

# Medway

*Elite sporting venue*





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# Introduction

## Welcome to Medway – elite sporting venue.

Medway is proud of its burgeoning reputation as a high-quality venue for national and international sporting events.

A wide range of elite sporting competitions have already been attracted to the top class facilities which make up Medway's new-look centre of sporting excellence – Medway Park.

Medway has also hosted major sporting events including the Tour de France, Tour of Britain, national-level sailing regattas and the Olympic Torch Relay.

The Modern Pentathlon World Cup in 2010 was the first global sporting event to be hosted in Medway. Thousands of spectators enjoyed four days of competition by the world's leading multi-sport athletes, including world and Olympic champions.

Medway's commitment to promoting and staging the event, coupled with our wider legacy development of the sport, secured us the international award for the best-promoted pentathlon event of the year. Medway was subsequently chosen to host the 2011 Modern Pentathlon European Championships - an official Olympic qualification event.

In 2012, Medway hosted pre-Olympic training camps and the British Transplant Games – a four-day competition featuring 600 competitors from across the UK.

Medway Park is also a centre of excellence for disability sport and in 2013 played host to the Wheelchair Rugby League World Cup, widely heralded as the most professional and successful tournament in the sport's history.

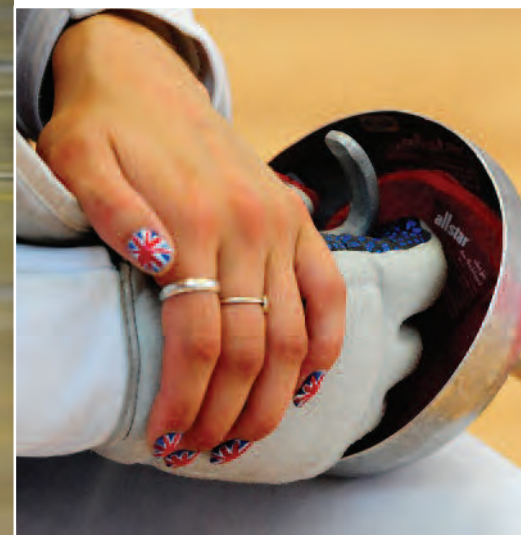
Having also hosted major sporting events in basketball, boxing, judo, table tennis, badminton, swimming, fencing and wheelchair rugby, Medway Park is the venue of choice for many sports.

Within this guide you will find information on the high-calibre facilities available at Medway Park and elsewhere in Medway, as well as the extensive expertise, experience and support that Medway Sport and our army of volunteers can offer.

Enjoy  
Medway

  
Medway  
rich heritage great future

*Medway*  
COUNCIL  
Serving You





# Medway Park

**Medway Park is Medway's flagship £11m centre of sporting excellence.**

The creation of Medway Park has been pivotal to the long-term development of sport in Medway way beyond the 2012 Games, creating a centre of sporting excellence with the needs of the community at its heart.

The project saw the transformation of the former Black Lion Leisure Centre in Gillingham and the creation of new world-class facilities which opened in 2010.

In partnership with Sport England, the University of Kent, central government and national governing bodies of sport, we have developed a sporting complex designed to offer you the best environment for elite competition and training.

The centre provides high-quality facilities, supported by the very best in sports science and therapy delivered by one of the UK's top research teams in training science.

The facilities at Medway Park include:

- 12-court multi-sports hall with three digital scoreboards;
- eight-lane athletics track with grandstand seating;
- dedicated judo centre;
- 100-station health and fitness and free-weights suite;
- dedicated health and fitness suite for junior athletes;
- University of Kent Sports Science and Therapy Centre;
- upgraded swimming and changing room facilities;
- fully-integrated disabled access and changing rooms;
- conference and meeting rooms with interactive white board;
- new cafeteria and bar area;
- 300-space car park;
- Free wifi access.

Medway Park was an approved London 2012 training camp for 13 Olympic and eight Paralympic sports.

*“Medway has always taken disability sport seriously, probably better than any other part of the UK in terms of investment in venues and events.”*

Baroness Tanni Grey-Thompson, 11-time Paralympic Champion





# Facilities

## Athletics track

Medway Park athletics venue includes a 400m, eight-lane track with a 10-lane 100m straight, a 500-seat grandstand on the home straight plus the required facilities for all field events.

The floodlit track was completed in September 2009 to existing International Association of Athletics Federation (IAAF) standards and is accredited by UK Athletics.

As well as being home to Medway and Maidstone Athletics Club, the venue has already been graced by Olympic and world champions. It hosted the riding, shooting and running disciplines of the Modern Pentathlon World Cup in 2010 and the European Championships in 2011, when 16 athletes qualified for London 2012.

The infield of the track is regularly used by other sports for training and competition, including for training sessions for the London Broncos rugby football league squads and for cup finals.

*“Congratulations to the whole Medway team for the fantastic staging and delivery of the Medway World Cup. I have been to many world cups over the past 20 years, but none better.”*

Dominic Mahony – Pentathlon GB Team Leader

## Main sports hall

Medway Park's new sports hall is the largest in the region at 54m long and 33m wide, with a playing height of 9.5m.

It was developed to meet the training camp specifications of a range of Olympic and Paralympic sports, with features including a sprung wooden floor, 750lux lighting level, and controlled airflow.

The hall has full wheelchair accessibility and is also equipped with indoor cricket nets.

Since its completion in March 2010 the hall has already hosted a range of national and international competitions in fencing, basketball, badminton, boxing, table tennis, wheelchair rugby and wheelchair rugby league.

## Additional halls

In addition to Medway Park's main sports hall the centre has two additional halls. The first is 33m x 31m in size with markings for 5-a-side football, netball, volleyball and basketball plus six badminton courts. The final hall is 15m x 12m in size.





## Additional sports facilities

**Judo** – Medway Park boasts one of the finest dojos in the country, accredited by British Judo. The dojo has two full matted areas and is used as a regional training centre by members of the national squad.

**Squash** – England Squash and Racketball has worked in partnership with Medway Park to refurbish three squash courts to regional standard.

**Swimming** – Medway Park's aquatics centre includes:

- a 25m six-lane swimming pool, used for the Modern Pentathlon World Cup;
- a teaching pool;
- a shallow pool;
- diving pool with springboards, and 3m and 5m platforms.

**Shooting range** – Medway Park has a dedicated 10m pistol shooting range regularly use by Penthalon GB.

**Changing rooms** – Medway Park has four dryside changing rooms plus wetside changing rooms that meet full disability access requirements.



## Sports science and therapy

The Centre for Sports Studies at the University of Kent runs its own sports clinic and sports sciences service open to teams and the public at Medway Park.

The clinic is professionally run by staff and hosts students on supervised placements. They are some of the leading experts in their fields of injury and rehabilitation.

The clinic and rehab gym are superbly equipped with some of the latest clinical tools, including 3D video analysis, gait scanning and ultrasound imaging.

The treatment rooms and beds can be used for physio and rehab during major events. The university students and staff have previously provided voluntary massage services at events including the Modern Pentathlon World Cup.

The laboratories are equipped to the highest standards to provide sports science support for Olympic and Paralympic athletes and to enable cutting-edge research.

These facilities include an environmental chamber, specialised cycling ergometers and treadmills, blood and genetic analysis equipment.

The laboratories are staffed by one of the UK's top research teams in training science. They are involved in some of the latest sports research developments and work with prominent sports teams and bodies such as the Rugby Football Union (RFU), British Cycling and UK Sport.

The centre is headed up by Professor Louis Passfield, a member of the GB Cycling support team at three Olympic Games.



## Health and fitness suite

Echoes Gym is one of the key transformations at Medway Park.

The new extensive multi-station gym at Medway Park offers supreme facilities across two floors overlooking the new athletics track.

There is a floor dedicated to cardio vascular training including treadmills, bikes, rowers and cross trainers.

The upper floor is for resistance training, including a free-weights area. There is also a dedicated fitness suite for junior athletes.

The gym has Inclusive Fitness Initiative (IFI) accreditation, with multiple pieces of equipment suitable for wheelchair athletes to use without transferring from their chairs.

Access to the fitness suite can be organised for competitors on a short-term membership basis.

Medway Park also has three dance and aerobic studios, including a designated spinning room.

*“The logistics, facilities and the staging of the event was beyond anything we have attempted in the past for Wheelchair Rugby League and we feel this has raised the bar to new heights. Thank you to your team for delivering a truly exceptional event.”*

England RFL's head of player development

## Offices and meeting rooms

Organisations and teams using Medway Park as a competition venue can benefit from a number of office and meeting spaces.

Two air conditioned conference rooms have fully accessible interactive whiteboards and are furnished with desks and chairs with power and network points.

Medway Park also has a dedicated office for national governing body development officers, where desk space can be made available by prior agreement.

## The Medway Park Café

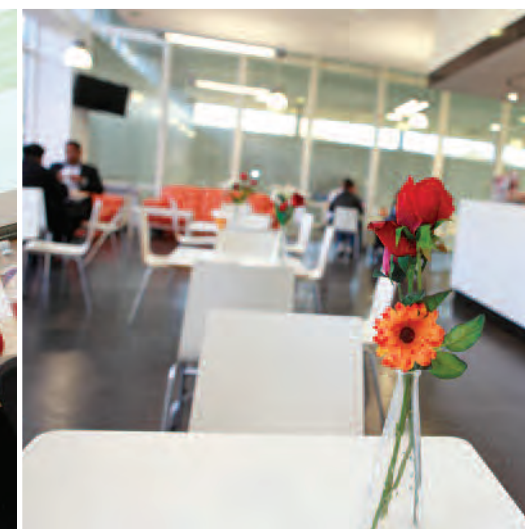
The café at Medway Park is filled with natural light, overlooking the pools.

The café offers a wholesome menu with plenty of opportunities to refuel during training or events.

The café is licensed and offers alcoholic refreshments and can be made available for private function hire. Opening hours can be extended by prior agreement to cater for large events.

*“Thanks to everyone involved in the Wheelchair Rugby League World Cup for all their help to make it the most organised and professional tournament I have ever been involved with.”*

Australian Wheelchair Rugby League Team





# Other sporting assets

**Medway has a number of assets that are also ideal settings for major sports events.**

Priestfield Stadium is home to Kent's only professional football club, Gillingham FC. In addition to hosting regular league and club fixtures, the stadium has hosted two SuperLeague London Broncos rugby league matches, as well as youth and women's international football fixtures.

Capstone is a 114-hectare country park and outdoor sports centre. The site offers dedicated cycling routes, running routes, bridleways, BMX park and a horse-riding trail for the general public. The park has marked running and mountain biking routes of up to 5km with trim trail fitness equipment.

Medway Sport is working with British Cycling to stage new competitive cycling events at the park, which has already hosted large-scale mass participation running events.

The River Medway is another jewel in the heart of Medway's sporting offer.

The river hosts national sailing regattas and is home to a number of successful dinghy sailing, rowing and cruising clubs.

The streets of Medway have also played host to successful sports events, with thousands of people lining the streets to enjoy the Tour de France in 2007 and the Olympic Torch Relay in 2012.

Medway Council also operates a number of other sites that may appeal to event organisers for competition or athlete downtime. Kicks Soccer Centre at Strood Sports Centre boasts state-of-the-art floodlit 5-a-side and 7-a-side football pitches, as well as a hydrotherpay pool. Deangate Ridge golf course is a quality 18-whole course set in glorious surroundings on the Hoo Peninsula with a driving range and clubhouse.



# Accommodation

Medway can provide a range of accommodation options to meet the needs of event organisers, spectators and visiting teams.

The area has a number of good quality three and four star hotels. Alternatively, we can offer quality self-catering or catered accommodation at the Universities at Medway campus, which is within walking distance of Medway Park.

Medway works in partnership with leading local hotels and can help you negotiate special event rates and accommodation arrangements.

The hotel options include a three star independent hotel immediately neighbouring the Medway Park site, plus other budget brand hotels in close proximity.

Alternatively, there are larger hotels with health suites and conference facilities within Medway and close to the motorway network.

The accommodation used by students from the Universities at Medway campus can recreate the atmosphere of an athletes' village. In total there are potentially more than 800 rooms available to visiting athletes.

The new Liberty Quays site, used by the University of Kent, opened in September 2009 and offers quality studio apartments or clusters of en suite rooms with shared kitchens and relaxation areas.

The accommodation is secure and also has shops, a laundry and meeting/relaxation rooms.

The University of Greenwich accommodation is even closer to Medway Park, offering modern apartments with five or six individual en suite rooms. Teams can chose between self-catering or on-site catering provided by the universities.





# The team at Medway Sport

We seek to take an active role in the successful delivery of major sports events hosted in Medway.

This support can range from recruiting and managing teams of volunteers and marketing and promoting events to assisting with hosting logistics and the creation of the 'show'.

We can offer you:

- A dedicated major sports events manager to assist with your arrangements, including links to local accommodation, transport, catering and technical infrastructure providers;
- Flexible approach to ensure the successful delivery of your event;
- Access to our army of event volunteers;
- Marketing support for your event to generate spectator interest and awareness;
- Link with the council's events team for assistance with stewarding, safety, logistics and access to local approved contractors and suppliers;
- A commitment to maximising the legacy of the event through a schools and community sports development programme.

The team at Medway Sport has experience of bidding for, delivering and managing major international sporting events.

Within the team we have experience of:

- Leading teams in the delivery of Modern Pentathlon during the 2012 Olympics;
- Bidding for major international events;
- International event management;
- Working for UK Anti-Doping;
- Journalism, marketing and event promotion;
- Recruiting and managing teams of event volunteers;
- Community sports development delivering a legacy from major events.

This wealth of experience can be utilised as much or as little as you wish and may be subject to a fee or available as value-in-kind support.

*“Medway is brilliant because of its geographical location and the team that’s behind it. That’s why I’ve got to shout so loud about them. They are forthcoming and take the initiative, and they are everything you would want them to be.”*

Steve Backley, three-time Olympic medallist and former javelin world record holder.



# A lasting relationship

We are committed to developing a lasting relationship with governing bodies and sports federations who bring events to Medway.

As part of our wider commitment to delivering a genuine legacy from the 2012 Games and from the investment in Medway Park, we will work with you on long-term sports development activities to encourage participation and raise your profile.

The Medway Sport team works closely with local clubs and national governing bodies of sport and regional development officers to actively identify further opportunities created by the staging of major events.

The *Our Medway* schools project, which was awarded the Inspire Mark by London 2012 organisers, engaged 25,000 young people in Medway in the countdown to the Olympic and Paralympic Games. We successfully harnessed their appetite for international sport during the Modern Pentathlon World Cup when schools were paired with participating nations, recording their national anthems and even producing good luck cards.

A similar programme is running with our primary schools in the lead up to the Rio Games in 2016.





# Medway Sporting Ambassadors

Medway has an army of experienced and enthusiastic volunteers ready and waiting to support your event.

More than 50 volunteers supported the successful staging of the Wheelchair Rugby League World Cup in July 2013, while scores more ensured the successful delivery of other events as part of the Medway Festival of Sport.

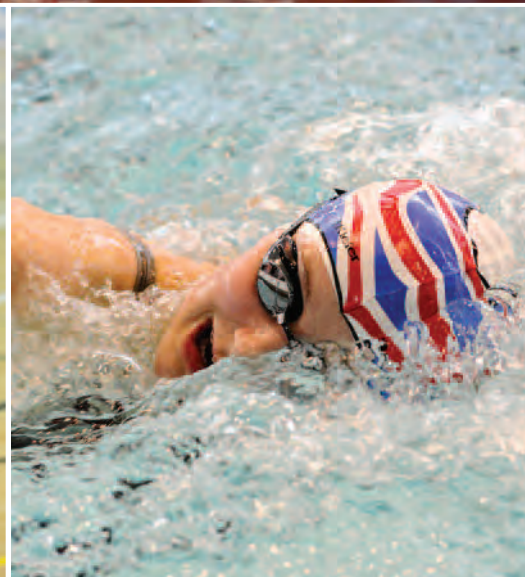
A similar team of volunteers were involved in the Modern Pentathlon World Cups and European Championships, with many going on to be Games Makers at London 2012.

As part of their development and ongoing commitment to supporting sport in Medway, we have put together a programme that offers the opportunity for all our ambassadors to take part in training as part of our Medway Sports Coaches programme.

Medway Sport can also link into pool of local volunteers as part of the Sportsmakers programme.

*“Thank you to you and all your team for putting on an amazing world cup event. I've been completely blown away by the quality and enthusiasm of you and your team of staff and volunteers.”*

Dan Steel, National Clubs Manager, Rugby Football League





# About Medway

Medway is a vibrant aspiring city for the 21st century located at the historic heart of the north Kent coast.

It is one of the south-east's most aspiring and developing destinations, marrying its celebrated heritage with a rapidly emerging continental-style cultural scene.

Medway takes its name from the river that flows through it and comprises the five towns of Rochester, Chatham, Gillingham, Rainham and Strood.

Individually, the towns have their own place in history and unique identity – in particular Rochester with its iconic castle and cathedral and connections to Charles Dickens, and Chatham with its maritime and military heritage and defences. Together, they provide a diverse and exciting visitor experience.

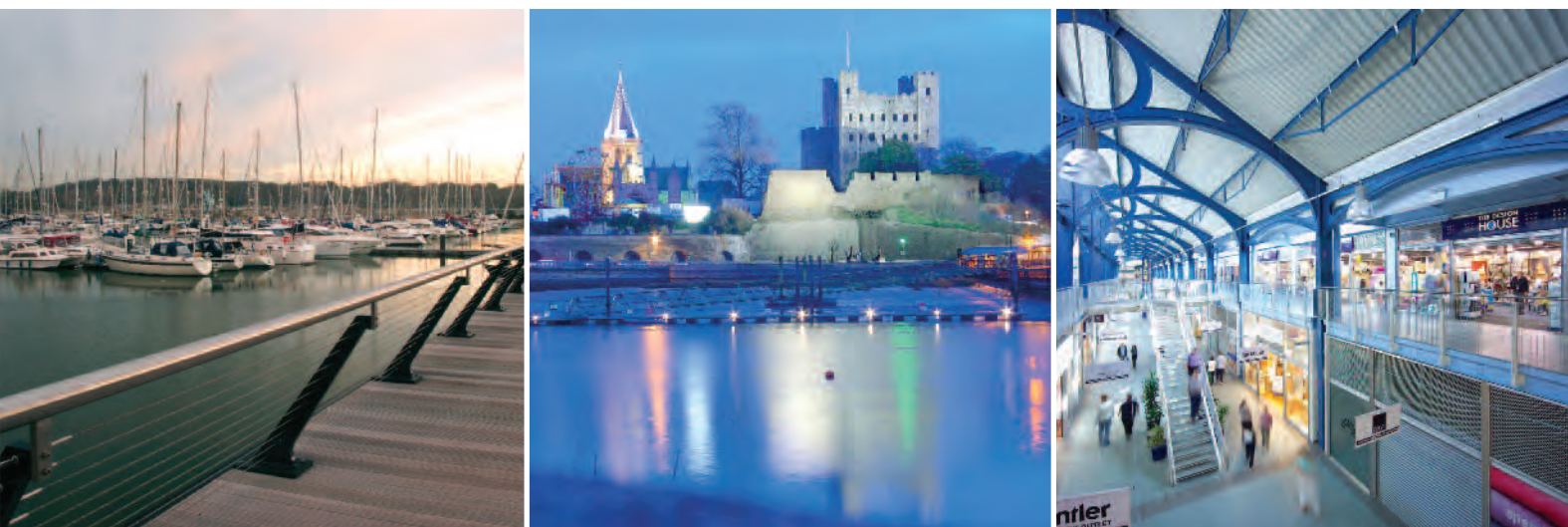
Medway is home to some of the finest museums in the country, including the new No. 1 Smithery at the Historic Dockyard.

However, it is one of its most natural attributes – the river – that is the golden thread running through Medway's visitor offer.

The waterfront region of Chatham Maritime with its attractive marina, shopping and new Quays development, sit alongside heritage attractions including The Historic Dockyard, Upnor Castle and the defences of the Great Lines, which is on the UK's shortlist as a World Heritage Site.

For those seeking a spot of retail therapy, Medway's shopping offer ranges from historic high streets and traditional town centres to modern indoor shopping complexes.

And for the more active visitors, not-to-miss attractions include the Chatham Ski Centre, Diggerland, Buckmore Park karting track and the Gillingham Ice Bowl.



# Event roll of honour

- Tour de France 2007
- Modern Pentathlon World Cup 2010
- Modern Pentathlon European Championships 2011
- Olympic Torch Relay 2012
- British Transplant Games 2012
- British U20s and U17s Fencing Championships 2013
- Wheelchair Rugby League World Cup 2013
- European Veterans Fencing Championships 2016

Plus

- GB Wheelchair Rugby Super Series
- Briar Table Tennis Grand Prix
- National League Basketball Finals
- International Korfball Fixtures
- Live Televised Professional Boxing Events
- National Sailing Regattas

*“The World Cup was a great moment at Medway, thanks to you and your team of volunteers. You can be proud of what you achieved. Medway will be engraved forever in our minds.”*

French Wheelchair Rugby League Team







## For further information

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