



*LISTEN  
ENGAGE  
REPRESENT*

**Welsh Athletics and Run Wales  
National Conference  
Vale Resort, Hensol  
Saturday 19<sup>th</sup> October 2019**

***RUN WALES, BIG SOCIAL  
RUN & ALL THINGS  
RUNNING...***

***GARETH HALL  
RUN WALES PROGRAMME MANAGER***











*Everybody has a reason to run. Here at Run Wales we celebrate people and groups who run, jog and walk their way to a more active lifestyle. So regardless of your age, fitness level, aspiration, background or location you can all be a part of Run Wales.*

# National Survey for Wales 2017-2018

Spotlight on Athletics



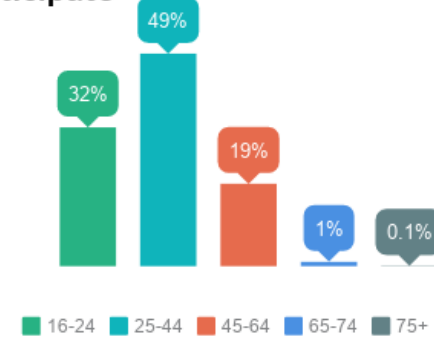
## Profile of adults who participate



42%



58%



# 22%

of adults who participate in athletics have a long term illness, disability or infirmity

13% or **331,000** adults participated in athletics\*

8% or **191,000** have a demand for athletics



### Mental Well-being

>> Adults who participate in athletics scored similar to the national average (7.9 vs 7.8)



### Social Trust

>> Adults who participate in athletics scored similar to the national average (6.1 vs 6)

Overall satisfaction with life & Overall trust in most people (0 - 10 scale)

## Physical Activity Levels

CMO Guidelines



Active  
150 mins+



Insufficiently Active  
31-149 mins



Inactive  
<30 mins

Athletics



86%

8%

6%

Wales



53%

14%

34%

Adults who participate in athletics are more likely to meet the CMO guidelines of being physically active (by any means) for at least 150 minutes per week than the national average (86% compared to 53%).

\*indoor and outdoor, including running and jogging

## Overall Participation

Overall, the proportion of females participating in athletics has fallen by 1% between 2016-17 and 2017-18. The proportion of males participating in athletics has increased by 1% between 2016-17 and 2017-18

2016-17



12%

151,000



15%

182,000

2017-18



11%

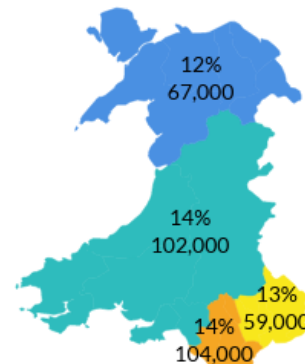
140,000



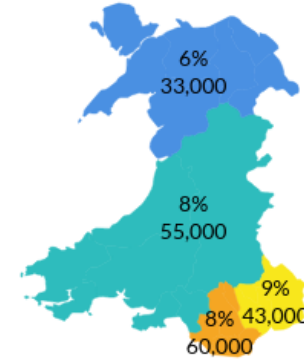
16%

191,000

## Participation



## Demand



	No Demand	Demand
Participation	288,000	43,000
No Participation	1,990,000	148,000

# 8%

of males and females have a demand for athletics

331,000  
Runners  
in Wales

191,000  
Want to  
Run



*Adults who participate in athletics (running) are more likely to meet CMO guidelines of being physically active for at least 150 minutes per week than the national average.*

**RUNNERS**



**86%**

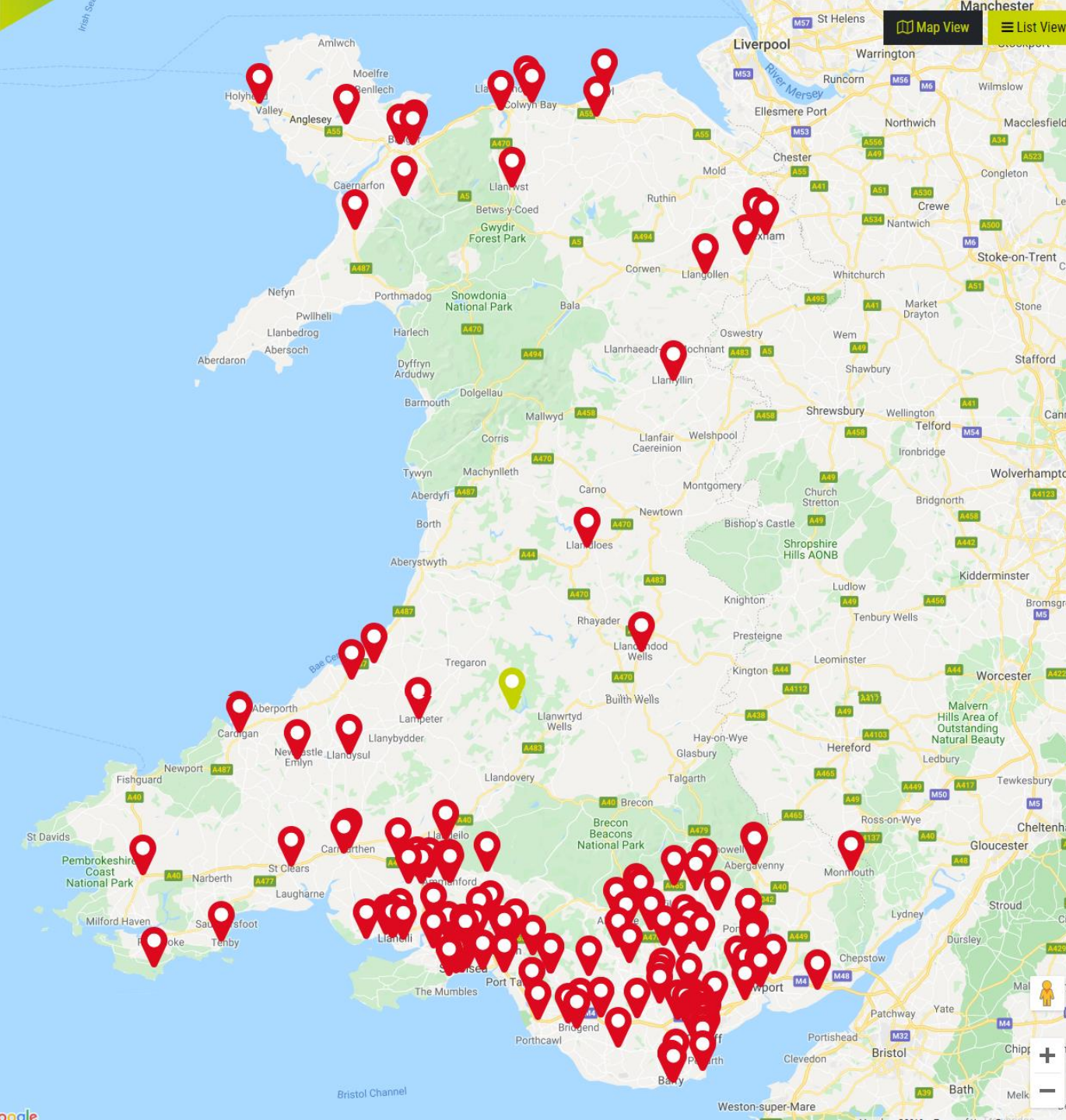
**WALES**



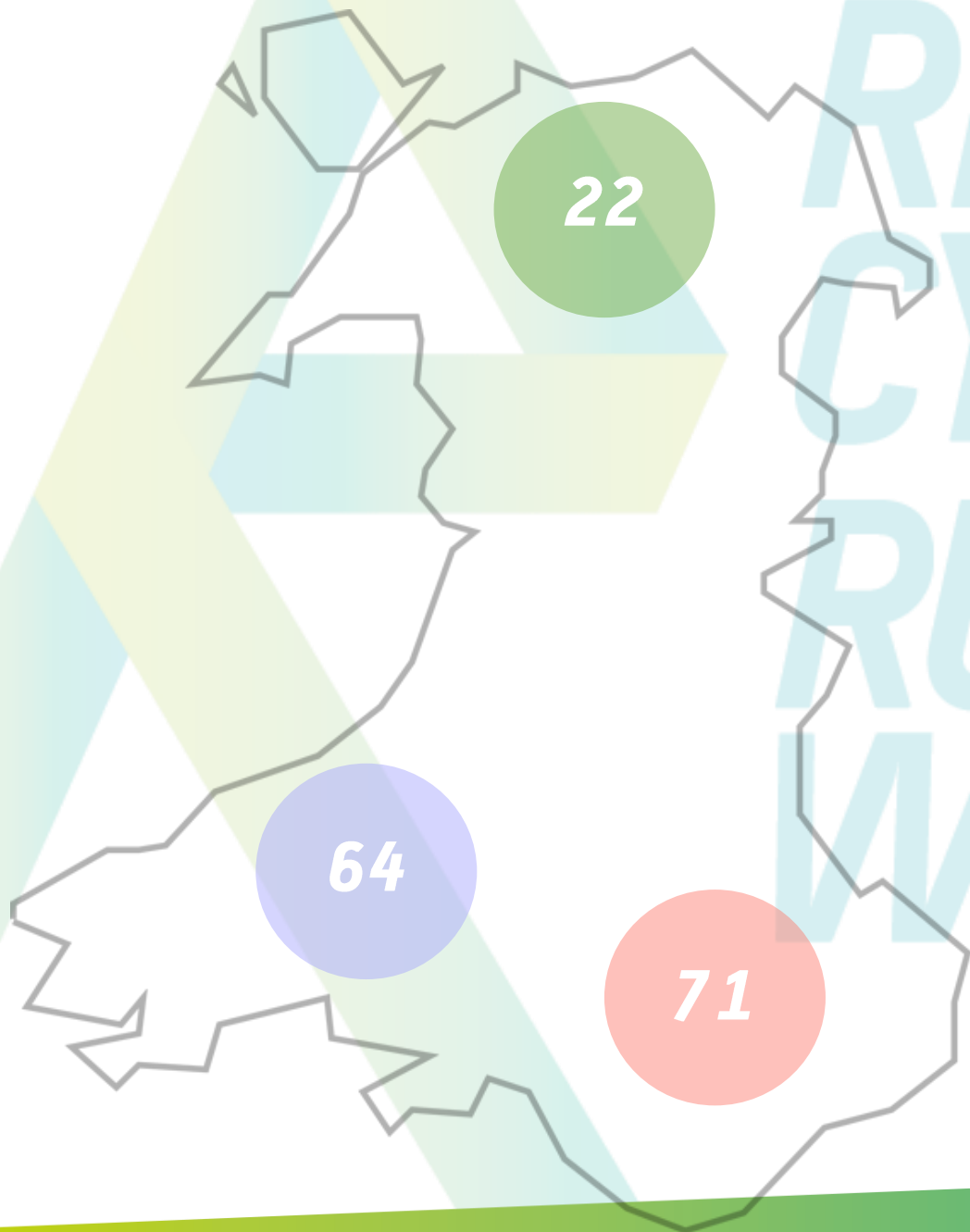
**53%**







**157**  
**REGISTERED**  
**RUN**  
**GROUPS**



**157**  
**REGISTERED**  
**RUN**  
**GROUPS**



**431**  
**LEADERS**  
**TRAINED**  
**LAST YEAR**







**1163 LiRF's**

**145 CiRF's**



RHEDEG  
CYMRU  
RUN  
WALES

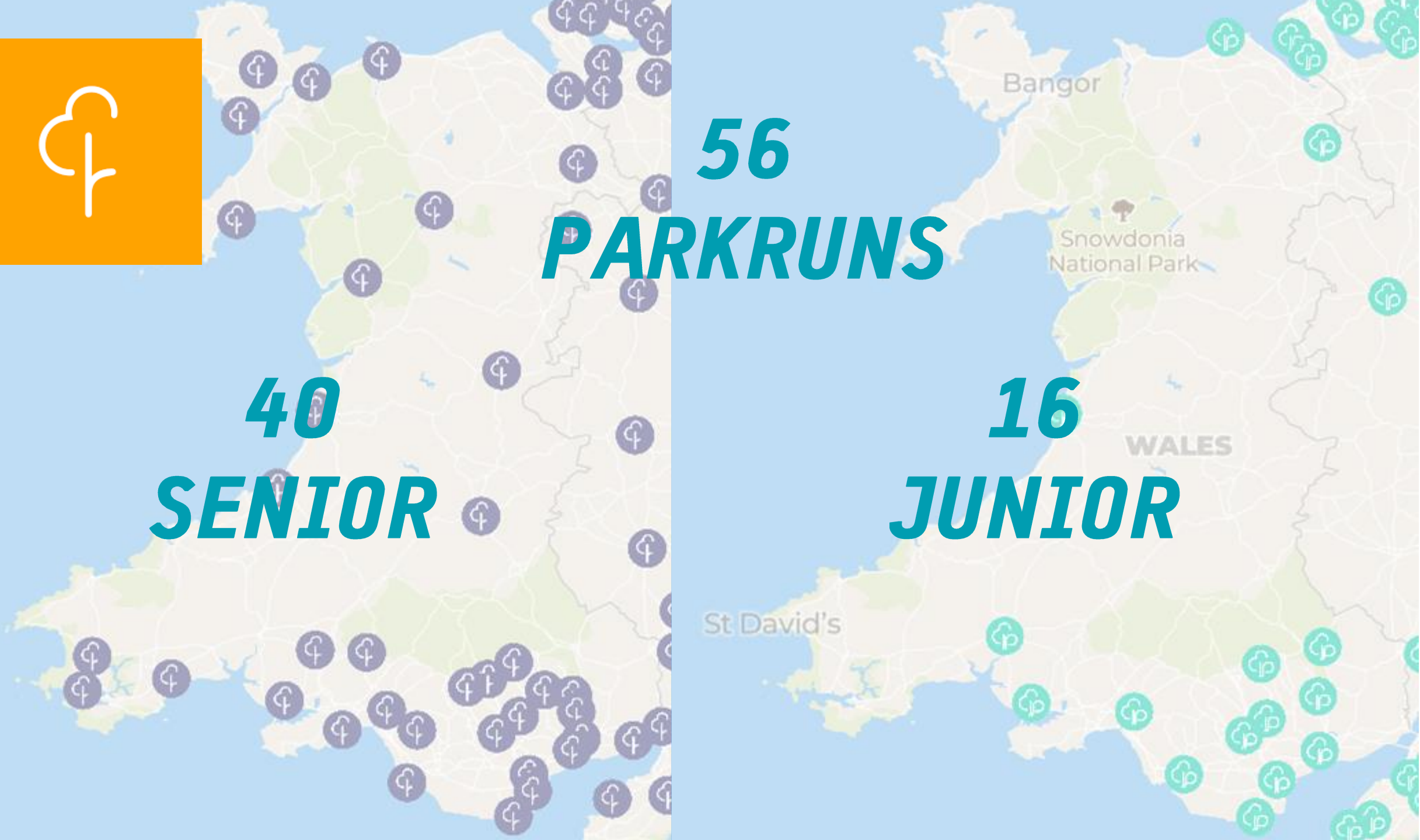




**56**  
***PARKRUNS***

**40**  
***SENIOR***

**16**  
***JUNIOR***







## UNITE

A COMMUNITY WHERE EVERYONE IS  
**VALUED AND SUPPORTED**  
WITHIN OUR SPORT



## ENGAGE

**YOUNG PEOPLE**  
PREPARE EVERYONE FOR A LIFELONG  
**ENJOYMENT OF SPORT**



WELSH ATHLETICS  
ATHLETAU CYMRU

7 YEARS | 6 GOALS | 1 VISION

1SPORT



TO BE NUMBER ONE SPORT FOR  
PARTICIPATION AND OPPORTUNITIES ACROSS  
WALES, UNDERPINNED BY A WORLD CLASS  
DEVELOPMENT PROGRAMME. WE WILL ACHIEVE  
THIS BY BEING A SECTOR LEADING ORGANISATION  
FOR GOVERNANCE, COLLABORATION, INNOVATION  
AND MODERNISATION.



## OWN IT

ENSURE THAT  
**EVERYONE**  
HAS THE OPPORTUNITY TO  
**PARTICIPATE**  
AND **ACHIEVE**



## INNOVATE

PROMOTE A VIBRANT CLUB  
AND **COMMUNITY**  
CULTURE OF CONTINUOUS  
**IMPROVEMENT**



## INSPIRE

A NATION OF  
**CHAMPIONS**  
WHO INSPIRE THE NEXT  
**GENERATION**



## LEAD THE WAY

BE A RESPECTED  
**TRUSTED**  
**AMBITIOUS**  
SECTOR LEADING ORGANISATION



## *Own it*

What will success look like in 2026...

- ✓ 420,000 adults running every week
- ✓ Increased demand for running
- ✓ 300 registered running groups
- ✓ Increasing total opportunities in each region of Wales
- ✓ Dedicated athletics facility in each Local Authority
- ✓ Everyone has access to a club, group or free running opportunity
- ✓ Increase number of athletes engaging with licenced events
- ✓ Number of young athletes taking up free running opportunities

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By 2026...

**420,000**

*adults running every week*

**300**

*registered running groups*

# HOW?



## WE CAN'T DO IT ALONE

NEW GROUPS

SOCIAL RUN  
OFFER WITHIN  
AFFILIATED  
CLUBS

NEW LEADERS

LEADER  
DEVELOPMENT

ADVOCACY

WORKPLACE  
RUNNING

NEW  
PARKRUNS





*RHEDEG  
CYMRU  
**THANK YOU**  
RUN  
WALES*

