



TRANSFORMING LIVES
THROUGH ATHLETICS & RUNNING



Athletics Trust
Scotland

About Us

ATS is a new charity founded by former Chair of **scottishathletics** Ian Beattie and current trustee Mark Munro that has been established with the purpose of supporting the ongoing development of athletics in Scotland through fundraising activities. The charity will help people of all ages and abilities across Scotland to participate, contribute and excel in all aspects of athletics.

ATS's charitable objectives as a whole include:

- Providing support to those in the sport who are in need, for reasons of age, ill-health, disability, financial hardship or other disadvantage
- Promoting and encouraging individuals towards accreditation for coaching and the role of competition officials
- Providing new opportunities for more people to participate in athletics and running activities
- Supporting the upkeep and improvement of existing and planned facilities
- Advancing learning and development opportunities for athletics leadership – athletes, coaches, clubs, club volunteers and officials.
- Supporting projects and initiatives delivered in line with **scottishathletics** and in conjunction with national strategies for the sport of athletics

Our Trustees



David Ovens - Chair
Joint MD of Archangel Investors &
Chair of **scottishathletics**



Paddy Burns
CEO & Founder of 4J Studios
BAFTA-winning game developer



Mark Munro
COO of UK Athletics & Former CEO of
scottishathletics



Graeme Jack
Communications Director of Müller UK &
Ireland & Chair of West End Road Runners



Jo Butterfield MBE
Paralympic and World Champion
European Record holder



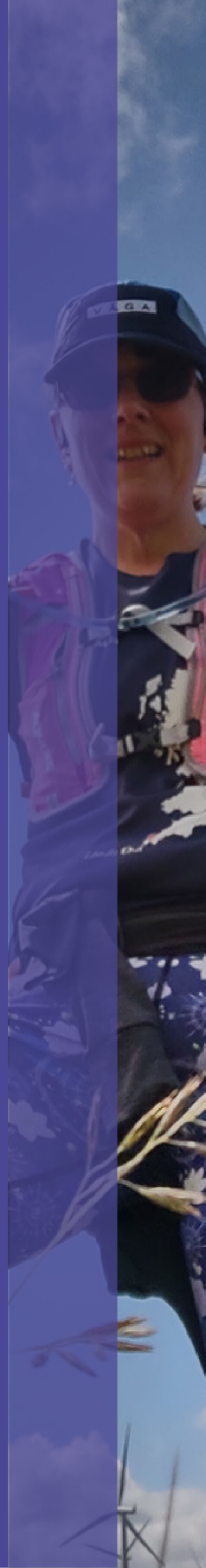
Eilidh Doyle
400m Olympic medallist, Scotland's
most decorated T&F athlete

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When I run or jog I can put worries out of my head and or sort out the little niggles in my world or plan - no run is wasted when I see a sunrise or a sunset or birds or smiles

Jean Wilson - Runner

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We have the power to transform peoples lives

Nearly two thirds of Scots are overweight – that is a staggering 3.5 million people. Just as concerning, a third of all Scots are affected by mental health illness. These are national epidemics that will continue to put the NHS under immense pressure. With 9% of NHS funding in Scotland – that is well over £1bn each year – being spent on treating Type 2 Diabetes alone, it is widely recognised that prevention needs to be a greater priority.

ATS will work with national partners to focus our funding support where it can have the greatest impact on prevention. The ability of sport and physical activity to change lives has been well documented in recent years, through the Sport for Change report published in 2017, followed by multiple nationwide studies on physical activity and wellbeing having been carried out. Scottish Athletics have led two research studies to look at the impact athletics and running in Scotland has had on health and wellbeing, with results clearly showing a huge influence on participants' physical health and wellbeing.

The work and impact of jogscotland has been recognised by Scottish Government, with approximately 400 groups in communities across Scotland getting approximately 10,200 members active on a weekly basis. jogscotland's innovative partnership with Scottish mental health charity, SAMH is demonstrating that the benefits of running go way beyond the physical. Getting people active, especially in a fun, social and supportive environment can improve physical health, mental health and wellbeing whilst also reducing isolation. Over 700+ jog leaders across Scotland have already received mental health training since 2018 and that number is expanding quickly.

Our sport is underrepresented...

Athletics and running has one of the highest participation rates for sport in Scotland but the following groups are significantly underrepresented...

Ethnically and culturally diverse communities

According to the Census, Scotland's ethnically and culturally diverse population is 8%, however only 2.2% of **scottishathletics** membership identifies as being from a diverse ethnicity (SA Equality Monitoring Report, 2019)

People with a disability

Despite 21% of the Scottish population having a disability (*Scottish Household Survey, 2017*), both **sportscotland** and **scottishathletics** carried out research that shows only 8% and 5% of their members respectively as having a disability.

People who live in poverty

scottishathletics carried out a membership SIMD analysis using the National Records for Scotland, which identifies the sport is significantly underrepresented across most deprived areas. Further, there is an upward trend in participation for running & athletics in the least deprived areas but not for most deprived (Sport Participation Report Scotland Report, 2019)



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From an overweight chainsmoker to a Scottish internationalist and record holder it has been a very fulfilling ride.

Mark Gallacher - Runner

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We now need to make our sport more inclusive

ATS needs to prioritise a significant dedicated amount every year to reach our Transforming Lives objectives and our aim is £500k over 5 years to; expand the recreational running network in Scotland, and increase support and provisions for underrepresented groups in both athletics and running.

Investment will be used to fund the following projects:

Employ Local Participation Leaders

Invest £200k over 5 years for club, group or organisations to employ local participation officers in identified priority protected characteristic/demographic

Create a Grant Distributing Fund

Invest £200k over 5 years provide a grant distributing fund that individuals, organisations and clubs can apply for that significantly enhances opportunities through athletics & running

Health & Wellbeing Referrals

Invest in £100k to support a referral service for those who may wish to use running & athletics to improve their physical and mental health

Can we help?

To find out more about Athletics Trust Scotland or how you can get involved in our projects

Call:
0131 539 7343

Email:
info@athleticstrustscotland.org.uk

Visit:
athleticstrustscotland.org.uk/support

Write to:
Athletics Trust Scotland, Caledonia House,
South Gyle, Edinburgh, EH12 9DQ.

ATS is the charity that supports the development of athletics in Scotland.

Athletics Trust Scotland is a registered charity in Scotland (SC050143) Caledonia House, South Gyle, Edinburgh, EH12 9DQ.



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