

# A SPORT FOR CHANGE:

The wider impact of athletics in Scotland 2018/19



Photo Credit - Gordon Donnachie

CHANGING LIVES TOGETHER THROUGH ATHLETICS



**scottishathletics** are delighted to produce our second 'impacts' document. This document showcases the impact athletics in Scotland is having on sport, life and health. In the two years since our first publication we have continued to work in partnership with **sportscotland** and Scottish Government to fine tune the measurements we are using and to consider how we continue to best evaluate our impact.

This year, **scottishathletics** has been awarded the Advanced Level of the Equality Standard for Sport demonstrating our commitment to providing equality in athletics in Scotland. In addition to conducting Equality Monitoring Surveys with our membership in 2018/19 we have also integrated member surveys into our membership joining and renewal process to gather evidence throughout the year.

This document goes beyond membership and participation statistics to look at the difference that athletics and running has on individual's physical activity levels and mental wellbeing. We can now better understand and showcase the impact our athletics clubs and jogging groups are having on changing lives through sport and benefiting the communities they serve.

Our continued partnership with the Scottish Association for Mental Health (SAMH) is demonstrating the impact that can be made by working together to contribute and deliver against the Scottish Government Active Scotland Outcomes.

We would like to thank our partners for their assistance in conducting this research and extend our thanks to our member clubs, jogging groups, athletes and volunteers for not only assisting with this research but for being the people on the ground that are making the difference.

A handwritten signature in blue ink, appearing to read "M. Munro".

Mark Munro  
Chief Executive Officer

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

- **scottishathletics** club affiliation returns
- **jogscotland** group registration information
- Equality monitoring surveys to all members, coaches and officials
- Physical activity and mental wellbeing survey for all members
- **sportscotland's** Active Scotland Outcome Framework report
- **scottishathletics** club projects and reports

## Active Scotland Outcome

## scottishathletics impact

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

**100%** of members that were inactive prior to joining an athletics club are now active

Less than **1%** of athletics club members are inactive

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

**93%** of club members meet Chief Medical Officer guidelines of more than 150 minutes moderate or vigorous physical activity per week

**67%** of jogscotland members meet the Chief Medical Officer guidelines of more than 150 minutes moderate or vigorous physical activity per week

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

**267** young (14+) athletics leaders trained

**126** teachers/future teachers completed athletics award

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

**4,014** volunteers in athletics clubs in Scotland

**259** Jog Leaders were trained and deployed across every local authority in Scotland

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

**639** Jog Leaders completed online mental health awareness training

**89%** of club members say that participating in athletics makes them feel more optimistic about the future

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

**7,100+** performances from across 97 clubs recorded in our innovative event specific series

**400,000+** visits made to athletics sessions through the Active Schools network

# 01 ATHLETICS IN SCOTLAND



# 153

athletics clubs

# 480

jogging groups

## 18,422

**scottishathletics**  
members  
**47%** female  
**52.8%** male  
**0.2%** non-binary

## 60,000+

registered **jogscotland**  
members and circa  
10,100 active members  
on a weekly basis

**74.6%** female  
**24.9%** male  
**0.2%** non-binary  
**0.3%** no response

**63%** membership growth since 2011

**5,940** new **jogscotland** members in 2018/19

**26** athletics events and disciplines

**44** clubs delivering run, jump, throw sessions in local community

**45** clubs delivering projects to target underrepresented groups in 2018/19

**97%** of athletics clubs utilise local authority facilities

**42%** of **scottishathletics** members have been in their club for more than five years

**4.8%** of **scottishathletics** members have a disability

**100%** of clubs have an equality policy

**30+** member clubs with Scottish Charitable Incorporated Organisation status

## 02 PHYSICAL ACTIVITY – scottishathletics



**93%** of club members meet Chief Medical Officer guidelines of more than 150 minutes moderate or vigorous physical activity per week

**78%** of club members meet the Chief Medical Officer guidelines of more than 150 minutes of moderate or vigorous physical activity per week through their participation in athletics/running

**60%** of club members have increased their level of physical activity in the last 12 months

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

**51%** of club members are physically active for 30 minutes or more on 5+ days per week through athletics

Less than **1%** of athletics club members are inactive

**100%** of members that were inactive prior to joining an athletics club are now active

**Club members living in the most deprived parts of Scotland are equally as likely to be active as members from the least deprived areas**

Current Activity Levels by SIMD Area

	Active		Some Activity		Inactive	
	Athletics club members	Average cross-sport club members	Athletics club members	Average cross-sport club members	Athletics club members	Average cross-sport club members
SIMD 1	<b>96%</b>	<b>87%</b>	<b>4%</b>	<b>11%</b>	<b>0%</b>	<b>1%</b>
SIMD 2	<b>92%</b>	<b>86%</b>	<b>6%</b>	<b>12%</b>	<b>2%</b>	<b>2%</b>
SIMD 3	<b>94%</b>	<b>86%</b>	<b>6%</b>	<b>13%</b>	<b>0%</b>	<b>1%</b>
SIMD 4	<b>93%</b>	<b>85%</b>	<b>8%</b>	<b>14%</b>	<b>0%</b>	<b>1%</b>
SIMD 5	<b>96%</b>	<b>88%</b>	<b>4%</b>	<b>11%</b>	<b>0%</b>	<b>1%</b>

### Developing physical confidence and competence

“Do you feel that being involved in sport and physical activity at your athletics club has helped you to...”

	Athletics club members	Average cross-sport club members
Get better at sport	<b>86%</b>	<b>75%</b>
Become more confident in sport and physical activity	<b>73%</b>	<b>66%</b>
Learn a new skill	<b>35%</b>	<b>55%</b>
Get more active outside the club	<b>48%</b>	<b>45%</b>
Be interested in other sports or groups	<b>30%</b>	<b>30%</b>

## 03 PHYSICAL ACTIVITY – jogscotland



# 63%

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

# 67%

of jogscotland members meet the Chief Medical Officer guidelines of more than 150 minutes moderate or vigorous physical activity per week

# 44%

of jogscotland members meet the Chief Medical Officer guidelines of more than 150 minutes of moderate or vigorous physical activity per week through their participation in athletics/running

# 99%

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

# 94%

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



# 04 SUBJECTIVE WELLBEING



“Do you feel that being involved in sport and physical activity at your athletics club has helped you to...”

	Athletics club members	jogscotland members	Average cross-sport club members
Feel healthy	93%	99%*	89%
Feel included	81%	–	83%
Feel useful	78%	75%	82%
Feel close to people	68%	73%	74%
Feel optimistic	77%	91%	73%
Feel involved	68%	–	72%
Feel relaxed	76%	95%	72%
Think clearly	73%	90%	69%
Deal with problems	62%	83%	63%
Make up my mind	58%	70%	60%
Focus on tasks and learn new things	76%	79%	–

\* the question to jogscotland members was specifically on ‘feeling physically healthier’ as opposed to ‘healthy’ in the club surveys.

– question not asked to particular group.

**96%**  
**of athletics club members feel like they are achieving their goals in sport and physical activity**



## 05 EDUCATION



# 4000+

individual coaches engaged in coach development programmes

# 311

coaches completed a coach education qualification

# 259

Jog Leaders were trained and deployed across every local authority in Scotland

# 639

Jog Leaders completed online mental health awareness training

# 126

Teachers/future teachers completed athletics award

# 267

Young (14+) athletics leaders trained

# 400,000+

Visits made to athletics sessions through the Active Schools network



## 06 VOLUNTEERING/EMPLOYMENT



# 18

clubs paying coaches

# 32

people employed through Club Together

# 8.6m

value of volunteering per annum based on living wage

# 4,014

volunteers in athletics clubs in Scotland

# 8,864

volunteer hours every week in clubs

# £79,766

value of volunteering in clubs each week

## OFFICIATING



**450** licensed events supported by volunteer officials

**490** active volunteer officials

**262** officials trained and/or upskilled in 2018/19

**44%** have increased their level of physical activity in the last 12 months

**86%** are physically active for 150 minutes or more per week

**47%** meet the recommended physical activity guidelines through officiating in athletics

## 07 MEDAL SUCCESS



17

- **athletes selected for the European Championships in Berlin** (record 5 medals)

7

- Scots selected for Para Athletics European Championships in Berlin (7 medals)

9

- **athletes selected for the European Athletics Indoor Championships in Glasgow** (highest ever) (5 medals)

5

- greatest Commonwealth Games medal haul since **1990** with five medals

3

- **medals at Athletics World Cup**

21

- further medals won across disciplines in other World and European championships

10

- **Scottish athletes selected for Cerebral Palsy International Sports and Recreation Association (CPISRA) World Games and 20 medals won**

# Forth Valley Flyers

Forth Valley Flyers were founded in 2010 for athletes with either a Learning, Physical or Sensory Disability and have grown steadily to over fifty members. Our main aim is to equip our athletes to overcome the barriers they face in everyday life by being involved in the clubs activities. Yes, athletics is our main focus, but we also give a lot of support to our members in other areas – mainly in the form of peer support and peer advice.

Our athletes can follow the competition pathway for their disability – Paralympics, Special Olympics... but more importantly we are keen for as many as possible to compete in mainstream athletics.

This is done in partnership with Falkirk Victoria Harriers whereby we both have the same Club Together Officer (CTO), but in addition the Vic's Inclusion Officer coaches with the Flyers as well. Between them they ensure a smooth transition for those athletes who are committed to training hard and show a good attitude to competing. It starts with Flyers athletes attending a few Vic's training sessions which is then slowly built up as they settle in. They eventually join and compete for Falkirk Vics as well as the Flyers. The difference in these athletes is quite amazing, they obviously become better athletes but their confidence is also boosted.

It is very much a two-way system as we also have had athletes join us from Falkirk Vics where again they compete in mainstream and disability athletics. Again, this is handled by our CTO and Inclusion Officer. In total seven athletes have completed this process in either direction and this is the first steps.

# Gavin Drysdale

Born with cerebral palsy, Gavin Drysdale first got involved in RaceRunning at the age of 5 after a physiotherapist suggested it to him. Gavin instantly fell in love with the sense of freedom and independence the running frame enabled him to have. He soon started to train at his local athletics track in Ayr and later joined Red Star AC for performance coaching. Gavin competed in his first international competition at the age of 9 and has been a pioneer in developing this para athletics event nationally and internationally. Gavin is a member of Red Star AC and Ayr Seaforth AC.

“Being involved in a Para Athletics event has benefited me in so many ways and has provided me with life experiences well beyond competing on the track. I have been lucky enough to travel around the world competing at major championships, meeting incredible people that have become friends. My confidence has improved as well through my experiences. Most importantly, I have got to share what I love doing with others which is just amazing. Taking part in sport at any level is a huge benefit to both physical and mental wellbeing.”

Over the years, Gavin has won numerous world RaceRunning junior and senior titles and has broken many world records. He most recently won Gold in Berlin when RaceRunning debuted at the WPA European Championships in August 2018. Gavin’s ultimate dream is for RaceRunning to become a Paralympic event – a dream that is becoming increasingly closer.

# Sophie Allan

Sophie thirst for knowledge and willingness to learn across disciplines is second to none. Sophie is very clear on the benefits that being an athletics official has brought her, not only in her officiating but in everyday life.

"I first got involved in officiating when my work ran an 'assistant officials' course. I really enjoyed the course and tried a few weekends officiating. I then decided that I really liked helping with the Starters and went on to do the Level 1 Starter/Starter Assistant course."

"I've been an official for just under two years and in that time, I have grown in confidence, improved my communication skills and become more outgoing. Officiating has also helped maintain my fitness."

"When I was selected to be an official at the European Indoor Championships in Glasgow, I was very nervous, but excited at the same time. Being selected for the Technical Team I didn't really know what to expect. I was supported by the more experienced members of the team which meant I learned lots and realised that I really like being on the tech team."

"Having been given the opportunity to officiate at this level I will continue to go through my levels in the start team, gaining experience at Local, Regional and National events and be in the technical team more. I would love to officiate at more major events in the future."

# Equality in practice

Our equality work continues to lead the way on a national front. In July 2019 **scottishathletics** achieved the Advanced Level of the Equality Standard for Sport.

With the assistance of external Equality Partners, Equality Guidance for Clubs was produced to provide support and advice on all the protected characteristics covering the Equality Act 2010.

As part of our ongoing work, the following projects have taken place:

**Gender Equality:** Falling into line with the move by the Road Running and Cross Country Commission to equalise the distance for senior men and women at the Linsdays National Cross Country a couple of years ago, all race distances have now been equalised for male and female athletes across all ages groups at the District Cross Country Championships since December 2018. The 2019 National Cross Country also saw the introduction of the pilot to increase the number of medals awarded to the senior women team from four to five.

**Non-binary gender identity:** A submission to propose a rule change to UK Athletics to allow a third gender category in mass participation races was accepted and piloted in the 2018-2020 rule book. In addition to this, **scottishathletics** produced non-binary guidelines for event organisers.

Subsequently, as of April 2019, all **scottishathletics** championship events, including those external events hosting a championship on our behalf, must include a non-binary category within the event entry options.

# Michelle Noonan

“Three years ago, I was really overweight, nearly 17 stone, and my mental health wasn’t good. I had depression and PTSD and I’d get panic attacks too, so I didn’t go out.

The turning point was when I had to go and buy a suit jacket for a funeral and I had to get a size 22 and I just thought “I can’t be this size any longer, I can’t do this.

I started eating better and went along to Kirkcaldy Parkrun. I loved the atmosphere of parkrun and the fact it is for everyone. I then joined the jog**scotland** group, Kirkcaldy Wizards, a group that is free to attend which was important in getting me started. I had to walk most of my first session, but through the support I was given I started to gradually improve and lose weight.

My whole body feels better, I feel like I can breathe. I’ve lost four stone all together, and I’m so proud of that. Mentally, where once I was having panic attacks, not wanting to go out, things have changed and I now also run on my own and I am finishing races surrounded by thousands of people. I’m having adventures I’d never have dreamed of – and I’ve loved it all.

The Wizards are like my extended family.

I’d like to train as a jog leader so I can do even more. Someone gave me that encouragement and support when I needed it and I’m so happy to give that back.”

## 13 CASE STUDY jogscotland



# partnership

The partnership between SAMH and **scottishathletics** to deliver the **jogscotland** programme has gone from strength to strength in the last two years.

Angus MacDonald, Sports Development Coordinator, West Dunbartonshire Leisure, shared his experiences of the partnership at a local level.

“At the start I was sceptical about the new partnership with Scottish Association for Mental Health (SAMH). Mental health was not something we discussed openly at the time.

However, the introduction of SAMH was beneficial immediately. I evaluated our current processes and made sure they were fit for purpose. West Dunbartonshire Leisure introduced some changes, including getting all jog leaders trained in Mental Health Awareness, being quicker to respond to enquiries, informing members who their leaders would be that night, offering to meet new members ahead of sessions and we created a member’s newsletter.

It was the SAMH training that made us realise how important it was to make the first impression positive. If we can breakdown as many barriers as we can, this should result in a positive experience for the jogger. We are planning further changes including using social media to raise awareness and promote positive messages, and creating a video showing potential members what a typical session looks like. This will help break down barriers and misconceptions.



## 14 CASE STUDY jogscotland

I am not an expert in mental health, but I am more aware of how I act or communicate with people and of things I can do to help others. I am more confident to speak with other groups outside of athletics and **jogscotland** and advise them on what help is available. The confidence is only there as I have an amazing support team in **scottishathletics**, SAMH and **jogscotland**!

People need different levels of support and being able to listen and let them talk when they need to has made our groups a more friendly and sociable place. The SAMH and **jogscotland** partnership is a brilliant way to help make a positive impact on Scotland's physical and mental health!

I am happy to add that West Dunbartonshire Leisure is now a proud signatory of the SAMH Mental Health Charter for Sport & Physical Activity."

# Community Strides

In 2018, jog**scotland** and SAMH were one of 17 applicants to receive funding from the Changing Lives Fund. Our Community Strides project has two project coordinators and operates in Edinburgh, Glasgow, Aberdeen and Dundee. The focus of the project is to increase participation and physical activity levels of the BME community, a population currently underrepresented within our membership.

Laura Kirkland, Community Strides Coordinator, has highlighted the work being done in one of the projects:

“I’ve been working with the team at Dundee International Women’s Centre (DIWC) to establish a running class at the centre and learn more about the needs of the women. DIWC have a variety of classes on offer and they each promote mental wellbeing, so it was the perfect fit for establishing a running class as part of the fitness and wellbeing groups offered at the centre.

We’ve built the class up from indoor exercise sessions in private to now venturing out on to the surrounding streets for a jog. For many of the women taking part, it was the first time they had exercised in public which has taken great courage. Around 15 women are now active in the running class and have highlighted that they feel more energized and are seeing the benefits of running in clearing their heads.

The wider jog**scotland** network also contributed with a clothing drive as most of the women did not own running clothes or trainers. It has been brilliant to show people in the community that getting active can be for anyone.”

We’d like to extend our thanks to the Changing Lives funders: Scottish Government; **sportscotland**; Spirit of 2012 and the Robertson Trust for supporting the Community Strides project.



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