



December Newsletter 2024

# ACTIVE Life



UNIVERSITY OF THE  
WEST of SCOTLAND  
**UWS**

# UWS Sport welcomes you to our first edition of our Active Life newsletter.

We are delighted to highlight a number of activities, challenges and performances from the UWS Active community.

In this edition you will find content relating to the Winter University Games where some of our students are participating. We also have a section on our successfully selected Winning Students and Sports Scholars.

Finally, we have content from our gym teams where you can see a member transformation, look at our Fitness Class in Focus.

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# World University Winter Games - FISU Games

Congratulations to UWS Sport Scholars  
Emily Luck (Ice Hockey), Fraser Jamieson (Snowboarding) and  
Hollie Smith (Snowboarding) on their selections  
to the GB Students squad for the  
FISU World University Winter Games in Torino, Italy!



WORLD UNIVERSITY WINTER  
GAMES SELECTIONS

**EMILY LUCK - ICE HOCKEY**

**FRASER JAMIESON - SNOWBOARDING**

**HOLLIE SMITH - SNOWBOARDING**

**PIEMONTE  
LAND OF SPORT**

**TORINO 2025**  
**FISU GAMES**  
**JANUARY 13-23, 2025**

TORINO  
PINEROLO  
BARDONECCHIA  
TORRE PELLICE  
PRAGELATO  
SESTRIERE



# Active Challenge - Brodies Bikes

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This past month has been nothing short of amazing here at UWS. As part of our activities for World Mental Health Day, we took part in the Brodies Bikes Challenge and set a new UWS record for the distance cycled across our campuses!

The final mile count is in, and the results are impressive:

- Ayr: 322.9 miles
- Paisley: 223.1 miles
- Lanarkshire: 62.6 miles

In total, we cycled an incredible 608.6 miles - well above our original target of 500 miles!

What an outstanding achievement, and all for a great cause, raising awareness of mental health.

We also offered free health assessments to both staff and students, making it easier for everyone to check in on their physical wellbeing. Plus, our wellbeing walks at each campus were a great success, offering a relaxed way to connect with others while getting a healthy dose of fresh air.

It was all about taking care of both mind and body, and we were thrilled to see so many of you getting involved!

On top of that, all campus gyms have welcomed a fantastic number of new members this year, with attendance numbers soaring across the board. It's great to see our UWS community embracing an active lifestyle.



# Sport Scholarship

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Team UWS and UWS Sport are delighted to confirm the students selected for the UWS Sport Scholarship program.

A new record, 38 student athletes will receive bespoke support from UWS Sport this year in recognition of their sporting talents and potential. This year saw a highly competitive process, with athletes from across the world applying as they embark or continue their studies at the University of the West of Scotland.

Highlighting the UWS Sport Scholarship class of 2024-25 is Honours Year student, Erin Bolland (Sports and Exercise Science). Bolland, a Team UWS Hall of Fame inductee at last year's Sports Ball, captained the Scotland Netball U21 side across a range of international tournaments and has been called up to the Scotland senior squad, and will be in contention for the Glasgow 2026 Commonwealth Games.

Joining Erin is 1st year student, Matthew Waring (Sports and Exercise Science) who is joining UWS as the current Badminton World Junior No.1 player as well as Matthew Wynne (PGDE Physical Education) who returns to the programme following a successful undergraduate spell where he guided the Scotland Cerebral Palsy Football team to a World Championship.

The UWS Sport Scholarship programme is led by Sport Development Manager, John McGonigal, with Team UWS staff and will support dual career athletes in reaching their potential and achieving their degree. Speaking on the recent awards, McGonigal said;

*"The Sport Scholarship programme at UWS aims to support those UWS students with the potential to be at the top of their sport. The students receiving a UWS Sport Scholarship for 2024-2025 include international, national and regional standard athletes from over 20 different sports. The Sport Scholarship programme aims to support our high performing student athletes in their aspirations and ambitions to achieve their full potential in the sporting and academic arenas. We are pleased to confirm our support to a record number of UWS students receiving a Sport Scholarship award in 2024-2025 and we are delighted to offer our support to our student athletes in pursuit of their aims and objective in the coming year."*



# The full list of 2024-25 UWS Sport Scholars

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Victoria Otterson	Archery	Anne Sturgess	Cricket
Olivia Kendal	Archery	Oliver Walker	Cycling
Jonathon Downey	Athletics	Mark Stowe	Football
Haley Elliott	Athletics	Kayla Jardine	Football
Sophie Evans	Athletics	Andrew Dickie	Gymnastics
Jordan Phillips	Athletics	Anna Winter	Hockey
Jamie Connor	Athletics	Emily Luck	Ice Hockey
Dawn Russell	Athletics	Solomon Rice	Ju Jitsu/Judo
Toni Woods	Badminton	Matthew Sweeney	Judo
Brooke Stalker	Badminton	Sarah Brand	Karate
Matthew Waring	Badminton	Erin Bolland	Netball
Dilyn Becker	Basketball	Viktoria Elohegyi	Olympic Weightlifting
Darcell Mcfarlane	Basketball	Jemima Adeniyi	Powerlifting
Ryan Grant	Basketball	Daniel Lauchlan	Powerlifting
Callum Brand	Basketball	Hollie Smith	Snowboarding
Foday-Bai Kamara	Basketball	Fraser Jamieson	Snowboarding
Matthew Wynne	Cerebral Palsy Football	Kiyla Young	Trampoline
Stephanie Donnelly	Cheerleading	Harry Orr	Volleyball



# Winning Students

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UWS Sport are delighted to confirm Scholars Matthew Waring and Brooke Stalker have been selected to this year's Winning Students 100.

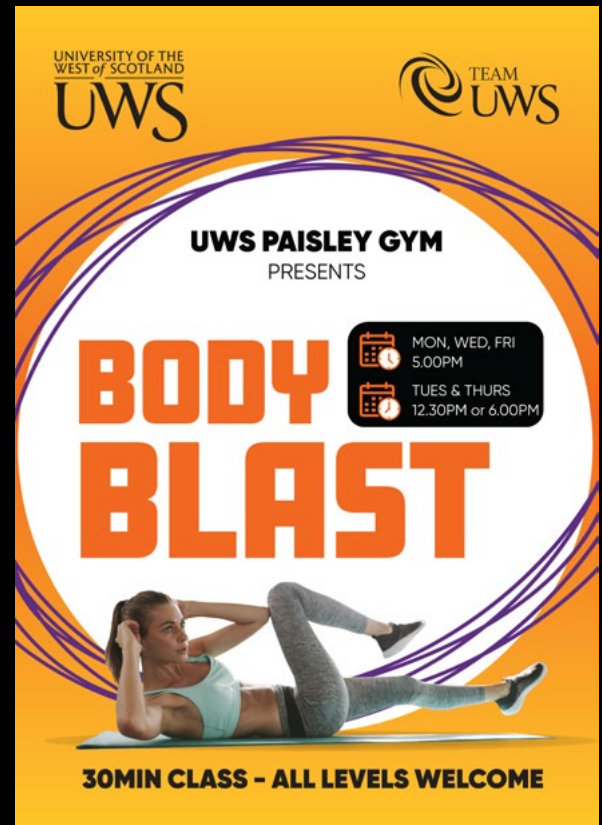
The prestigious national programme supports the top 100 student athletes across Scotland, ranging from Olympians to full time professional athletes, as they balance their career with their studies.



# Looking Ahead: Getting fit for Christmas

As we look ahead, UWS invites you to get your fitness routine in overdrive in the lead up to Christmas. If you've been feeling like your fitness routine has lost a bit of its spark, now's the perfect time to reignite it! Why not use this as your chance to fire up your motivation and get back into the gym? With the right energy, you can make some serious gains before the year's out. After all, it only takes a little spark to start your fitness journey!

Thanks to everyone who has participated in our recent initiatives. Let's keep the momentum going as we move into 2025.



Our amazing Body Blast class combines bodyweight and free weight training. Our instructors take you through a 30-minute-high intensity circuit. The class will help improve functional strength, agility and endurance. In addition, high intensity exercise has been shown to improve your metabolism. This class will leave you feeling energised and ready to tackle the rest of the day.

Reach your goals, engage in team spirit and know that this class caters to all fitness levels. Drop into the gym at the given time or drop us an email to book ahead of time. We look forward to welcoming you along!

## HOW TO BOOK

Call 0141 848 3076  
or message us on facebook



**MON, WED, FRI - 5pm**



**TUE & THURS - 12.30pm or 6pm**



# Member Transformation

Inyene Nkanta, Lanarkshire staff member, benefited from the free staff membership.

*"June last year, I found myself in a horrible rut. I gained so much weight, I was 86kg which was the highest weight I have ever gained. A lot of it was due to circumstances in my life at the time. Of course, it didn't help that my lifestyle was incredibly unhealthy. Although I visited the gym may be once in 2 weeks, I wasn't consistent. I needed to do something and having heard about the mental health benefits of exercise. I decided to take my exercise routine seriously, also, it was free, so I had no worries over subscriptions. I approached Lynsey (staff member based in Lanarkshire), who was able to support me.*

*Currently, I have lost 15 kg. I feel amazing, I am mentally and physically stronger. To think the gym is free, I don't have to pay the monthly or yearly subscription is amazing."*



Scan to QR code to  
to activate your  
free membership

## BEFORE



## AFTER



## Get your active journey started at UWS

UWS Sport is inclusive for everyone, and we welcome you to get involved. We're here to support you on your fitness and wellbeing journey!

Our passion for sport and exercise extends far beyond our free student and staff gym access. We have a range of sport teams across numerous disciplines and our students represent UWS in individual competition as well. Team UWS members represent us at Scottish and British level university competition.

Scan the below highlighted QR code to join a UWS Club and activate your free gym membership.



For all general enquiries  
e: [sportenquiry@uws.ac.uk](mailto:sportenquiry@uws.ac.uk)

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UWS

TEAM  
UWS