



Exeter University

Exeter University has been awarded the Bronze Charter Mark. This reflects the high standard of support it offers student athletes, from club level participants to elite athletes who have been provided with bursaries. The club has grown significantly over the last few years and offers a vibrant environment for student athletes across all events.

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

For more information about the University Athletics Club see

- www.facebook.com/ExeterAC
- vimeo.com/350997432
- www.instagram.com/euac_official

In addition, their club captain is happy to answer any queries and can be contacted at athletics.captain@exeter.ac.uk

- Sports Scholarships and Sport Performance Bursaries are offered by the university. These are tailored to the individual but can include financial support for sporting expenses up to £2,000 a year for exceptional athletes. A full package of support services and coaching equating to a cash equivalent upwards of £3,500 is also provided as part of each award, together with nutritional and lifestyle advice. Individual Performance Bursaries, worth up to £500 are also available. For more information, see <http://sport.exeter.ac.uk/studentsport/scholarshipsandperformancesport/scholarships/> or contact sportscholarships@exeter.ac.uk
- EUAC offers a massive variety of training sessions including track, circuits, strength and conditioning, road, hill, and beach runs. As a club we cater for all abilities, from international standard athletes to people looking for a social way to boost their fitness. We run two track based sessions each week at Exeter Arena alongside a high performance programme and weekend sessions, led by our head coach Sonya Ellis. Whether you're an experienced athlete working towards competing at BUCS or have never set foot on a track before you'd be welcomed to join!
- New and prospective students are encouraged to contact the club before starting at the university and links between athletes, university coaches and home coaches are supported. Training and competitive aims can be discussed by home and university coaches. Email contacts are provided to all club members for the club captain and coaches. The athletics club is also available via a range of social media and prospective students can contact the club before starting at the university.
- Coaching is available for all events with support partly being offered by the strong links that the university athletics club has established with a number of local clubs. Sonya Ellis, who works closely with the club and is a Level 4 Combined Events coach, is also an experienced VI guide, seated throws and wheelchair coach across the athletic events. There is also a dedicated 400/800m coach, endurance coach & throws coach; assisted by a number of student coaches.

- There is a wide range of training facilities available for all club members. The university uses Exeter Arena Athletics Track, which has the full complement of training and competition facilities, hurdles and steeple chase facilities. The water jump is also available when required, by prior arrangement. In addition, there are numerous trails, grass and pathed areas adjacent to the university and track, allowing a variety of off road sessions for athletes. Indoor training facilities are also available at Cardiff Indoor Arena.
- Facilities at the Arena include two throws cages and a shot putt area inside the track with additional throws space outside the track. All facilities meet the UKA safety regulations and have the necessary permits for competitions. The Arena is a registered disability centre and includes inclusive throwing facilities. Additional winter hammer facilities are available at Taunton Club.
- The university has two gyms, which are open daily and available for a small cost to all club members. 32 performance athletes are able to access an hour of strength and conditioning with a qualified coach for a small additional cost. A wide range of strength and conditioning equipment is available in the university gyms, with a resistance system in use at the track.
- Student athletes are encouraged to gain coaching qualifications, with support offered by established university Athletics Club coaches.