



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 overview of the facilities and support provided at the University.](#)

For up to date news items and information about the athletics club see

<https://www.solent.ac.uk/solent-sport/teams-and-clubs/sport-clubs/solent-sport-clubs/athletics>

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

- Sports Scholarships are available. Applications open on 1st September each year for the following academic year. More information is available [here](#) on Performance Sport at Solent and the sports scholarship options.
- The university provides an excellent level of support to its high performance athletes, [which can be seen here](#).
- A welcoming and supportive environment is provided for all student athletes, regardless of ability level. Elite, club and social members are all catered for in training and competition. Training sessions are available for all events, including in strength and conditioning. Competitive opportunities are available in cross country, road and all indoor and outdoor track and field disciplines.
- All Team Solent club members are offered a 30% discount on their gym membership. [See here for a look inside the new sports complex](#), including the Level 2 student gym.
- There is a strong partnership between the university and [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.
- Local and national competitive opportunities are available, including the BUCS cross country, multi events and indoor and outdoor track and field championships. Students can also compete for SAC, which competes in the British League.
- SAC has a fully equipped track and field venue, catering for all athletics disciplines and there are grass and off-road areas available near to the university for training purposes.
- 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).
- There is a university High Performance Gym, including a range of cardio vascular equipment, spin studios, a wide range of free weights and weights machines.

Additional facilities available include:

- 25m Mondo track with 10m stop zone and impact wall
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- Indoor high jump equipment available on university site.