

Athletics at Oakham

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 school 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 2021 Achilles Relays our runners won 7 medals, 5 second places achieving 5 new Achilles Records and 10 new School Records in the process.

Our Expertise

Oakham Athletics has a strong team of dedicated and inspirational coaches. Training is purpose driven where athletes can be seen to give every breath to achieve success.

The Schools ICT System plays a central role in every athlete's progression and ambition as all results are posted after every meet so they can track their improvement throughout the athletics season.

Our Coaches



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DIRECTOR OF ATHLETICS

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ATHLETICS COACH

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Performance Pathways

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.