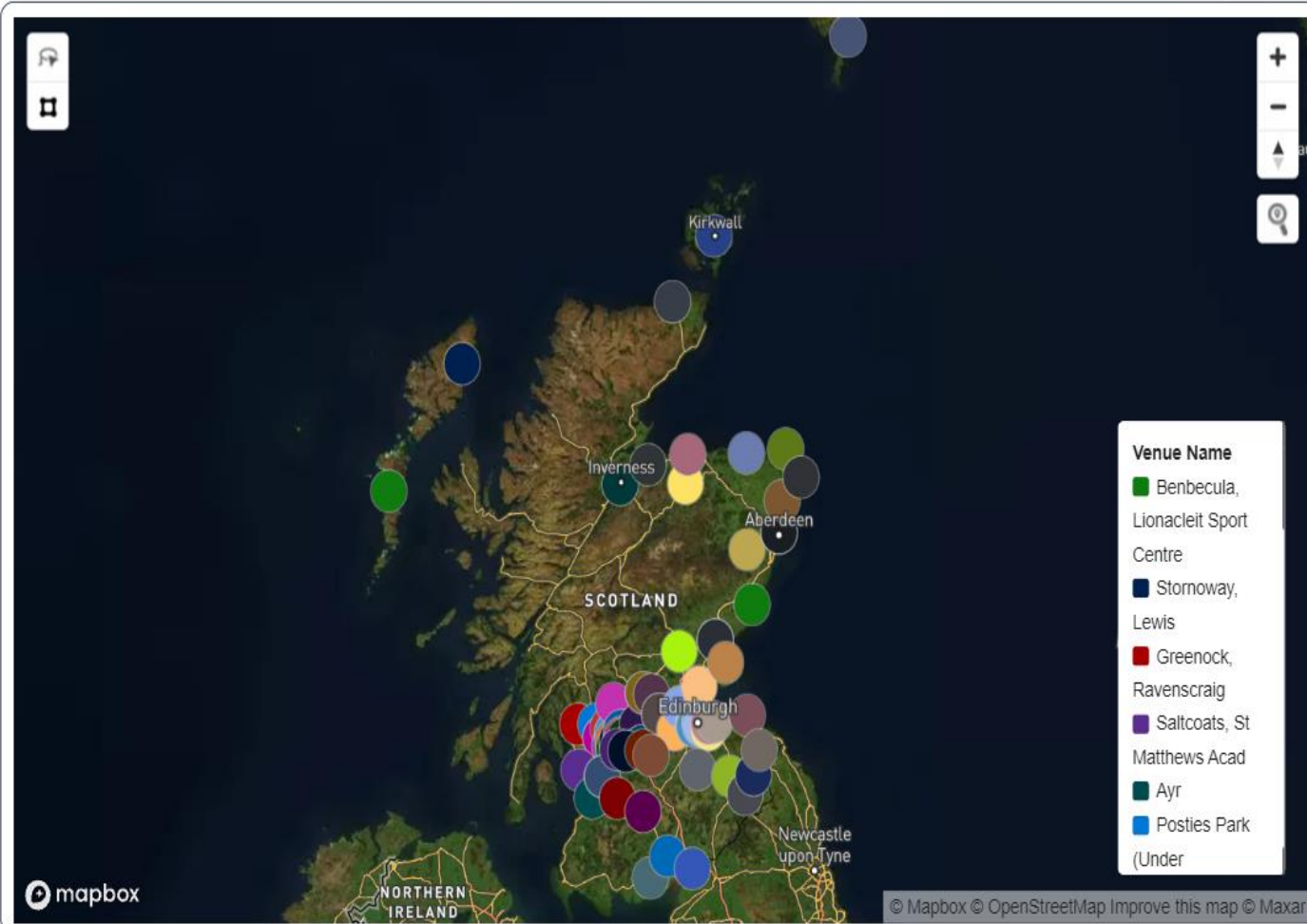
KEEP ON RUNNING
Running is for life, not just for lockdown 



Refocus

- Building a Culture of Success
 - Mid-term review
- Key strategic initiatives across all pillars
- People
- Leadership
- Governance
- Equality
- Safeguarding





Local Authority	
Aberdeen City	Midlothian
Aberdeenshire	Moray
Angus	Na h-Eileanan Siar
City of Edinburgh	North Ayrshire
Clackmannanshire	North Lanarkshire
Dumfries and Gallo...	Orkney Islands
Dundee City	Perth and Kinross
East Ayrshire	Renfrewshire
East Dunbartonshire	Scottish Borders
East Lothian	Shetland Islands
East Renfrewshire	South Ayrshire
Falkirk	South Lanarkshire
Fife	Stirling
Glasgow City	West Dunbartonshire
Highland	West Lothian

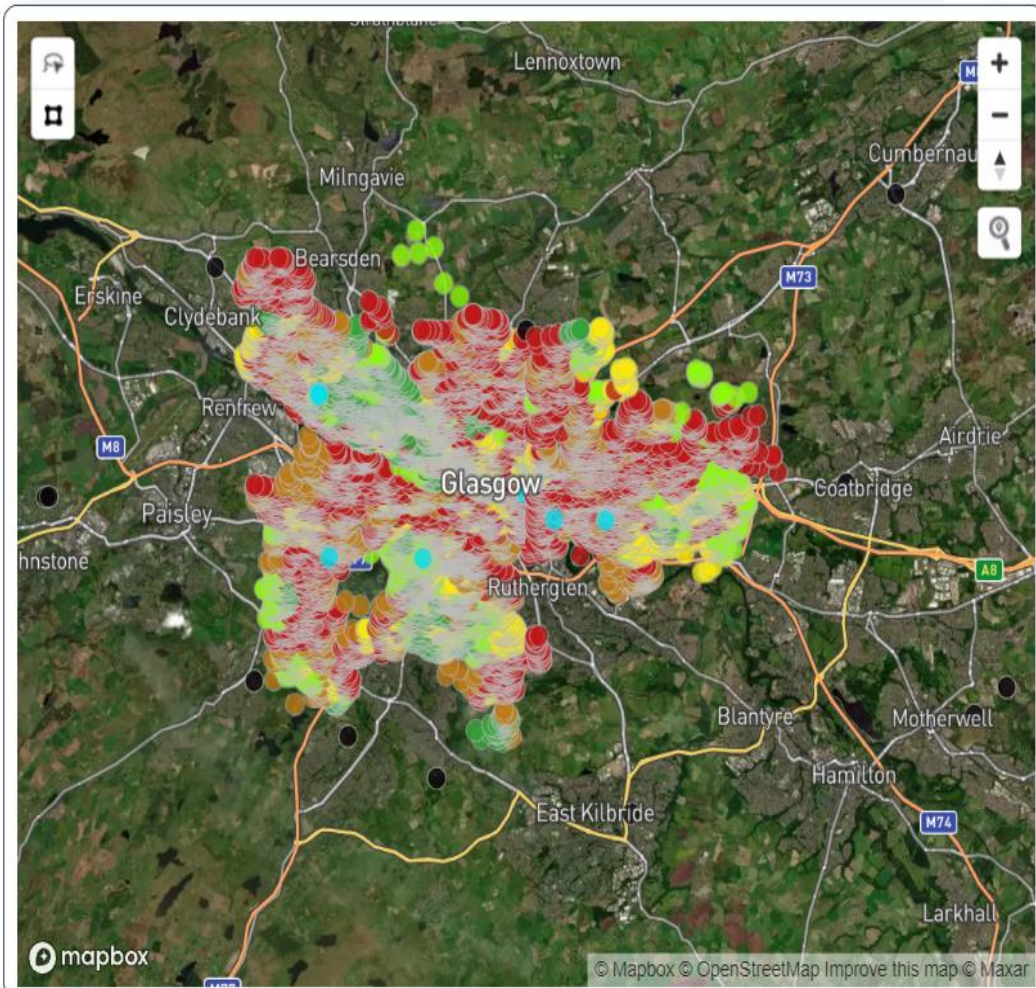
Venue Type
Compact
Indoor
Outdoor

Venues

77



This provides a view of facility provision within each Scottish Local Authority Area. If you hover the cursor over a venue, additional information about each venue will be displayed: Name; Type, Age, Condition, Town, Indoor/Outdoor and Operating Model.



Venues Per 20k of Population

Council_area	Venues per 20k
Na h-Eileanan an Iar	1.45
Orkney Islands	0.94
Scottish Borders	0.88
Shetland Islands	0.87
Stirling	0.67
East Renfrewshire	0.66
East Lothian	0.60
Dumfries and Galloway	0.53
East Ayrshire	0.49
West Dunbartonshire	0.44
Moray	0.43
Aberdeenshire	0.40
Clackmannanshire	0.39
North Lanarkshire	0.30
Dundee City	0.27
Highland	0.26
Falkirk	0.26
Inverclyde	0.25
Midlothian	0.24
Glasgow City	0.24
Renfrewshire	0.23

Travel Mode/Time

20 Minutes Cycling

20 Minutes Driving

20 Minutes Public T...

20 Minutes Walking

30 Minutes Cycling

SIMD Filter

SIMD Q1

SIMD Q2

SIMD Q3

SIMD Q4

SIMD Q5

SIMD Population

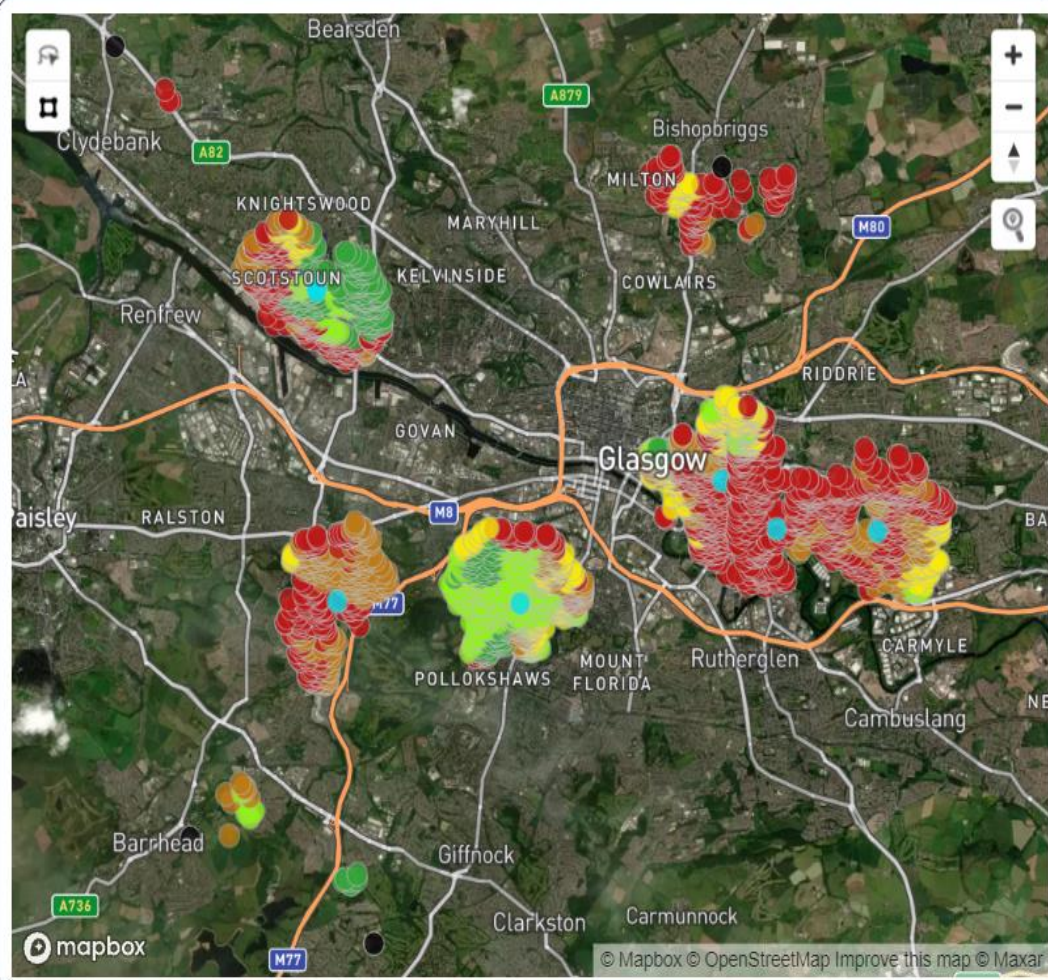
SIMD	Population
1	245,295
2	96,292
3	74,653
4	68,438
5	68,817
Total	553,495

Local Authority Po...

583.19K

Compact Indoor Outdoor Access... Not Ac...

This provides an insight into the accessibility of athletics facilities across Scotland. It can be adjusted to look at Compact, Indoor or Outdoor facilities. It also shows the population with access and the SIMD breakdown of that population and the number of venues per 20k of population. travel times and and modes can also be adjusted.



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Na h-Eileanan an Iar	1.45
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East Renfrewshire	0.66
East Lothian	0.60
Dumfries and Galloway	0.53
East Ayrshire	0.49
West Dunbartonshire	0.44
Moray	0.43
Aberdeenshire	0.40
Clackmannanshire	0.39
North Lanarkshire	0.30
Dundee City	0.27
Highland	0.26
Falkirk	0.26
Inverclyde	0.25
Midlothian	0.24
Glasgow City	0.24
Renfrewshire	0.23

Travel Mode/Time

20 Minutes Cycling

20 Minutes Driving

20 Minutes Public T...

20 Minutes Walking

30 Minutes Cycling

SIMD Filter

SIMD Q1

SIMD Q2

SIMD Q3

SIMD Q4

SIMD Q5

SIMD	Population
1	49,626
2	23,237
3	14,698
4	13,727
5	10,642
Total	111,930

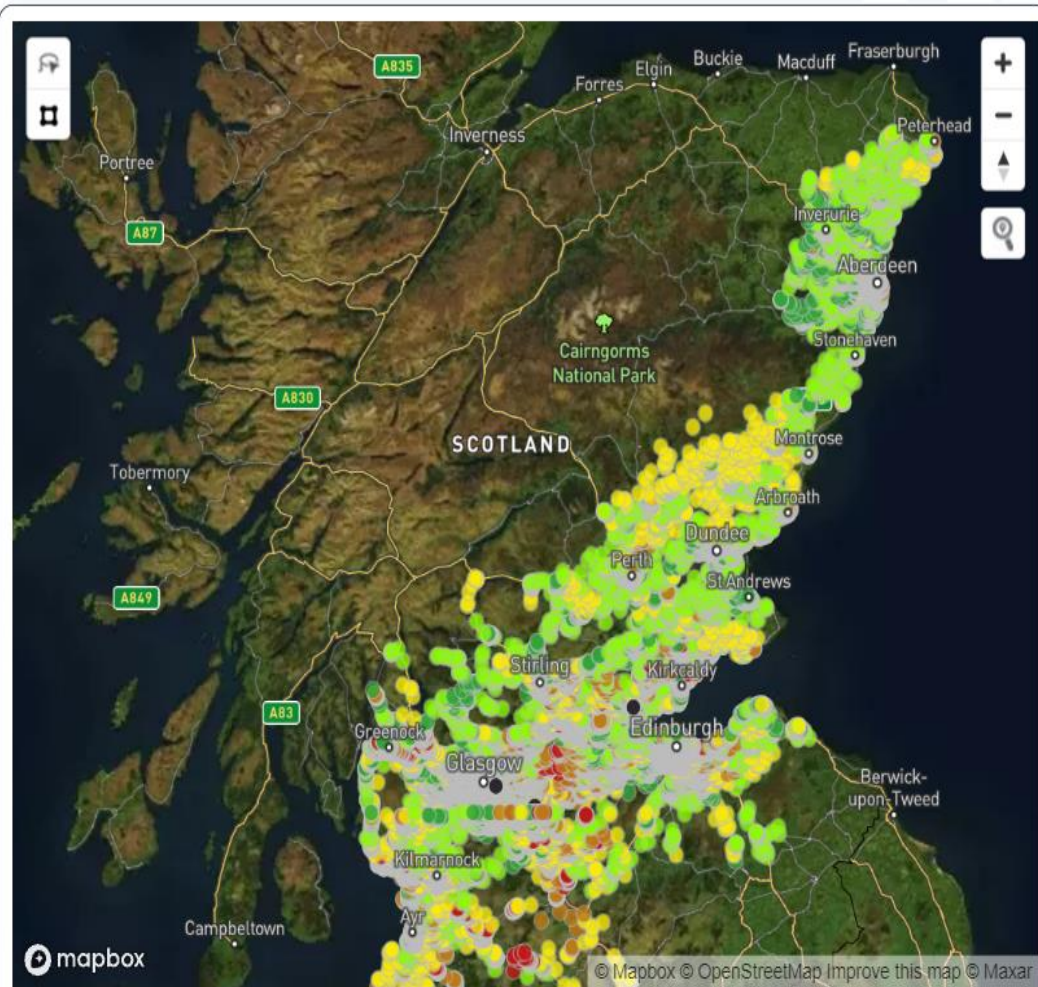
Local Authority Po...

583.19K

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Venues Per 20k of Population

Council_area	Venues per 20k
East Ayrshire	0.16
Dundee City	0.14
Falkirk	0.13
Renfrewshire	0.11
Glasgow City	0.10
Aberdeen City	0.09
North Lanarkshire	0.06
Fife	0.05
City of Edinburgh	0.04
Aberdeenshire	0.00
Angus	0.00
Argyll and Bute	0.00
Clackmannanshire	0.00
Dumfries and Galloway	0.00
East Dunbartonshire	0.00
East Lothian	0.00
East Renfrewshire	0.00
Inverclyde	0.00
Midlothian	0.00
North Ayrshire	0.00
Perth and Kinross	0.00

Travel Mode/Time

20 minutes walking

30 Minutes Cycling

30 Minutes Driving

30 Minutes Public T...

60 Minutes Driving

SIMD Filter

SIMD Q1

SIMD Q2

SIMD Q3

SIMD Q4

SIMD Q5


SIMD Population

SIMD	Population
1	990,409
2	895,903
3	724,664
4	787,258
5	1,006,283
Total	4,404,517

Local Authority Po...

4.88M

Compact Indoor Outdoor Access... Not Ac...

 This provides an insight into the accessibility of athletics facilities across Scotland. It can be adjusted to look at Compact, Indoor or Outdoor facilities. It also shows the population with access and the SIMD breakdown of that population and the number of venues per 20k of population. travel times and and modes can also be adjusted.



2021-2026

- Strengths of athletics in Scotland
- Solid foundations for recovery and growth
- Servicing our clubs and members
- Continually evolving athletics in Scotland
- Strength and importance of partnerships
- Power to inspire
- Thank you

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Lunch and networking

Parking Code - JAFCF



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Round table discussions

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Round table

Format

- 2 x 15min chats

Topics

- Facilities
- #OnTheRightTrack(changing lives)
- Board Myth Busting
- Welfare/Coaching
- Para Athletics
- Jo Pavey

Refreshment Break



Workshop 3

Spey – Aberdeen AAC

Clyde – Springburn Harriers

Dee – Equality Group

Main Room – Coaching

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Guest Speaker Erin Gillen



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All About Youth





My Background in Sport:

- Started getting involved in athletics in first year of high school
- Competed for three consecutive years at inter-school competitions
- Progressed to start coaching/volunteering at aged 15



My Work With SportsScotland

:

- Became a Young Ambassador at 16.
- Joined the Young Ambassador Conference Delivery Team (YACDT) a year later.
- After two years on the YACDT I applied for SportsScotland's Young People's Sport Panel.
- After my two years on the panel I now currently sit on the project group for the Young People's Sport Panel



My work with Springburn Harriers:

- Began as a volunteer for the minis.
- Continued on my coaching pathway and now coach for the under 11s.
- Recently elected marketing representative for the Committee.



All About Youth:

- At the beginning of the year we surveyed Young People from across Scotland
- We found as an organisation there are areas in which Young People need better representation
- We now aim to champion the voices of Young People throughout Scottish Athletics



YOUNG PEOPLES FORUM

- At Scottish Athletics we value and recognise the importance of providing opportunities for our young people
- With this brand new forum we are looking for:
- Passionate young athletes, coaches, volunteers, umpires ,committee members or friends of the sport
- Aged 14-23
- Willing to commit to 4 meetings a year; and
- Are ready to have their voices recognised on a national platform.





Thank you for
listening!

ANY QUESTIONS?

Email: eringillen0@gmail.com

Twitter : ErinGillen3

Summary

- Thank you!
- Feedback
- Future work with Development Team
- FPSG scottishathletics Annual Awards



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Parking Code

JAFCF

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