



Solent University

Solent University has been awarded the Bronze Charter Mark. This reflects the high level of support it offers student athletes, from club level participants to elite athletes who have been provided with bursaries.

This document provides a quick over-view of the facilities and support provided at the University.

For more information about the University Athletics Club, Paul Warrillow will be happy to provide more details and can be contacted via paul.warrillow@solent.ac.uk

[Click here for up to date news items and information about the athletics club](#)

- Sports Scholarships available. Applications open on 1st September each year for the following academic year. For more information on how the university supports high performance athletes and for up to date information about the scholarship options, see www.solent.ac.uk/solent-sport/performance-sport
- A welcoming environment for all student athletes, regardless of ability level. Training sessions available for all events, including in strength and conditioning. Elite, club and social members are all catered for. Competitive opportunities available in cross country, road and all indoor and outdoor track and field disciplines. For a look inside the university's new sports complex, see www.youtube.com/watch?v=zC0kO36BSoo
- University athletes are invited to compete for Solent University and Southampton Athletics Club, which competes in the British League. Local and national competitive opportunities are available, including the BUCS cross country, multi events and indoor and outdoor track and field champs.
- Grass and off-road areas are available nearby for training purposes.
- Strong partnership with Southampton Athletics Club (SAC). All members of the university athletics club are able to train with SAC, benefiting from the coaching and facilities available at this venue, as well as the additional competitive opportunities.
- SAC has a fully equipped track and field venue, catering for all athletics disciplines.
- Specialist facilities at Solent University include a therapy suite, nutritional support and a physiology, biomechanics and psychology laboratory. The physiology laboratory includes four altitude simulators (Hypoxic Generator).
- University High Performance Gym, including a range of cardio vascular equipment, spin studio, wide range of free weights and weights machines.
- All Team Solent club members are offered a 30% discount on our main gym membership. For a look inside the new sports complex, including the Level 2 student gym, see www.youtube.com/watch?v=zC0kO36BSoo
- 25m Mondo track with 10m stop zone and impact wall.
- 25m turf track with 10m stop zone and impact wall
- Indoor high jump equipment available on university site.