

Run!

A Community Athletics Initiative for London

What can we do for *you*?
Universities




ENGLAND ATHLETICS

www.londonathletics.org/about-run

Introduction

Delivering a consistently high quality experience of athletics in Higher education and club environments is fundamentally important to ensuring the lasting success of the sport. Universities and our Sport can work together to provide an introduction to and progression in, running, jumping and throwing in their purest forms. The application of various resources to ensure stimulation and recognition of improvement is encouraged. This booklet provides you with some options to utilise these resources and presents some brief ideas/links that might support you in your quest.

Run!

Run! is our approach to delivering a grass roots legacy for athletics in central London from the 2012 Olympic and Paralympic Games, by creating new and sustainable opportunities for the 2 million Londoners for whom existing athletics provision is extremely limited

Run! is a programme to increase participation levels in the sport of athletics in the Inner City Boroughs of London.

Run! is fully aligned with the objectives of providing a sporting legacy following the 2012 Olympic and Paralympic Games as embedded in the Mayor of London's Plan for Sport – *A Sporting Future for London*. It forms part of the London Strategy Plan for Athletics and works hand-in-hand with Inclusive and Active 2.

Who we are

We are the delivery arm of England Athletics in London, tasked with engaging more people in all aspects of athletics from track and field through to recreational running and jogging groups.

We are working closely with LUCA (London Universities and Colleges Athletics) to ensure that there is an adequate pathway for participation and competition in London.



The Packages

Participation package	Education package	Competition package
Engaging students in various forms of Athletics. From Track and Field to Road Running.	Providing education to students through Athletics, and sustainable options for staff delivering athletics.	Providing a pathway to competition and sustainable exit routes for students .
Ideal for: Institutions that want to provide health, social and physical activity opportunity to students through Athletics.	Ideal for: Institutions that wish to develop athletics through education, with options for both Students and Teachers.	Ideal for: Institutions that wish to expand on their competition route for students through Athletics.
Options include: <ul style="list-style-type: none"> • Personalised Athletics sessions run at your University by a qualified coach/es for a term/semester through to an entire academic year • Tailored training and track sessions for Students in the lead up to the LUCA league competitions • A weekly timed 1 mile run at your local athletics track for individual classes or year groups • A recreational running group set up and tailored to your students • Weekly or Monthly taster sessions at your local track, delivered by qualified coaches linked to your local affiliated Athletics Club 	Options include: <ul style="list-style-type: none"> • Individual sign up for 14-25 Students to the volunteer leadership Academy scheme – AthleACADEMY • A 3 hour accredited coaching course for students to get into Athletics coaching (Elevating Athletics course and/or AthleFIT) • A 2 day accredited coaching course for 16+ students to get into Athletics Coaching (Coaching Assistant) • A 1 day accredited level 2 officiating course for 16+ students • A tailored Fresher’s fayre package for Students Unions and clubs including options for club management (Through LUCA) 	Options include: <ul style="list-style-type: none"> • Entry into the City of London Mile race – A 1 mile road race in Central London • Entry into the LUCA (London Universities and Colleges Athletics Association) league competition for Cross Country and Track and Field (Indoor and Outdoor) • University Athletics festival / competition support and advice, as well as provision at the local athletics track • Local engagement with the nearest National Governing Body Athletics Club to provide competitive opportunities

Optional extras: for all packages we can source and provide apparel, prizes, promotional merchandise and more.

Costs: bespoke packages and prices for all packages are available on request. For further information please email londonrun@englandathletics.org

Who have we worked with?

Here are some of the Universities that we have worked with to support their Athletics development:

- UEL
- Kings College
- Brunel
- St Marys

What have they said about us?

“We are pleased to be working with England Athletics in London to support the creation of new opportunities, competitions and education opportunities to develop our students and the sport.”

David Cosford ,Head of Sport, UEL

“England Athletics and the London team have supported us in expanding the athletics offer to university students both at Kings College and throughout London.”

James Findon, Athletics Committee, Kings College London

Further details

Website – www.londonathletics.org/about-run

Email – londonrun@englandathletics.org

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