



## Leeds Beckett University

Leeds Beckett University has been awarded a Silver Charter Mark. This reflects the high level of support it offers student athlete at all levels, across a wide range of events.

[This document provides a quick over-view of the facilities and support provided at the University.](#)

For more detail about the University Athletics Club, Andy Henderson is happy to answer any queries and be contacted at [A.E.Henderson@leedsbeckett.ac.uk](mailto:A.E.Henderson@leedsbeckett.ac.uk) Additional information can also be found at <http://www.leedsbeckett.ac.uk/sport/sports/athletics/>

- The University Scholarship offer includes financial support towards fees or as an honorarium, sports membership and Athletics Union membership for the academic year, strength and conditioning, technical, pastoral and financial support to help develop sporting performances and balance that lifestyle successfully alongside academic studies, strength and conditioning sessions and sports scholarship kit. More information is available at <http://www.leedsbeckett.ac.uk/sport/sports/sports-scholarships/> and from Mick Hill at [m.hill@leedsbeckett.ac.uk](mailto:m.hill@leedsbeckett.ac.uk)
- The university athletics facilities on campus include an 8 lane outdoor track, outdoor jogging trail, indoor throwing nets, dedicated hall for athletics and a strength and conditioning gymnasium.
- Off road running spaces are available adjacent to campus, together with a track and field facility that includes hurdles and steeple chase barriers with a water jump that can be filled on request.
- The throws events are served by UKA standard cages and all year access for discus and javelin. For all year space for hammer and indoor high jump, athletes can use South Leeds Stadium.
- From November 2019, there will be an indoor track facility, adjacent to the existing outdoor track which will include indoor high jump space.
- A welcoming training environment is on offer for all athletic club members, regardless of ability. Students are also supported to gain coaching and officiating courses and courses are held on site.
- All events have highly qualified coaches to support them and all the coaches are qualified to work with para athletes.

- Athletes are invited to meet the Head of Athletics after Open Days and to take part in taster training sessions with current athletes, prior to starting at the university. Home coaches are included in this process and communication is encouraged between athlete, university coach and home coach.
- A wide range of competitive opportunities are on offer, to cater for athletes of different abilities. The university enters BUCS championship events, BMC races and local open events and additional competitive opportunities are available via an established link with local club, Pudsey and Bramley A.C. Strong links and reciprocal coaching are also established with Leeds Triathlon Centre and British Triathlon.
- The University is a National Centre for Race Walking, ensuring excellent training and competition opportunities for these events.
- Sports science support is available and, whilst it is not a free service, it is often possible for athletes to be tested (without a cost) as part of the wider student and staff research work. This can be discussed with university coaches.
- State of the art facilities include a wide range of high performance equipment, power training aids and strength and conditioning sessions, which can all be accessed with your coach.
- There is also a Temperature Acclimatization Chamber and Altitude Chamber which can be accessed for a fee if requested.
- In addition, free access to the on-campus Sports Injury Clinic is available in term time and the Athletics Club also has links to another Physiotherapy Clinic, adjacent to campus.