

Running Bodies and Ranking Sites Explained

UKA (United Kingdom Athletics)

This is the governing body for the sport of athletics in the United Kingdom. It is responsible for the provision of many key high-level functions. These include GB and NI international teams, UKA rules for competition and coach and officials licensing.

British Athletics

UKA introduced the British Athletics Brand in 2013 to act as an identity for athletics in the UK. It has four member organisations England Athletics, Scottishathletics, Welsh Athletics and Athletics Northern Ireland

England Athletics

Works with the UKA helping to develop grass roots athletics in England by supporting affiliated clubs. They help clubs develop and provide better coaching and help to recruit and support volunteers.

Run England

Is the official England Athletics running project which aims to get the whole nation running. It provides a resource for new or would be runners to find clubs and motivates them to take part in sport.

Power of 10 and Runbritainrankings.

These are sister sites with the Power of 10 providing rankings for athletes competing in track and field events and Runbritainrankings for road runners. If a race is affiliated under UKA then the results are automatically entered onto the site.

As a Club we would find the Runbritainrankings of more use but members will possibly feature on both.

The centrepiece of the website is the handicap score awarded to every runner who has done at least one race since the start of 2010. The handicaps are intended to motivate runners to race more and at different distances and so improve their handicap.

Importance of Runbritainrankings to West Hull Ladies.

We use the site to help in deciding whom to award the different trophies to at the annual awards night.

How as an individual it helps

Take a look at the site and your profile. It is a great motivator when you see the graph line of your progress going up. It also understandably at times can dip, as we are not robots. But again that is the motivation maybe to do a little more to see it climb again.

Whilst we should all be on the site if you are not please get in touch and we will help you sort it out.

Check www.runbritainrankings.com