

ATHLETICS

Athletics at Oakham sees over 200 keen pupils participate and at least 100 athletes competing weekly against other schools.

In recent years Oakham has been the powerhouse of athletics amongst schools in the East Midlands and we have had significant success beyond the borders of Rutland and Leicestershire at the English Schools Athletic Association Championships and the Achilles Relays in Oxford. At the Achilles Relays our runners regularly win medals and set new Achilles Records each year.

We regularly send athletes to the ESAA Championships and have achieved medal-winning success in past tournaments; our athletes have excelled in both track and field events, gaining national recognition and going on to represent their country.



Our Lower School athletes train three times a week and compete in a series of scheduled Monday fixtures against a variety of schools. The Middle and Upper School athletes compete within age group teams most weekends, in meets of six to eight schools on tartan tracks at venues within and beyond the Midlands. Most of those involved use training as a valuable part of their fitness and conditioning for other sports but competition and personal development are key to every athlete's training and aspirations.

Oakham athletics has a strong team of dedicated and inspirational coaches. Training is purpose driven where athletes can be seen to give their every breath to achieve success. The School's ICT system plays a central role in every athlete's progression and ambition as all results are posted after every meet so that they can track their improvement throughout the athletics season.



For further information,
contact:
Steve May
Director of Sport
sjm1@oakham.rutland.sch.uk