



University of  
Nottingham Sport

# Annual Review 2022-2023



THE TIMES  
THE SUNDAY TIMES  
**GOOD  
UNIVERSITY  
GUIDE  
2024**  
SPORTS  
UNIVERSITY  
OF THE YEAR





# Sporting University of the Year

THE TIMES  
THE SUNDAY TIMES  
**GOOD UNIVERSITY GUIDE 2024**  
SPORTS UNIVERSITY OF THE YEAR



**15,311**  
UoN sport and fitness members



Wrapping up an incredible year, University of Nottingham has done the double – being named Sports University of the Year by two influential national university league tables. We were crowned the best university in the UK for sports by The Times and The Sunday Times Good University Guide 2024 – the third time we have been awarded the accolade by the publication since 2018. This announcement came just days after also being named Sports University of the Year by the Daily Mail University Guide – in the first year that the national newspaper has produced its own UK university rankings and awards.

Our student sports leaders worked with 1,446 local young people to introduce new sports and showcase University life, our student-led campaigns profiled important issues such as men's mental health and LGBTQ+ in sport and we raised over £120,000 for charity to name just a few highlights.

With so much happening, we had the enviable job of telling these stories to our growing online audience of what makes sport and fitness here at Nottingham so special. Annual hits to our new website broke the 2 million mark for the first time and we saw the highest increase in social media followers (now at over 40,200) within the HE sport sector.



**8,621**  
sports club members





Over  
**2 million**  
footfall across our facilities

We're very proud of everyone – staff, students and volunteers – whose creativity, ambition and drive have made all this possible. We were also recognised by several leading industry bodies alongside the accolades from the Times and Sunday Times and the Daily Mail including being named the winners of five British Universities and Colleges Sport awards and the Colleges and University Business Officers Association's Best Residence Life award for our Active Living programme.

We would also like to thank once again those who work alongside us to drive, enhance and support our offer – we would not be able to achieve what we have without our Sports Board, our generous partners and supporters.

We look forward to carrying this momentum ahead into the next 12 months as we release our new Vision for Sport strategy and deliver new and innovative programmes funded from the University's Access and Participation Plan which will allow us to engage with more students and young people in our local community than ever before.



**£8.2m**  
generated for the University through sport



**Top**  
of the European University Sport Association medal table



At the heart of everything we do is our drive to be the best UK University for sport, activity and wellbeing. We strive to reach this goal by engaging and inspiring our community alongside supporting our student-athletes to excel. These awards reflect our continued commitment to sporting excellence and the importance of sports as part of a university student experience.

We'd like to take this opportunity to remember hugely popular members of our sporting community, Grace O'Malley-Kumar and Barnaby Webber who, alongside Nottingham local Ian Coates, lost their lives in the tragic attacks in the city in June. A talented junior international hockey player, Grace and her teammates had won the national University championship for Nottingham in March on home soil. Playing hockey, rugby and cricket for his school, Barney had just been selected for our Men's Cricket squad in his first season here. We also remember Honor Edwards, a skilled lacrosse player representing the University and charity secretary for our Women's lacrosse club. They are all very much missed by their teammates and everyone here at University of Nottingham Sport.


Our student athletes have excelled across the board, and we remain the top university in the UK for team sport in the BUCS competition. Our teams won 42 league titles, 16 national championship titles and we hosted the biggest ever BUCS Big Wednesday finals here in Nottingham for a record fourth consecutive year. Our individual athletes also recorded 132 podium finishes leading to yet another record points score, and 2nd place in the BUCS standings. Internationally, we dominated the European University's table tennis and badminton championships, with a further gold in Taekwondo.

**Dan Tilley**  
Director of Sport

**Sean Nolan**  
Students' Union Sports Officer 2022/23

Our wider health and fitness offer continues to be very popular with more students purchasing our sports and fitness membership, competing in our campus intramural leagues and trying new sports with our Just Play programme. Our work is of course about more than just what happens on the field of play.

If you'd like to find out more about University of Nottingham Sport, we'd love to hear from you. Please get in touch at [sport@nottingham.ac.uk](mailto:sport@nottingham.ac.uk).



**2.4 million**  
digital impressions on our content




**Top**  
University for team sport in the UK

Front cover: University of Nottingham Sport scholars TJ Summers and Pat McGowan in action for our Men's Lacrosse team, who won the national university championship on home soil at BUCS Big Wednesday.





"I love how the ResX and UoN Sport team include activities that encourage us to move our bodies such as the Hula Hooping and Salsa dance classes. I've participated in some of them and I love how they're so inclusive and beginner friendly! Attending these short sessions have actually motivated me to be more active during the week - I've started going to the gym at least once a week and have tried out new classes offered like Spin class, which I really enjoyed!"

**Nicole**  
Newark Hall

# An award-winning Active Living package

Developing our campus experience to support the wellbeing of our community is a key part of the University of Nottingham's strategy and we've made significant investments into our residential offer.

As part of this, we launched a unique collaboration in September 2022 between our Accommodation, Residential Experience (ResX) team and University of Nottingham Sport to introduce an Active Living package to 3,870 students in University-owned halls of residence. After an incredibly successful first year the project was awarded with the CUBO Award for Best Residence Life.

The Active Living package offers the same benefits as our UoN sport and fitness membership, which includes our fitness suites on all three campuses, over 150 weekly group exercise classes, swimming, climbing and our popular Just Play programme. We also delivered a schedule of exclusive events for these students in their halls, on campus and at popular Nottingham venues. Examples included a World Cup football tournament, salsa dancing, an afternoon of water sports at the National Water Sports Centre and even goat yoga! Disabled students are offered bespoke support from our Inclusive Sport team to engage with the offer; they can access supported sessions with our trained fitness team, workout during our Sensory Quiet Time or join an inclusive Just Play session or sports club.

All 3,851 students living in halls of residence on University Park and Jubilee campus last year - 16 different locations in total - receive the package as part of their accommodation fees.

The key aims of the programme are to improve the health and wellbeing of our students, make getting involved in physical activity as accessible as possible, support students to connect with their peers and increase their sense of belonging to the University of Nottingham community.

The range of opportunities provided through Active Living ensure there is something suitable for everyone, with a focus on fun and trying new things with your friends.

To drive engagement through this programme, the University has made a significant investment into our skilled workforce. As well as a new senior participation sport manager, we've recruited an Active Living Activator role, plus four part-time student ambassadors, each leading on one accommodation cluster.

Data has shown extremely strong engagement with 96% of students engaging with physical activity - 22% higher than before the package was introduced.

Events registered over 13,000 attendances plus package holders have visited our fitness facilities more than 90,000 times. 96% of students surveyed reported that they felt a sense of increased belonging to the University and their halls thanks to the package. Finally, it's making a real impact to wellbeing - from the feedback received, it's clear students are making new friendships, feeling motivated to stay active and trying new things with confidence.



**Winner**  
CUBO Award for Best  
Residence Life



**96%**  
of package holders  
engaged with our offer



# Outstanding health and fitness offer

University of Nottingham continues to have one of the highest number of sport and fitness members in the Higher Education sector - over 15,300. Our state-of-the-art health and fitness provision ensures that we offer members an unrivalled package and we've continued to invest in our facilities with a £1.4 million aquatic facility refurbishment and a £120,000 refurbishment at Jubilee Sports Centre to enhance the functional training room and fitness suite.

Our three **fitness suites**, across all three University campuses, saw over 408,000 visits - a 3.8% increase from the previous 12 months. Our highly skilled fitness team supported a record number of students and other members, delivering over 2,000 free fitness inductions and programme reviews. Our new Personal Training service also proved very popular with 578 sessions delivered in the programme's first year.

Our **group exercise programme** returned once again to full-strength with 153 classes taking place across our three campuses weekly. The timetable saw 54,200 attendances - an increase of 15% from the previous year - demonstrating the value of the in-person coached experience to our students and members. For our Les Mills BODYPUMP classes - one of the most popular on the timetable - we introduced new Smart Tec equipment at David Ross Sports Village which helps class goers to increase muscle activation, maintain good technique and save time on their workout.

David Ross Sports Village's **climbing programme** has continued to grow with over 19,000 visits to the climbing and bouldering wall - a 21% increase from last year and our highest number since the opening of the facility.

These numbers were driven by the expansion of the instructor-led programme, which includes courses for novices, intermediate and lead climbers. Over 1,000 climbers attended a course - more than triple the number of attendees compared to last year.

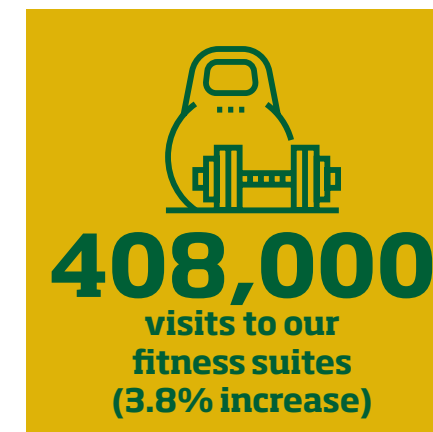
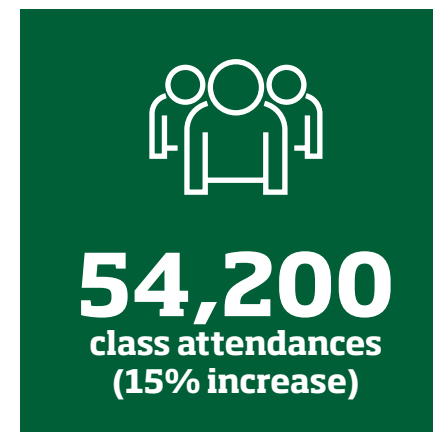
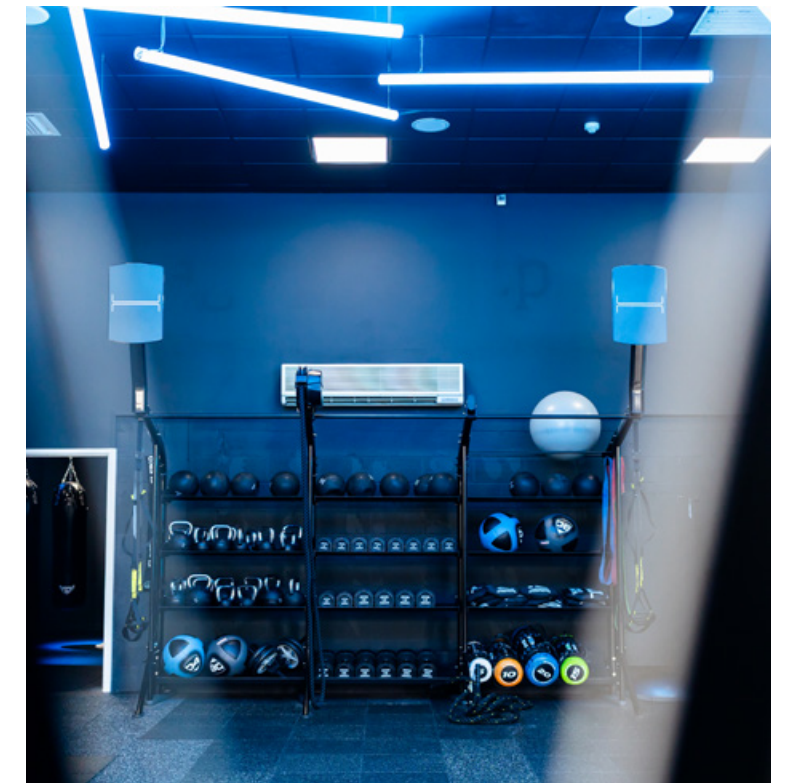
Our **Sports Injury Clinic** offer continues to grow, supported by our close partnership with the School of Health Science. 80 placement students worked alongside our professional team, delivering a range of services under their mentorship. The clinic treated a record 2,007 patients with 7,650 individual appointments delivered.

Finally, the last 12 months has seen extensive further **investment into our facilities** to ensure we can meet the demand of our community, as well as ensuring everyone can enjoy the same excellent experience.

Our £1.4 million aquatic refurbishment completed in July 2022 ensures our swimmers can now enjoy an upgraded pool, a brand-new changing village, new spectator seating and gender-neutral toilets. For visitors with accessibility requirements, we've added a Changing Places room and a Pool Pod - allowing for independent and comfortable access to the pool.

We've transformed the Functional Training Room at Jubilee Sports Centre with a £120,000 investment. The exciting and motivating space includes new lifting racks, cable machines and functional equipment and brings additional gym space to this popular venue. A new dedicated dumbbell area with a flooring zone has also been added into the main fitness suite at Jubilee.

Our continued commitment to offering the best training environment for disabled students led to the addition of brand-new inclusive fitness equipment at David Ross Sports Village and Jubilee Sports Centre - an investment of £50,000. The new range of accessible pin loaded weight machines allow for wheelchair users to stay in their chairs whilst using the equipment. The project included the development of training opportunities for our staff across all three centres to give them further confidence and knowledge when working with disabled people.







# Raising the profile of the University through sport

University of Nottingham Sport play a pivotal role in raising the profile of the University nationally and globally through exciting and original content inspired by our sporting community as well as hosting global sports stars at our world-class venues.

Turning all our content black and white resonated with our audience - and our message registered - with over 200,000 views in Movember sparking new conversations on this important topic. Our launch video alone was viewed over 30,000 times and by the end of the campaign we had raised £85,000 taking our cumulative total to £350,000.

Alongside the award-winning Movember piece, our most popular content included our highlights reel from BUCS Regatta, our graduation talking heads piece (both of which reached over 21,000 users) and our BUCS Big Wednesday wrap up video (reach of over 19,000). Our YouTube channel more than doubled in terms of views from 16,000 to 36,300 across 2022/23. Top streams included our Hockey Headliner (in partnership with Movember) and our BUCS Super Rugby Season Opener against Leeds Beckett.

Our student ambassador team remain invaluable in ensuring our content is relevant and engaging to their fellow students and they lead on producing their own pieces such as blogs, story takeovers, and even a Christmas film edit.

We continued to develop our new website, going over the 2 million mark for the first time in terms of annual website hits. This represented an 18% increase in traffic, again largely driven by engaging news pieces which attracted over 47,000 views alone.

Finally, the elite sporting individuals and teams who train at our state-of-the-art facilities are hugely influential in the sport, health and fitness industry. Some of the high-profile athletes visiting our venues during the last 12 months include weightlifter Emily Campbell, Rugby Union's Leicester Tigers and the Northern Superchargers cricket team.




We have also hosted several international teams for their competition preparations including the England Roses Netball squad, GB American Football, British Weightlifting and the England Lacrosse teams.

Digitally, we remain the most engaging channel in Higher Education sport, growing faster than any other competitor channel (18% across 2022/23). With more than 40,200 followers across Facebook, X (formerly Twitter), Instagram, LinkedIn and YouTube, our content registered over 2.4 million impressions over the year.

We were delighted to be awarded the **BUCS Digital Engagement Award for our Movember campaign content**, as well as being shortlisted for the prestigious CUBO Marketing Campaign award for the same project. Fergus Stevens, President of our Men's Hockey Club, was also recognised for his work promoting the campaign with a BUCS Special Recognition award.

Known for its sponsored grow a 'Mo' challenges during November, Movember are a leading global charity tackling men's health issues including supporting mental health and suicide prevention. Having raised over £265,000 to date for the campaign, University of Nottingham Sport set out this year to maximise the platform to profile men's mental health and how sport, and our linked welfare campaigns, can support all our community to look after their wellbeing.

Backed by unique impact statements from students, the University of Nottingham Sport team switched our main digital channel to black and white for November in solidarity with those suffering from mental health issues and painted a huge 45m moustache on our flagship rugby pitch.

 <p><b>18%</b> increase in website hits (Over 2 million total)</p>	 <p><b>18%</b> increase in social media followers (40,200 total)</p>	 <p><b>Winner</b> BUCS Digital Engagement Award</p>
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JUST  
**PLAY**

**8%**  
increase in  
Just Play attendees  
(2,030 total)



**297**  
teams taking part  
in our Intramural  
sports (IMS)  
programme

**5.5%**  
increase in first  
class and 2:1 degree  
classifications for  
sports participants  
compared to  
their peers.\*

# A sector-leading student experience

Here at University of Nottingham we pride ourselves on offering an outstanding campus sporting offer for our students and our sports clubs and our programmes are key to this.

Sport at University of Nottingham is so much more than sport for sports' sake and has been shown to have a positive impact on student's sense of belonging, inclusion, health & wellbeing, attainment and employability, as well as delivering against our recruitment goals and civic agenda.

This year, research conducted by the University's Careers Department\* and British Active Student Survey suggests that those involved with sport and physical activity have greater retention and attainment levels than those who don't. The findings of the British Active Student Survey also found that those involved with sport and physical activity had higher scores for personal wellbeing and social inclusion. We understand that correlation does not imply causation, however, there is an increasing body of evidence relating to the positive relationship between participation in sport and improved health, wellbeing, retention and student outcomes.

Our 73 sports clubs are at the centre of our award-winning sporting offer. 8,621 students are part of a sports club here at Nottingham and this year we added new club - Touch Rugby - to further diversify our offer. We now have 712 student volunteers on committees (an increase of 4.5% compared to the previous 12 months) driving these clubs. Delivering over 75,000 hours of voluntary time, they run a vast range of sessions from inclusive to Just Play, intramural teams to elite squads. Performances representing the University of Nottingham have once again broken records (see page 16) and off the pitch highlights included fundraising over £120,000 for charity.

Our **Just Play programme**, aimed at beginners and social participants, continued to grow with 2,030 unique participants, up 8% from the previous year. The programme offered 37 different sports to try and in total our Just Play session leaders - all student volunteers - delivered 699 sessions.

We introduced new campaigns to engage with different groups of students, who may not have tried activities with University of Nottingham Sport before. This included Martial Arts Week in November 2022 where 9 different martial arts clubs welcomed 108 unique participants to a week-long timetable of taster sessions. Timetable additions included Mandarin-speaking, climbing and Girls Race Too (girls-only Go Karting).

Our **Intramural Sports (IMS) programme**, which delivers campus leagues and tournaments, continued to gain momentum. 4,072 players took part in the twelve sports on offer with a total of 297 teams competing on a weekly basis. Our large events were once again popular; we started the season with over 200 new students attending Hall Sports Day followed by the returning IMS Finals and IMS All Stars showcases.

We also continue to offer our popular **virtual challenge app Moves**. 1,481 new users registered in 2022-23 bringing the total community to over 5,600. Popular challenges included an Exams Destress steps challenge, Movember walk and International Students Day challenge with challenges completed over 14,800 times.

\* Graduates who participate in sport at the University of Nottingham are 5.5% more likely to attain a 1st class or 2:1 degree (92.4%) compared to their peers who not participate in sport (86.9%).





# Championing inclusivity

Championing inclusive sport is at the forefront of our agenda and we work closely with the Students' Union, Disability Support and Health and Wellbeing team to ensure there are accessible opportunities for everyone. Thanks to a significant investment from the University, we have expanded our Inclusive Sport team to include four new staff roles and three new projects to reach more members of our community.

In Autumn 2022, we were awarded three Access and Participation Plan funded projects to engage with even more students through our physical activity offer and support the University's drive to level attainment gaps between different groups of students.

Our first project focussed on reducing the difference in good degree attainment (those getting a 1st or 2:1) between black and white students. Our new Black Student Sport Officer joined us this year making us the first in the sector to employ such a role. Following an extensive period of research and insight collection, our new **Black Sport Collective** has now been launched. The Collective, supported by a dedicated student workforce, brings together Black students who are interested in sport and fitness at all levels. It aims to celebrate the achievements of Black students within sport, inspire the next generation of athletes, leaders and sports professionals as well as bringing together partners to offer additional opportunities for Black students.

Our second and third projects both centred on reducing the attainment gap between disabled and non-disabled students has allowed us to appoint three new roles; a Sport Inclusion Manager, Inclusive Fitness Instructor and Wheelchair Basketball Development Officer.

This enabled us to further expand our support for students with a disability and / or long-term health condition. We offered discounted UoN sport and fitness memberships to 303 students, delivered 132 supported fitness sessions and expanded our Sensory Quiet Times in all three fitness suites, aimed at those who prefer working out in a quieter environment. Three inclusive sports feature on our Just Play timetable with 125 unique attendees joining one of these sessions.

Our **Wheelchair Basketball** funding allowed us to develop opportunities to play and volunteer through the club structure. We appointed former GB international wheelchair basketball player and Paralympic bronze medallist Joe Bestwick as our full-time Wheelchair Basketball Development Officer. Across the season the club membership more than doubled, with 58% of players declaring a disability.

Alongside our new projects, we have continued to run our award-winning programmes and engagement campaigns to encourage as many students as possible to stay active.

We ran four **Girls' Night In** events - free evenings of sports and fitness activities - which welcomed 431 unique participants, a 14% increase on last year. 66% of attendees stated that they do less exercise than the national activity guidelines, so we believe these events are a great opportunity to encourage students to engage in more physical exercise. To further support females in sport, we are also part of the University's Project Period campaign and now offer free sanitary products across all our facilities.

Our **Let's Talk Series**, delivered in partnership with the Students' Union Sport Officer, saw the delivery of three inclusive talks focussing on men's mental health, para-sport and LGBT+ in sport. These events provide a safe and invaluable platform for students to discuss key topics and their experiences with panel members, such as alum Sophie Unwin (GB Paralympic Cycling silver medallist) and Joe Bestwick (GB Paralympic Wheelchair Basketball Bronze medallist).

Our **Rugby Minds** campaign, focussing on improving mental health within Rugby, continued to go from strength to strength, with an increased profile through our new BUCS Super Rugby set up. Conversations about consent workshops were delivered by the Rugby Minds committee to 70 new male club players, all eight intramural teams as well as players from our Rugby League side. Another highlight were two new videos centred on a 'Conversation about injury and mental health', which attracted over 49,000 views.

Finally, our state-of-the-art facilities were also the venue of choice for several para-sport organisations. Key events hosted at the David Ross Sports Village included the Boccia England Super League and National Finals, the European Para Volley Championships (a Paralympic qualifier), British Wheelchair Basketball training camps and the English Deaf Football league.

"Through playing with the university wheelchair basketball team I am rebuilding a sense of belonging and team membership that I haven't felt for a long time, this is helping me improve my mental health, self-esteem and physical wellbeing."

**Student Wheelchair Basketball participant**





**303**

UoN sport and fitness memberships issued following disability referrals



**132**

supported fitness sessions delivered

**JUST PLAY**

**125**

unique attendees joining an at least one inclusive Just Play session



# Inspiring our local community

Sport plays a vital role in building connections with our local community and we're proud of the impact our student volunteers can have on young people. Our delivery has continued to grow boosted by the launch of two new projects also supported by the University's Access and Participation Plan funding.

Across 2022/23 1,100 students volunteered across our Leadership Academy which included Sport in Schools, supporting major events on campus as well as running sports clubs on student-led committees. Together they reached more than 1,440 local schoolchildren and facilitated 8,600 students to play sport. We couldn't have achieved what we have without these volunteers and we're extremely proud of their impact on and off-campus.

Our Leadership Academy offers our students the opportunity to develop their leadership skills through sport and gain real life work experience on campus and in the community. It's also a fantastic opportunity to engage with young people and showcase University life. 392 students joined the programme in 2022/23. These leaders were supported by our Qualification fund, which offers financial support to access certified training. 44 students took this opportunity (a 76% increase from the previous year), completing 726 hours of training in total.

We added a new **inclusive leaders programme**, supported by training through a partnership with the Activity Alliance as well as in-house mentoring. Through these sessions our trained student leaders worked with young disabled people from five schools to support them to be active. The aim is that these student leaders will then have the knowledge and confidence to take back to their sports and make their offer more inclusive for University students with a disability.

Another highlight of the Leadership Academy programme this year was the new **Active Row Nottingham** initiative in partnership with London Youth Rowing and the University's Boat Club. The project focussed on engaging young people with special educational needs and from a low socio-economic background who are less likely to participate in physical activity. 20 students volunteered in 8 local secondary schools engaging their pupils with rowing for the first time.

Our facilities continue to be a valuable venue for our local community and have welcomed thousands of visitors over the last year. Our **Swim School** once again welcomed a record number of swimmers, with 995 people learning to swim with us - a further 20% increase on 2021/22. This included 231 under-fives on our Early Years programme, hosted in our state-of-the-art hydrotherapy pool and 588 children on our junior programme in the main pool. We also added brand new Teenager lessons for the first time to offer an attractive learning environment for this age group.

Our **climbing wall** is also now a major hub for youth climbing in the local area - we increased our provision again this year growing the number of sessions delivered by 13% to 3,460 sessions total. University of Nottingham Sport became an official National Indoor Climbing Award Schemes accredited training centre, setting a new standard for this junior programme.

Finally, we continue to work closely with the **David Ross Education Trust (DRET)** who continue to host their flagship Spring and Winter Cup events with us, plus a Rewards Day for the first time. Through their programmes thousands of young people visit David Ross Sports Village to play sport and meet top sporting stars and University of Nottingham sport scholars.



"Over the course of the programme, my leadership skills have massively increased. I'm now confident leading and engaging large groups of children in sports activities focused on certain skills and adapting my approach as I need to. I have gained and strengthened a whole host of skills which I will carry throughout both my life and career. The Leadership Academy is a real opportunity to make a positive impact on the local community and allowed me to contribute to a greater cause."

**Ebony, Sport for Good volunteer**





# Top UK University for team sport

With 42 teams winning their leagues and 16 team national championship titles, Nottingham remains the **number one UK University for team sport.**

Boosted by 132 podium finishes from our individual athletes, we finished 2nd overall in the BUCS rankings, posting a record points score of over 7,800 - nearly 2,000 points clear of our third-place rivals.

Early 2023 saw the return of the first major championship event - **BUCS Nationals** in Sheffield which hosts the finals for four sports. Our para-swimmers excelled - Owen Say dominated his events with two national titles in the Men's Short Course 50M and 100M freestyle and Aliya Bacakoglu took the gold in the Women's 100M breaststroke.

We once again dominated the BUCS Canoe Sprint, Slalom and Wildwater competitions with 15 golds, one more than last season, including an incredible 6 national titles for sports scholar Gabriel Keen and team golds in the Slalom and Wildwater events. In addition, our Canoe Polo squad won their third consecutive Open team championship on home water at the National Water Sports Centre.

Nottingham is also quickly becoming one of the powerhouses of university weightlifting with a fantastic performance in Bangor in April. Scholar and England international Emily Sweeney won the 87kg category, with teammate Isabella Brown taking the 76kg category gold. In the Men's 89kg category it was an all Green and Gold affair with Ed Smale defeating Chris Russ to take the gold.

Our archers, led by defending champion Louisa Piper, had their best season to date. University of Nottingham took the team gold at the Indoor Championships in March, followed by the Women's Gold at the Outdoor event in June. Piper took both the Indoor and Outdoor Recurve titles with Sam Cartwright and Kieran Rugg adding individual golds in the Indoor Compound and Indoor Longbow respectively.

Other notable achievements included back-to-back titles for James Harrison in the Men's Karate Individual Kata, Matthew Howell in the Men's WTF - 68kg Taekwondo event and rower Olivia Bates in the Women's Lightweight & Heavyweight Single Sculls titles.

Our **team results** were equally impressive. 42 teams won their leagues, 4 more than last season, including eight top tier titles. Outside of BUCS, our teams continued to perform at the highest level. Our Men's and Women's Hockey teams cemented their positions in England Hockey's Premier Divisions in their first topflight seasons and Men's and Women's Volleyball retained their spots in the Volleyball England Super League.

The domestic season was topped perfectly at BUCS Big Wednesday where over 50 team sport finals were hosted for a record fourth consecutive time at the University of Nottingham. We took home eleven gold medals, six of these at top national championship level including double gold for both Men's and Women's in Hockey and Table Tennis. Our home teams were cheered on by a record crowd with over 4,000 tickets sold for the event.

Our cohort of **sports scholars** were instrumental in this year's success - we supported 174 student athletes (59 postgraduates) to combine their studies with competing at the elite level of their sport. We remain very grateful to those who continue to support these programmes notably Sir David Greenaway, Dr Deng Yaping and the family of Martin Wynne-Jones for their generosity.

Our world-class facilities and staff are hugely important in ensuring our talented student-athletes can reach their potential. Our strength and conditioning team delivered over 3,350 hours in our High Performance Zone throughout the season, a 15% increase in delivery. In addition, our partnership with British Weightlifting supported a significant refurbishment and upgrade to equipment to further enhance our performance environment.

Our **Performance Lifestyle advisors** supported 250 students, delivering over 770 hours of guidance and support sessions. Through our partnership with the Talented Athlete Scholarship scheme (TASS) we continue to be the largest delivery site for this programme in the UK and this year supported 76 TASS athletes - an increase of over 50%.

Finally, we were delighted to be recognised at the 2023 BUCS awards with our Women's Table Tennis team awarded Team of the Year, squash star Gina Kennedy named Sportperson of the Year and Lynn Turton, our BUCS and International Competitions Coordinator, recognised for her invaluable commitment with the Unsung Hero award.



**174**  
league titles and medals won



**174**  
sports scholars supported



**1st**  
placed UK University for team sport



**8,621**  
club members





## BUCS team champions - 2022/23

- Archery Indoor - Overall
- Archery Outdoor - Women's
- Canoe Polo - Men's
- Canoe Slalom - Overall
- Canoe Wildwater - Overall
- Cycling - Women's Track
- Football - Women's
- Hockey - Men's
- Hockey - Women's
- Judo - Men's Overall
- Karate - Overall
- Lacrosse - Women's
- Lacrosse - Men's 6s
- Lacrosse - Women's 6s
- Table Tennis - Women's
- Table Tennis - Men's



## BUCS individual champions - 2022/23

	Sport	Event
Louisa Piper	Archery	Indoor Recurve - Female
Charlotte Chard, Hannah Evans, Louisa Piper	Archery	Indoor Non-compound - Female
Sam Cartwright	Archery	Indoor Compound - Male
Louisa Piper	Archery	Indoor Recurve - Female
Kieran Rugg	Archery	Indoor Longbow - Male
Louisa Piper	Archery	Outdoor Recurve - Female
Charlotte Chard, Hannah Evans, Louisa Piper	Archery	Outdoor Non-compound - Female
Miu Lin Ngan	Badminton	Singles - Women's
Gabriel Keen	Canoe	WWR Sprint C1 Men

	Sport	Event
Gabriel Keen	Canoe	WWR Classic C1 Men
Luke Shaw	Canoe	WWR Classic K1 Men
Ed Dickinson, Gabriel Keen	Canoe	WWR Classic C2 Men
Ed Dickinson, Gabriel Keen	Canoe	WWR Sprint C2 Men
Zoe Clark, Becky Green, Katie Pocklington	Canoe	WWR Mixed Team
Toby Marlow, William Scammell, Reilly Vernon	Canoe	WWR Open Team
Gabriel Keen	Canoe	Slalom C1 Men
Reilly Vernon	Canoe	Slalom K1 Men
Ed Dickinson, Gabriel Keen	Canoe	Slalom C2 Men
Tamzin Brown, Rachel Ellis, Macy Kang	Canoe	Slalom Mixed Team
Ed Dickinson, Finn Johnson, Reilly Vernon	Canoe	Slalom Open Team
Thomas Lambert	Canoe	Sprint C1 Men 500M
Luke Shaw	Canoe	Sprint K1 Men 500M
Luke Shaw	Canoe	Sprint K1 Men 500M
Ffyona Booker, Isabel Ellis, Tilly Gurney, Gabriella Homer	Cycling	Track Team Pursuit - Women's
Rachael Lever	Fencing	Epee - Women's
Sam Mostowfi	Gymnastics	Individual All-around - Men's
James Harrison	Karate	Senior Kata - Men's
Jordanna Williams	Karate	Senior Kata - Women's
Aron Traves, Dylan Traves, James Harrison	Karate	Team Kata - Men's
Waleed Alnoumas, William Huke, Toby Kidd, Liyoung Magar, Nathan Preece, Eoin Purcell Dylan Traves	Karate	Team Kumite - Men's
Olivia Bates	Rowing	Regatta - Women's 1X
Olivia Bates	Rowing	Regatta - Women's Lightweight 1X
Luke Knight	Rowing	Indoor - Lightweight 2K
Aliya Bacakoglu	Swimming	Short Course 100m breaststroke (para) - Women's
Owen Say	Swimming	Short Course 50M freestyle (para) - Men's
Owen Say	Swimming	Short Course 100M freestyle (para) - Men's
Owen Say	Swimming	Long Course 100M freestyle (para) - Men's
Matthew Howell	Taekwondo	WTF - 68kg - Male
Jacob Thorley	Taekwondo	Chang-hon Patterns - Male
Jiaqi Meng	Table Tennis	Women's Singles
Shayan Siraj	Table Tennis	Men's Singles
Shayan Siraj, Robert Pelc	Table Tennis	Men's Doubles
Jiaqi Meng, Shayan Siraj,	Table Tennis	Mixed Doubles
Denise Payet, Jiaqi Meng	Table Tennis	Women's Doubles
Caleb Chakravarthi, Tom Hands	Tennis	Men's Doubles
Patrick Foley	Tennis	Men's Singles
Emily Sweeney	Weightlifting	Female 87KG
Isabella Brown	Weightlifting	Female 76KG
Ed Smale	Weightlifting	Male 89KG



# Representing Nottingham on the global stage

University of Nottingham students have once again excelled on the global stage over the last 12 months. Our athletes won nine European Universities' titles and 42 were selected to represent their country at senior international level.

Following a stellar domestic season in the BUCS championships, this summer saw University of Nottingham representatives head to the European Universities Sports Association (EUSA) championships in four sports; badminton, table tennis, rowing and taekwondo.

Our badminton team dominated their event in Hungary in July, medalling in all seven events and winning four earning them a very deserved overall team title. Highlights included winning all three doubles competitions, followed by a Men's Singles

title for Harry Huang. UoN Table Tennis also showcased their strength at European level winning the Women's team, Women's Singles and Women's doubles titles in the Czech Republic; Denise Payet and Jiaqi Meng repeating the triple gold they took in the BUCS championship. Matthew Howell added a fantastic gold in the Men's individual Taekwondo final hosted in Zagreb. A further silver came from the University's rowers, taking second place in the Women's Quad Sculls in Poland.

42 University of Nottingham students were selected at senior international level, representing eight different countries. Seven University of Nottingham students featured in the British Canoe squads, with five also lining up for England Lacrosse showing how influential the university is in these sports. Congratulations to all the student athletes chosen to play for their national teams - we look forward to continuing to support you to combine your education with competing at the highest level.

"Being part of the table tennis and University of Nottingham Sport community was a real positive to my time in Nottingham. I loved the training environment here and all the coaching and performance team were hugely knowledgeable - they were able to support with all our needs as student-athletes. I grew a lot over my time at the University and that wouldn't have been possible without their help. Winning the European University Championship was the perfect way to end my time at the University of Nottingham."

**Denise Payet**  
BSc Sport Rehabilitation  
European and British Universities Table Tennis team and women's doubles champion  
Commonwealth Bronze medallist



## Senior international representatives 2022/23

Full name	Sport	Course	Country of Representation
Finley Old	American Football	PhD Veterinary Medicine and Science	
Lewis Thomas	American Football	MA International Security & Terrorism	
Louisa Piper	Archery	BEng Aerospace Engineering	
Robert Donald	Para-Badminton	BSc Computer Science	
Harry Huang	Badminton	BSc Computer Science	
Finn Cadell	Canoe Sprint	MA Social Science Research	
Zoe Clark	Canoe Sprint	BA German & History	
Hamidou Noah Dembele	Canoe Sprint	BA Ancient History	
Beth Gill	Canoe Sprint	BSc Natural Sciences	
Emma Russell	Canoe Sprint	BSc Mathematics	
Luke Shaw	Canoe Sprint	BA Economics with Hispanic Studies	
Katie Pocklington	Canoe Wild Water	MNutr Nutrition & Dietetics	
Sammy King	Cricket	BSc Natural Sciences	
Balint Csengoi	Cycling	BSc Sport & Exercise Science	
Aurelio Calipa-Chitsiga	Fencing (Epee)	BA International Relations & Asian Studies	
Rachael Lever	Fencing (Epee)	BSc Pharmaceutical Sciences	
Florin Mirica	Fencing (Epee)	BSc Engineering & Physical Sciences Foundation	
Holly Thompson	Fencing (Foil)	BA Sociology	
Sam Mostowfi	Gymnastics (Artistic)	BSc Finance, Accounting & Management	
Darcy Bourne	Hockey	BA Sociology	
Waleed Alnoumas	Karate	MSc Electrical Engineering for Sustainable and Renewable Energy	
James Harrison	Karate	BSc Biochemistry & Molecular Medicine	
Jessica Maitland	Karate	BSc Psychology	
Dylan Traves	Karate	MArch Architecture	
Jordanna Williams	Karate	BSc Sport Rehabilitation	
Emily Beazley	Lacrosse	MSc Applied Sport & Exercise Medicine	
Annabel Boyne	Lacrosse	BA French & History	
Dan Madeley	Lacrosse	MSc Marketing	
Emma Savage	Lacrosse	BMedSci & BMBS Medicine	
Dylan Whittington	Lacrosse	BSc Sport Rehabilitation	
Ethan Treacy	Short Track Speed Skating	BSc Industrial Economics	
Niall Treacy	Short Track Speed Skating	BSc Industrial Economics	
Faiza Zafar	Squash	PhD Business & Management	
Mari Baldwin	Table Tennis	BA Philosophy	
Denise Payet	Table Tennis	BSc Sport Rehabilitation	
James Skelton	Table Tennis	BSc Natural Sciences	
Jasmin Wong	Table Tennis	BSc Physiotherapy	
Ben Lucas	Volleyball	BA Criminology & Sociology	
Iraj Safaee	Volleyball	MMeng Mechanical Engineering	
Jessica Tasker	Volleyball	BA Music	
Grace Kaye	Water Polo	BSc Science with Foundation Year	
Emily Sweeney	Weightlifting	BA Criminology	



# Building a sustainable legacy

We continue to operate in a fast-changing and complex environment. This year, increasing demand to our programme and facilities coupled with the impact of the cost-of-living crisis created new challenges for both our financial and sustainability goals.

University of Nottingham Sport are committed ensuring our student activities are accessible and affordable. We aim to do this by diversifying our income to meet our budgetary obligations and reduce our environmental impact.

Over the last 12 months, our team have taken a range of measures to reduce our impact on the environment and were delighted to be awarded with the University's Professional Services Team Award for Contributing to Sustainability for our work. We've continued to improve our metering technology to closely monitor energy consumption, alongside a changing behaviours programme. This has led to a 11% reduction in electricity consumption and 29% decrease in gas consumption.

Other initiatives include installing additional water-bottle filling stations at all our venues to help discourage single-use plastic bottles and a 'latte levy' in our Clubhouse Café which promoted using reusable cups (over 6,600 hot drinks were served in reusable cups last year alone).

We also partner with a range of organisations to support these goals. For example, we now have JOG ON deposit bins located in all three of our sports centres, where students can drop off sporting footwear they no longer need. To date we have sent over 500 pairs of trainers to the scheme to be repurposed. For outdoor venues, external consultants are supporting us to ensure practices are sustainable, for instance, use of machinery, creation of soil improvers in-house, promoting biodiversity and improving pitch resilience and performance.

Our venues remain a leading destination for major events and we've hosted a wide range of sporting National Governing Bodies and International Federations. This year has been our largest year for major events to date welcoming thousands of athletes and spectators to Nottingham - contributing to a direct economic impact to the University of Nottingham of over £3m. Working alongside Nottingham Venues, we have hosted European Touch Championships 2022, World Hockey Masters 2022, ParaVolley European Silver League 2023 and the World U24 Ultimate Championships 2023.

Finally, we're supported by a number of sponsors and partners who provide over £150,000 to enhance our programmes and delivery. This included the re-signing of our partnership with our official kit supplier PlayerLayer for three more years. Partnerships are incredibly important to the department, and we'd like to take this opportunity to thank all those who have worked alongside us this year.



Image credit: Lana Bradburn, ParaVolley Europe.

## Official Charity Partner: Children's Brain Tumour Research Centre

Sponsors	Partners	National Governing Bodies
EY	Active Notts	Badminton England
RedBull	Activity Alliance	Boccia England
MyProtein	CIMSPA	British American Football Association
Newitts	Eleiko	British Canoe
PlayerLayer	Life Fitness	British Fencing
Sliderfy	National Water Sports Centre	British Triathlon
VALD Performance	Nottingham Hockey Centre	British Weightlifting
Wraps n Wings	Nottingham Tennis Centre	British Wheelchair Basketball
	Nottingham Trent University	England Athletics
	Nottingham Venues	England Netball
	Notts County FC	England Squash
	Nova Centurion Swimming Club	England Touch
	Richard Whitehead Foundation	Football Association (FA)
	Street Games	GB Short Track Speed Skating
	Talented Athlete Scholarship Scheme (TASS)	Goalball UK
	UK Anti-Doping	Lawn Tennis Association (LTA)
	UKSCA	Rugby Football Union (RFU)
	University of Nottingham Students' Union	Swim England
	Watt Bike	Table Tennis England
	Wheelpower	UK Ultimate
		Volleyball England

Over  
**£150,000**  
secured in external  
grant funding

**64**  
sponsor and partner  
organisations

**Winner**  
Professional Services  
Team Award for  
Contributing to  
Sustainability





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