

ATHLETICS INCLUSIVE

JANUARY – MARCH 2022

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

INCLUSIVE CHAMPIONS

Callum Ballantyne – athlete with Red Star AC / Cumbernauld AAC and member of Scottish Athletics Young People's Forum

One of the goals of the newly formed Scottish Athletics Young People's Forum is to help create a pathway into other roles in the sport. This could certainly be through becoming an Official; taking coaching qualifications; serving on club committees; or indeed becoming a representative for one of our Commissions. Callum Ballantyne, a sprinter with Red Star AC and Cumbernauld AAC, got the ball rolling on different roles when he shadowed the Start Team at the 4J Age Groups in February.

'I was offered the opportunity to shadow Officials at events through the Young People's Forum and I wanted to help the Start Team because I really find the Start Team really interesting, especially being a sprinter,' said Callum.

'I wanted to learn about all the different protocols to start the race. It was fun learning about the card system in athletics and how important the start is in a race for athletes. I also learned that you need to be fair on DQ decisions. I loved learning about the blue card protocol in the hurdles race.'

'I really enjoyed working with the Start Team as they made me feel welcome and I am now considering doing the Level 1 Starter/Starter's Assistant when I finish my athletics career.'

'If we didn't have Officials at these events, we couldn't make events happen! I would really encourage other young people to shadow the Officials because it will help you look what's happening behind the scenes of the event you take part in. I would like to thank all the Scottishathletics staff and Officials who made me feel welcome at the event as well - you all made me feel a part of the team; thanks again.'



CELEBRATING INTERNATIONAL WOMEN'S DAY

Whilst 8 March is the recognised date for International Women's Day, UK Athletics spent the entire week celebrating some key figures within the sport working hard and deserving of wider recognition.

Former athletes Laura Turner-Alleyne, Kate Rooney and Wendy Sly, current long jumper Jazmin Sawyers and UKA's Paralympic Pathway manager Sarah Benson all contributed to the series celebrating their work and efforts in an enlightening Q&A series.

As well as asking the women their experience of bias within the sport they all spoke how they work towards 'breaking the bias' – the theme of IWD 2022.

Follow these links to check out these inspirational articles:

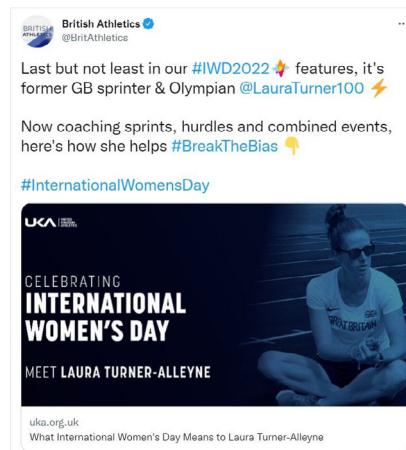
[Laura Turner-Alleyne](#)

[Kate Rooney](#)

[Wendy Sly](#)

[Jazmin Sawyers](#)

[Sarah Benson](#)



England Athletics also produced the goods for International Women's Day, bringing together athletes Jenny Meadows, Kelly Massey and coaches Sharon Morris and Janice Kaufman for a unique Podcast to celebrate, reflect, discuss barriers and say where they would like to see change in the sport

[Click here to give it a listen](#)



INCLUSION

SCOTTISH ATHLETICS - YOUNG PEOPLE'S FORUM

In December 2021, the Scottish Athletics Young People's Forum (YPF) was established to give young people a platform and voice in all aspects of the planning, development and delivery of athletics in Scotland. The first face to face meeting took place at the end of January 2022 and it was a great success. The members were split into subgroups, focusing on the Mental Health of Young Athletes and the Retention of Young Athletes in the Sport. An Action Plan is now being drafted together with the young members.



WELSH ATHLETICS - SUPPORTING INCLUSIVE COMPETITION ENVIRONMENT

Sunday 6th March saw the return of the in-person, Welsh Athletics Officials Conference. The conference provided the opportunity for our Officials to network, connect and learn through a series of presentations by guest speakers covering a range of different topics. Officials of all levels were present, and their engagement was great from start to finish making it a very successful day.

A fantastic presentation delivered by Ben Davies-Thompson from Disability Sport Wales providing our officials with information on how to support inclusion within the competition environment. This delivered helpful guidance on how to support athletes with Autism. Ben spoke over different athletics scenarios and challenged our officials with questions on how they would respond. This was very useful and engaging for our officials and helped to broaden their understanding of how and why you should respond to different situations.

ENGLAND ATHLETICS - MENTAL HEALTH FIRST AID (MHFA) TRAINING

Mental health first aid training workshops are available throughout 2022 with the support of #MileShy Running Club and MHFA instructor Jane Dennison.

The training teaches people how to identify, understand and help someone who may be experiencing a mental health issue. It covers how to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe.

Workshops are available in June, September and December and each will run on four weekday evenings. The cost is £100 per person which is heavily reduced from the normal £350. For more information visit the [England Athletics website here](#).

INCLUSIVE RESOURCES FOR CLUBS - ENGLAND ATHLETICS CLUB HUB

New resources are available to support clubs to be more inclusive. With a range of topics including- Creating an Inclusive Club, Running & Sprinting with Guides, Seated Throws, and Eating Disorders in athletics & running why not have a look and take steps to make your club more inclusive? Visit the [Club Hub website here](#).

SCOTTISH ATHLETICS - @SALINCLUSION

In February, Scottish Athletics launched a new twitter account @SALinclusion to highlight and share the work being done on inclusion by both Scottish Athletics as a governing body, and by other within the sport. A large focus will be on promoting club inclusion projects to a wider audience and sharing best practice.

We also hope it will help encourage clubs to get involved in diversity campaigns. We have recently uploaded an updated [Diversity Calendar](#) for 2022 to the Equality page of our website. This easy-to-read pdf highlights numerous opportunities for clubs and individuals to support diversity within the sport, arranged by theme and date.

Please give us a follow!

WHAT'S ON?

DIVERSITY CALENDER

APRIL

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

KEY



IDAHOBIT

MAY

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

KEY



Mental Health Awareness Week

EVENTS

JUNE

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

KEY



Scotland 4J Studios SUPERteams National Final

PARA INCLUSION

Para Athletics series - watch back

The England Athletics Para Athletics webinar series, in partnership with British Athletics, has now concluded. Covering topics such as wheelchair racing, frame running, para sprints, endurance, jumps and throws. For more information and to watch recordings of the webinars visit the [England Athletics website](#).

Para Success Open -

At the recent Scottish Athletics Para Success Open at the Emirates in Glasgow, FrameRunning was incorporated into a Scottish Athletics Indoor Championship for the first time.



DID YOU KNOW?

Scottish Athletics

Fiona Matheson set a W60 World Record at the 4J Masters Championships in Glasgow in February. The Falkirk Victoria Harriers athlete set a new W60 best for 1500m with a run of 5:09.58. Meanwhile, Edinburgh AC athlete, Paul Forbes followed that up with his latest global best by taking the M65 Indoor Mile mark down to 5:04.02 at an event in London. The Record had been held by American Frank Condon at 5:11.43, with that run having been in 2008. The British Record had been at 5:17! Paul set a M65 World best for the 800m just before Christmas.

CONTACTS

Shauna Bratten
Athletics NI Equality Officer
Shauna.bratten@athleticsni.org

Liz Purbrick
England Athletics Inclusion Manager
lpurbrick@englandathletics.org

Francesca Snitjer
Scottish Athletics Equalities Officer
francesca.snitjer@scottishathletics.org.uk

Rob Sage
Welsh Athletics Equalities lead
rob.sage@welshathletics.org

Liz Birchall
UK Athletics Head of Communications
lbirchall@britishathletics.org.uk

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](#)