

**From:** Samantha [REDACTED]  
**Sent:** 22 March 2007 12:39  
**To:** Samantha [REDACTED]  
**Subject:** PRE GAMES TRAINING CAMPS

Thank you for your recent application to be considered for inclusion in the London 2012 Pre Games Training Camp Guide.

We are delighted with the response from facilities across the UK, with the final figure reaching over 700 submissions. We are now starting the detailed process of collation and evaluation to ensure that we select the very best facilities for inclusion in the Guide.

Our intention is to provide a service to ensure that teams participating in London at the Olympic Games and Paralympic Games have the best opportunity to train, prepare and experience what we can offer here in the UK prior to their competition.

Initial collation of information is being carried out by London 2012's Nations & Regions Group. The co-ordinator within your nation or region will be leading this process and we have included contact details for them as an attachment.

Once the administration of the applications has been carried out all submissions will be supplied to London 2012 with regional recommendations. London 2012 will then carry out the assessment and selection process. We have created a Steering Group to oversee the process which includes experts on Training Camps from the British Olympic Association, British Paralympic Association and other UK sporting bodies.

The timeline for this process is as follows:

**2007**

Regional collation of submissions	1 February – 1 May
Submissions forwarded to London 2012 with regional recommendations	1 May
Assessment by London 2012 Steering Group	1 May – 31 December
Assessment by National Governing Bodies	September

**2008**

Final Selection by London 2012	January
All submissions notified of selection	By end of January
Preparation and production of Guide	January – July
Distribution of Guide to National Olympic Committees and National Paralympic Committees	August

Thank you again for your submission and your interest.



Debbie Jevans  
Director of Sport

Sent by  
**Samantha Curling**  
Manager, NOC & NPC Relations

On behalf of Debbie Jevans

Sports Department  
The London Organising Committee of the Olympic Games & Paralympic Games  
One Churchill Place  
London  
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[www.london2012.com](http://www.london2012.com)

**From:** Gavin [REDACTED]

**Sent:** 03 March 2008 11:22

**Subject:** London 2012 Media Release - Over 600 facilities from across the UK appear in London 2012 Pre-Games Training Camp Guide



March 3, 2008

## Media Release

# Over 600 facilities from across the UK appear in London 2012 Pre-Games Training Camp Guide

A record number of sporting facilities across every part of the UK feature in the London 2012 Organising Committee's Pre-Games Training Camp Guide, it was revealed today.

This assessment process has amounted to an audit of high-quality facilities throughout the UK and has shown that there are many excellent sporting facilities available throughout the UK.

Over 600 facilities will appear in the Guide, to be published at the Beijing Games. It contains high-quality elite sporting facilities from across the UK which will give teams and individual athletes a great selection of venues from which they can choose to prepare for the London Olympic and Paralympic Games. The Guide will be circulated to all National Olympic Committees (NOCs) and National Paralympic Committees (NPCs). These organisations will then decide where they base themselves or where to send individual athletes to prepare and acclimatise for London 2012.

Extensive details of the facilities will appear on a dedicated website showcasing the quality and variety of options throughout the UK which will help NOCs / NPCs decide where to train. The national tourism agency, Visit Britain, is developing this new website with LOCOG and will bring its experience of marketing destinations and tourism products to international audiences.

The London Organising Committee for the Olympic Games and Paralympic Games (LOCOG) is also able to offer a financial award of up to £25,000 to NOCs / NPCs to help encourage teams to base themselves in the UK. LOCOG has an allocation from its privately raised budget for this process and believes this will be an incentive

for NOCs / NPCs to base themselves in the UK.

Sebastian Coe, Chairman of the London Organising Committee, commented: "We said that we wanted the London Games to be for athletes, and the facilities listed in this Guide will really help overseas athletes prepare well. It also provides a great opportunity for towns throughout the UK to get involved in our plans. The process we have been through shows a great spread of high quality facilities throughout the UK that can be used by elite level athletes. The new website will continue to be an asset to keep an up-to-date log of the elite facilities we have across the UK."

Tessa Jowell, Olympics Minister, said: "The strength and diversity of our sporting infrastructure is demonstrated by so many high quality facilities having met the strict criteria to be included in this Guide. This is a real opportunity for communities across the UK to capitalise on the benefits that hosting 2012 offers. There are no guarantees of success just by making it into the Guide. There will be fierce competition to host foreign teams and individuals, and now it is for every nation and region, every venue, to sell itself internationally."

Gunilla Lindberg, Secretary General of the Association of National Olympic Committees, said: "I am delighted that LOCOG is making good progress in preparing this Guide which promises to contain an excellent range of sporting facilities. Training and acclimatising is an essential part of an athlete's preparation for an Olympic Games. This Guide will greatly assist those NOCs wishing to experience training in the host nation to make suitable arrangements for the London Games."

Simon Clegg, Chief Executive of the British Olympic Association, said: "LOCOG's Pre-Games Training Camp Guide is an outstanding publication, highlighting the huge choice of world class facilities on offer within the UK, which will greatly assist the other NOCs and NPCs in their final preparations for London 2012. The last weeks of an athletes' preparation for an Olympic Games can have a significant impact on their performance. I am confident that this Guide, together with LOCOG's generous financial award scheme, will enable a far greater number of Olympic and Paralympic teams to participate in pre Games training within the host nation than in any previous Games."

Phil Lane, Chief Executive of the British Paralympic Association said: "It's a significant bonus for National Paralympic Committees around the world to benefit from the same process and grants as their Olympic counterparts for the first time. We're working with London 2012 on evaluating the suitability of many of the named sites for Paralympic use. In the meantime, we're delighted that Stoke Mandeville, the birthplace of the Paralympic Games, is in the Guide."

Prince Feisal Al Hussein, President of the Jordan Olympic Committee, said "The London Olympics will be something special and any assistance that Jordan can receive in preparing our young athletes for 2012 will be welcomed."

Facilities in the Guide range from well known major sporting hubs, universities and independent schools, community facilities, and sport

specific clubs. A full list of the facilities that appear in the Guide is published by nation and region breakdown in the "Note to Editors". They were assessed against strict technical criteria such as the ability to offer high quality sports training facilities, experience of hosting elite teams, comfortable but affordable accommodation, the ability to offer appropriate catering, good transport links, access to a good hospital, and good sports science facilities.

Facilities that appear in the Guide will now market their facilities directly to NOCs and NPCs. There will be workshops organised to give guidance on this.

- Ends -

For further information please contact the London 2012 Press Office on +44 (0)203 2012 100 or visit the website at [www.london2012.com](http://www.london2012.com). Find out the latest from London 2012 HQ on our blog <http://blog.london2012.com>

### Note to Editors

The list of regional facilities is available at [www.london2012.com/facilitiesbyregion](http://www.london2012.com/facilitiesbyregion). Facilities were invited to apply in July 2006. The assessment process was carried out during 2007. For further information please contact the London Organising Committee Press Office on 0203 2012 100.

<b>Nation / Region</b>	<b>No of facilities that are in the Guide</b>	<b>Percentage of total facilities in Guide*</b>	<b>Percentage of UK Population*</b>
East	65	10%	9.3%
East Midlands	26	4%	7.2%
London	96	15%	12.3%
North East	19	3%	3.7%
North West	73	11%	11.3%
Northern Ireland	27	4%	2.9%
Scotland	28	4%	8.4%
South East	130	20%	13.5%
South West	60	9%	8.5%
Wales	31	5%	4.9%
West Midlands	33	5%	8.8%
Yorkshire	51	8%	8.4%
<b>Total</b>	<b>639</b>		

**\*Note:** Please allow for rounding

<b>No of facilities catering for each sport</b>	<b>Total</b>
Archery	94
Athletics	135
Aquatics – Swimming	21
Aquatics – Diving	7
Aquatics – Synchro	9
Aquatics - Water Polo	14
Badminton	84
Basketball	101
Boxing	52
Canoe – Slalom	3
Canoe – Flatwater	13
Cycling – Track	5
Cycling – Road	32
Cycling – Mountain	22
Cycling – BMX	7
Equestrian	60
Fencing	135
Football	64
Gymnastics – Rhythmic	41
Gymnastics – Artistic	50
Gymnastics – Trampoline	31
Handball	26
Hockey	43
Judo	90
Modern Pentathlon	9
Rowing	6
Sailing	20
Shooting	5
TableTennis	94
Taekwondo	54
Tennis	16
Triathlon	23
Volleyball – Indoor	67
Volleyball – Beach	16
Weightlifting	23
Wrestling	65

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<http://www.london2012.com>

competition climate

elite sport support professionals

international standard training facilities

wealth of support and volunteers

strong club infrastructure

focussed, uninterrupted preparation

easy transport to venues

lifestyle for optimum performance

sports medicine excellence



Your South London  
Pre Games Training Camp  
starting block





# Foreword

## Welcome to the South London Pre Games Training Guide

Since London was announced as the host of the London Olympic Games and Paralympic Games in 2012, there has been significant focus on the steady progress towards the event, not only in London but also across the whole of the UK. The 2012 Games offer a wonderful opportunity to welcome the world to this global city and to transform communities as the triumph of elite sporting competition leaves its mark.

South London Councils are 100% behind the Games – we backed London's bid to be the host city and are committed to playing our part in making 2012 a successful Olympic year.

Athletes across all sports and disciplines will also be training hard and making careful preparations as the come ever closer to competing in the range of events over the summer of 2012.

In South London we have a wide range of world class facilities, support staff and personnel that you can use as a base in the years and months leading up to 2012. We are close to international airports and the Olympic Park, keeping travel to a minimum, yet far enough away to provide secluded pre games training. We can provide all you require to ensure you have the ideal training programme as you focus on reaching your peak performance at the Games.

This South London guide sets out the facilities that are suitable for pre games training camps. They can be used by individuals, disciplines or entire national teams. You decide.

We know your time is important so this is not a list of what we think we can provide – it is an outline of what you can access right now. The requirements of facilities will change in the years leading up to 2012, and we will continue to revise and improve the selection of facilities we can offer.

The Olympics and Paralympics are the pinnacle of competition. We know you will look at many places and locations before deciding where to base your athletes and teams. But to get the real feel for competing in London you should train in London.

If you'd like to visit us, please get in touch. If you're visiting the UK – through Gatwick or Heathrow – please give us a few hours of your time so we can share with you the facilities that will help your team push for gold.



Sean Brennan, Chairman of the South London Partnership Leader's Group



“St Mary’s in South London is a great base to train. Close to the capital and quiet enough to focus on training.”

Dame Kelly Holmes, 800m and 1500m Olympic Champion, Athens 2004

# Welcome to South London

The London 2012 Olympic Games and Paralympic Games will be a spectacular event as this global city welcomes Olympians and Paralympians from around the world for a seven week festival of sport.

Away from the media spotlight, hours, weeks, months and years of dedicated training and preparation have been invested in the occasion. Olympians, Paralympians, organisers and support teams of friends and families have worked hard with the sole purpose of providing each athlete with the opportunity to perform to the best of their ability, to excel.

In South London we, like you, are preparing for this moment. We have developed two Training Bases that provide a complete range of services required to provide a world class preparation training camp. Building on facilities that have a proven track record of success, each Training Base – one focussing on the High Performance Centre at St Mary’s University College in south west London, the other centred on the Crystal Palace National Sports Centre and Stadium in south east London – provides every service you require across performance, lifestyle, health and well-being. We have the experience and a professional team to support you. We believe each Training Base is perfectly located for the London 2012 Games and think you will too.

From the moment you touch down, to the moment you depart we will provide you with a complete service; doing all we can to help you use your preparation time as effectively as possible.

When looking for a base to prepare for London 2012 in the years and months building up to the 30th Olympiad, you should consider South London.

We will produce the right conditions for you to excel. We are primed and ready to support you and your team.



“South London is a great base for training in the lead up to the London Games.”

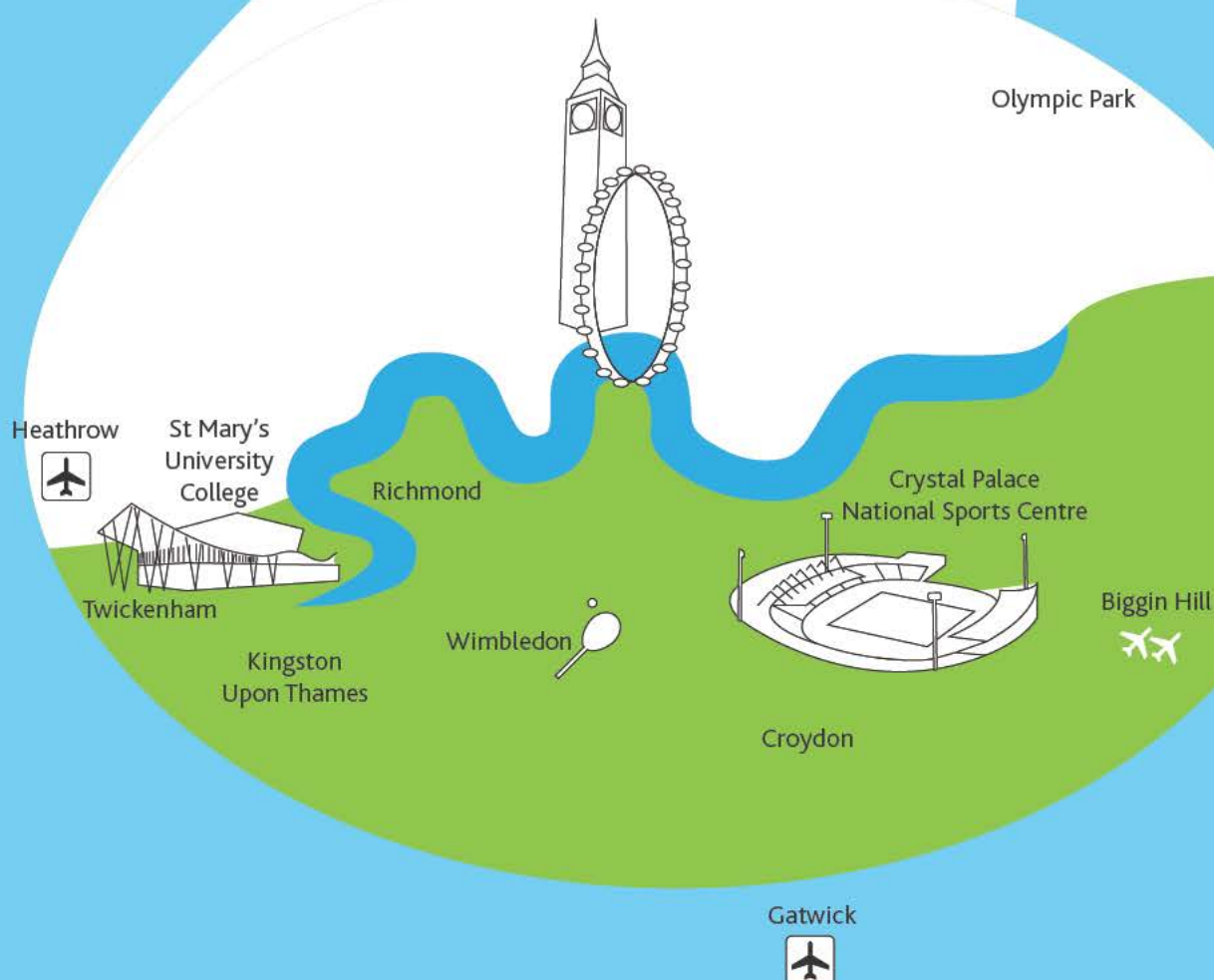
Ade Adepitan, Wheelchair Basketball, Team GB



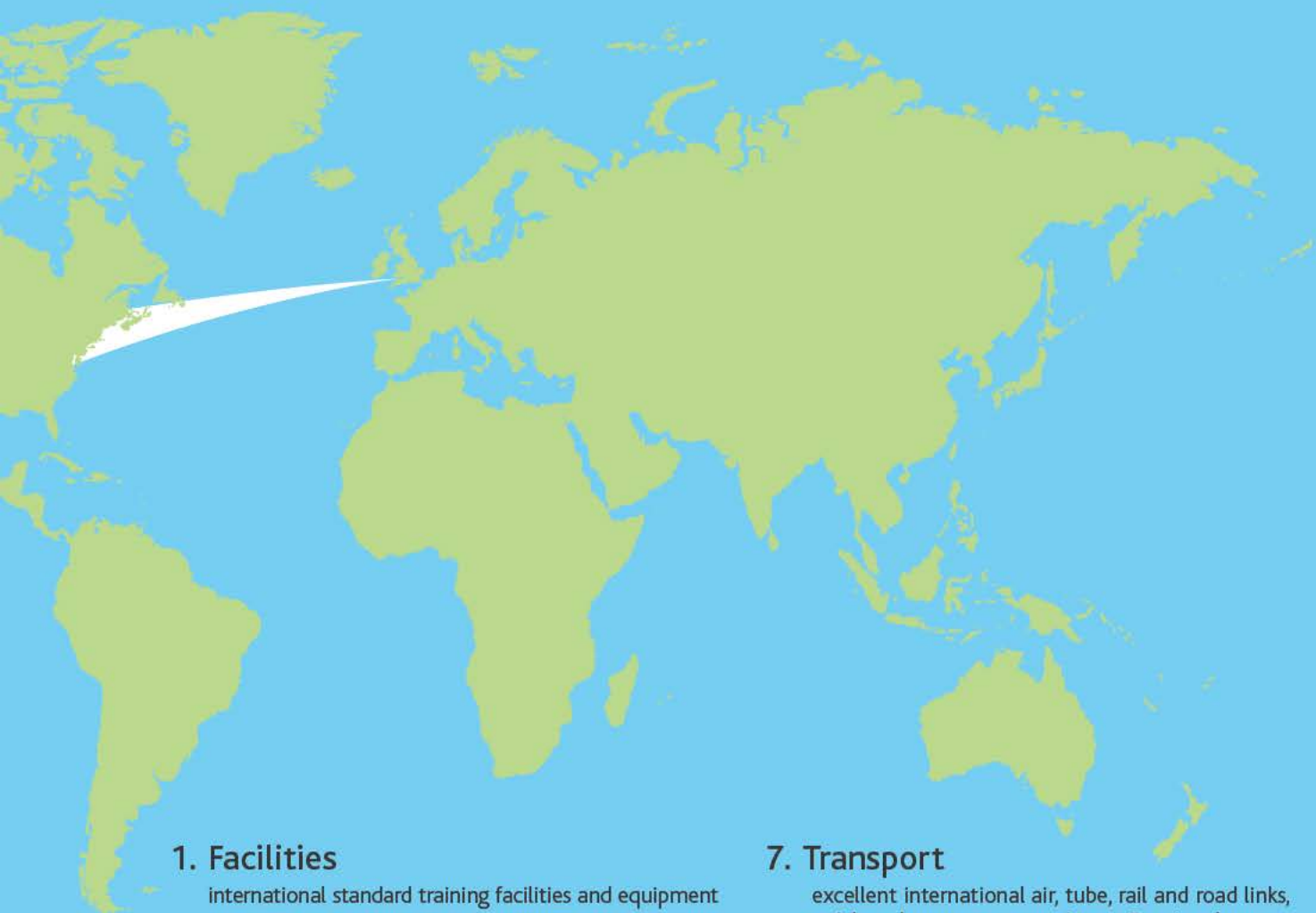
"I've used South London as a training base throughout my career – you couldn't have a better Pre Games Training Camp in the lead up to London 2012."

Harry Aikines-Aryeetey, IAAF World Junior Champion 100 metres

# Why South London?







## 1. Facilities

international standard training facilities and equipment

## 2. Location

close to the capital and secluded for focussed, uninterrupted preparation

## 3. Accommodation

from 4-star hotels to private homes and student style accommodation

## 4. Elite Sport Support Professionals

complete range of sports medicine support available

## 5. Climate

identical to the London Olympic Park

## 6. Cross-training

wide range of quality, cross-training opportunities, with a strong club infrastructure

## 7. Transport

excellent international air, tube, rail and road links, quick and easy transportation to East London

## 8. Support and volunteers

local club members and community volunteers for services and support

## 9. Relaxation

ideal location for theatres, culture, visiting London or heading out of town

## 10. Quality of Life

the best in the capital

## 11. Concierge Service

a one-stop, nothing is too much, tailored approach



Wimbledon, South London – the home of tennis



Trams and café society in Croydon



Twickenham Stadium, the home of English Rugby



# South West London training base

On the banks of the River Thames, the South West London Training Base – 10 miles from central London – is an excellent location for visiting athletes and teams preparing for the London Olympic Games and Paralympic Games in the years and months leading up to 2012.

At the heart of the Training Base is the High Performance Centre at St Mary's University College. Working with partners in Twickenham and Kingston, the area blends the core elements that are essential for pre Games training; top class facilities, athlete/team support, non-training activities and location. We have teams of experienced support professionals to meet your every requirement.

The area is secluded and quiet enough to concentrate on training with one of the highest qualities of life in the country. Transport links are excellent, with Heathrow International Airport less than 20 minutes by road (9 miles/ 14 kms), and Piccadilly and Central London just 30 minutes by train.



Walpole House, St Mary's University College, Twickenham





“My role as a Performance Director helps me to understand what is needed for an effective preparation camp. On this basis, I am happy to endorse Bu’sen as an excellent environment for Judo and Tae Kwan Do. This Centre has developed international athletes for the UK, and it can offer the right base for London preparation.”

Dave Collins, Performance Director, UK Athletics

## Performance and Expertise

### Performance

#### Facilities by Sport

At the South West London Training Base we can confidently provide international standard training facilities suitable for competition preparation for the following disciplines.

### OLYMPIC

Archery  
Athletics  
Badminton  
Basketball  
Canoe / Kayak Flatwater  
Cycling – Road  
Fencing  
Football  
Gymnastics – Trampoline  
Handball  
Hockey  
Judo  
Shooting  
Table Tennis  
Taekwondo  
Tennis  
Triathlon  
Volleyball – indoor  
Weightlifting  
Wrestling

### PARALYMPIC

Archery  
Athletics  
Boccia  
Cycling – Road  
Football 5-a-side  
Football 7-a-side  
Judo  
Shooting  
Table Tennis  
Volleyball – sitting  
Wheelchair Basketball  
Wheelchair Fencing  
Wheelchair Rugby  
Wheelchair Tennis

For disciplines we cannot support, or for those held outside the capital and requiring course specific training, we have developed relationships with appropriate facilities including 50-metre swimming pools.

SOUTH WEST LONDON TRAINING BASE

### Expertise

Across the region we have facilities and individuals that work to support international, national and elite sport, in training and in competition. St Mary’s University College, Twickenham, is a high performance centre and one of the premier campus athletics centres in the country. It is the English Institute of Sport Hub site for the West of London and is one of the largest English Institute of Sport centres in London, with a steady and growing reputation for providing world class support services. 120 competitors across 15 sports, in particular athletics, canoeing, rowing, swimming and gymnastics currently use St Mary’s.

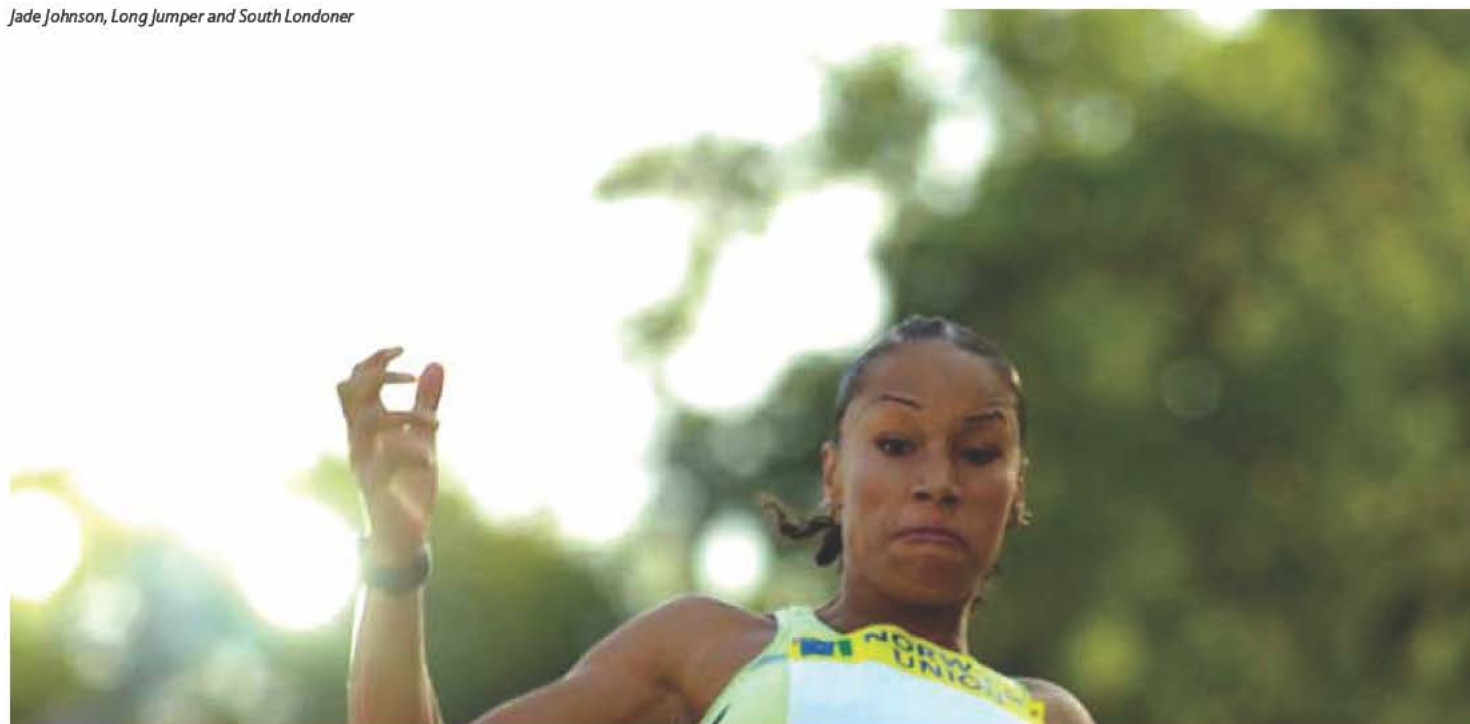
St Mary’s is also one of only two UK Endurance Performance Centres in the country and an athletics high performance centre, with national and international coaches and athletes taking advantage of the considerable accumulated knowledge related to distance running.

Facilities in the local area and Kingston provide expertise and support for a range of disciplines including archery, badminton, hockey, taekwondo, tennis and trampolining.

The Millennium Arena on the banks of the Thames in Battersea, provides a further option for field and track disciplines.

A wide range of support services are available at St Mary’s University College’s British Association of Sport and Exercise Sciences (BASES) accredited centre include physiotherapy, strength and conditioning, performance lifestyle, nutrition, sports medicine, psychological testing, performance analysis, sport psychology and massage.

Roehampton University’s Sport Performance Assessment and Rehabilitation Centre is a BASES accredited Centre with a track record of treating national, international and Olympic medallists. Services available include a state-of-the-art biomechanics laboratory as well as the full range of services required to assess and support biomechanics, physiology and psychology including physiotherapy, podiatry and gait analysis, sports specific fitness testing, biomechanical assessment, psychological skills training and sports nutrition advice.



## Hosting

Our experience of hosting includes international and national competition, and visiting teams. Partners of the South West London Training Base have extensive hosting experience providing support for athletes, teams and groups in numbers ranging from individual athletes through to support at events for up to five thousand athletes.

Individuals working in the region have experience of organising and hosting training camps from major international events through to local regional competitions including the 2002 Commonwealth Games in Manchester and the 2003 World Indoor Athletics Championship in Birmingham.

We supported 33 athletes in their lead up to the Manchester 2002 Commonwealth Games. Hosting and pre event training camp support has been provided for the Rugby World Cup, Rugby Six Nations, The Surbiton Trophy (tennis) and the Ocean International Cup (table tennis). In hockey we have experience of hosting a 16-team, annual event with international and national teams involving up to 250 competitors, and have hosted the England Ladies Training and practice in 2006.

Visiting nations include individuals and teams from every continent including Japanese, Kenyan, Australian, New Zealand, Canada, the USA, Saudi Arabia and Bulgaria.







## Health and well being

### Staying healthy and injury treatment

We have a team of sport medicine professionals – many with Olympic, Paralympic and Commonwealth experience – ready to support you in the South West London Training Base. We can arrange a complete medical service, support for your team or in-country liaison as required.

On your instruction we will arrange sports medicine support from a suitably qualified and experienced professional who is a member of the British Association of Sport and Exercise Medicine (BASEM). Full medical facilities including doctors, dentists and opticians services will be available when required. Two excellent hospitals - Kingston and West Middlesex – can provide x-rays and blood tests services. St George's Hospital in Tooting combines medical support with onsite accommodation.

We also know that faith support is essential for many athletes and para-athletes. With the diversity of South West London's community, we will seek the right location and community to provide you with the support you require from almost any religion.

*Sport Performance  
Assessment and  
Rehabilitation Centre at  
Roehampton University*







“Competing at an Olympic games is the highlight of an athletes life - they want to arrive at the Games in the best possible condition both physically and mentally. Whitgift is the place where I know I could prepare mentally and physically to be the best that I could be.”

Kate Allenby, Bronze Medallist, Modern Pentathlon, Sydney 2000

## Lifestyle

### Making Optimum Performance Possible

#### Accommodation

A wide range of accommodation is available in the Training Base from facility-linked rooms and 4-star hotels through to rented houses, all close to the training facilities you require.

Brand new facility-linked accommodation is available at St Mary's University College in Twickenham, home to the English Institute of Sport, a UK High Performance Centre and the UK National Endurance Centre, Kingston College in Kingston and at Roehampton University. St George's Hospital in Tooting combines accommodation and medical support. Four-star, luxury hotel accommodation is at The Lensbury Club in Teddington and in a range of hotels in Richmond including the Petersham Hotel and the Richmond Gate Hotel.

Many facilities have experience of catering for training athletes, and we will work with your team and nutritionists to provide the diet your team require.



#### Transport

Trouble free transportation is essential. We will work with your team and the relevant authorities in the UK to provide VIP arrival procedures to minimise journey times to venues.

**Air** – International access to the South West London Training Base is excellent. Heathrow Airport (9 miles) and Gatwick Airport (38 miles) are a short distance away. Biggin Hill Airport (48 miles) specializes in private and team charter flights making it especially suitable for a discrete and private gateway to the training camps.

**Road** – South West London has excellent connections to the motorway network providing quick and easy access to South England.

	Olympic Park	Heathrow Airport	Gatwick Airport	Biggin Hill	Brighton (Coast)
From South West London	18.6 miles	9.3 miles	38.2 miles	48.1 miles	67.9 miles
	29.9 kms	15 kms	61.5 kms	77.4 kms	109.3 kms
	1 hour 5 minutes	30 minutes	1 hour	1 hour 22 minutes	1 hour 25 minutes

**Train** – Wandsworth and Battersea are just 18 minutes from Waterloo International Station in central London. Kingston and Twickenham are well connected to Central London by train with four trains an hour for the 30-minute journey.





## Food, Culture and Entertainment

Specialist catering requirements can be provided by us or by your own catering staff. Eating out, you choose – South West London is cosmopolitan and has hundreds of restaurants with food from all corners of the world.

Culturally the region is broadly European with a considerable multi-cultural and multi-faith element made up of people and communities from around the world.

The region is steeped in history. Nearby Hampton Court is one of the UK's great royal palaces, Kew Gardens is one of the world's greatest and oldest botanical gardens and Richmond Park one of the largest urban parks in the world.

Wandsworth and Battersea, on the south side of the Thames in central London, are just a short taxi ride from London's West End.

Entertainment – Based in South West London you will find cinemas, restaurants, spectator and recreation sports and wide open green spaces to relax in. Local theatres, museums, events, festivals and cultural opportunities are right on your doorstep. Arrangements can be made for individual and team trips to London for theatre shows, to Trafalgar Square, Buckingham Palace or any of London's famous attractions. We can organise trips to local communities, visits to the Olympic Park or to the coast just an hour away. If you're planning to visit with friends, family and young children, we are just a short distance from two amusement theme parks.

We'll do all we can to ensure that you have enough activities beyond your training requirements, to keep you motivated and focussed on your preparation.

We want teams to feel welcomed and also to welcome teams who wish to get involved in the wider spirit of Olympism.

## Athlete and Team Concierge Services

While you are visiting your priority will be to maximise the benefits of your preparation time. Our priority will be to provide the right level of support services tailored to meet your requirements. We can also organise:

- **Translation and Language Services** for face-to-face interpretation, translations and documents, with 24-hour support available if required.
- **Hospitality Services** to welcome you at the airport to provide stress free arrival. We can suggest and provide suitable recreational activities.
- **Communication Services.** We will provide the most suitable communications structure for you and your team for internal management coordination, communication in the UK and to your home country.
- **Security.** We will arrange appropriate security and privacy as guided by you.



“I've lived and trained in South London for the past 12 years and as an international athlete I can honestly say that I have not found better training facilities anywhere else in the world. I do all my training in Richmond Park, long distance and short distance over a variety of hills.”

Tushar Patel, International Wheelchair Racer,  
Velocity Wheelchair Racing Club



# South East London training base

Centred on the internationally famous Crystal Palace National Sports Centre and Stadium operated by Greenwich Leisure Ltd on behalf of the London Development Agency, the South East London Training Base is surrounded by protected countryside, parks and woodlands.

Top class training facilities are at the heart of the South East London Training Base. We have teams of support professionals to meet your every requirement, from performance, through to lifestyle and health & well-being.

Good transport networks link to Gatwick airport and the Olympic Park in Stratford, with a unique offering of seclusion to concentrate on training, while still being close enough to London to benefit from all the capital has to offer.

“Crystal Palace has historically been the spiritual home of British Athletics. Recent investment has produced a fine outdoor training venue, with all the necessary ancillary facilities on site including weights room, pools, and indoor area. It would leave other training venues I have been to prior to other major Games standing.”

John Powell, British Sprints Coach





“Whitgift is an ideal training and competition venue committed to supporting high level and community sport. It has excellent security with easy access to central London and all the major London airports. The school hosts two FIE World Fencing competitions each year which attracted 20 nations in 2007. The school has already hosted the Chinese and USA Olympic fencing teams, including the current Olympic Champion.”

Keith Smith, President British Fencing

## Performance and Expertise

### Performance

#### Facilities by Sport

At the South East London Training Base we can confidently provide international standard training facilities suitable for competition preparation for the following disciplines:

### OLYMPIC

Aquatics  
Archery  
Athletics  
Badminton  
Basketball  
Boxing  
Fencing  
Football  
Gymnastics  
Handball  
Hockey  
Judo  
Modern Pentathlon  
Shooting  
Table Tennis  
Taekwondo  
Tennis  
Triathlon  
Volleyball – indoor  
Weightlifting  
Wrestling

### PARALYMPIC

Archery  
Athletics  
Boccia  
Football 5-a-side  
Football 7-a-side  
Goalball  
Judo  
Powerlifting  
Shooting  
Swimming  
Table Tennis  
Volleyball – sitting  
Wheelchair Basketball  
Wheelchair Fencing  
Wheelchair Rugby  
Wheelchair Tennis

For disciplines we cannot support, or for those held outside the capital and requiring course specific training, we have developed relationships with appropriate facilities.







Table tennis at Whitgift School



Fencing at Whitgift School

## Expertise

Crystal Palace National Sports Centre is a world-famous sporting centre set in 200 acres of parkland. The complex includes a fully accredited IAAF 8-lane, 400-metre track and stadium with floodlit warm up, an aquatics centre with 50-metre and diving pool. We have indoor track facilities and multi-purpose halls. The facility also boasts several state of the art artificial and grassed pitches for football. With training and performance facilities for badminton, basketball and boxing.

Crystal Palace is an English Institute of Sport centre delivering support services to track and field athletes, including physiotherapy, strength and conditioning, performance lifestyle, nutrition, sports psychology and performance analysis.

Working with Crystal Palace National Sports Centre, nearby centres can offer excellence in fencing, gymnastics, judo and tennis with purpose built facilities managed by world class coaches and used by Olympic athletes.

## Hosting

Crystal Palace is home to the annual Norwich Union Super Grand Prix – the biggest event in the UK Athletics calendar. Hundreds of international and national athletes and officials take part in the event that frequently sees world records broken.

Many international teams use Crystal Palace as a base for European or competition specific training including North American, Australian, Russian and Chinese aquatics teams.

Behind having the facilities required to host, our track record shows the ongoing ability and commitment to manage events and the support that is required. Crystal Palace is home to the UK's largest youth sports festival, the London Youth Games which sees over 12,000 students compete in the Games.

Utilising the skills, support and experience of Greenwich Leisure Limited, who operate Crystal Palace, we will ensure your stay in South London is met with professionalism and privacy with all requirements met during your stay with us.

Looking ahead, we will continue to build on our hosting experience as facilities within the consortium will be hosting national and international events, including the Modern Pentathlon World Championship that will be hosted by Crystal Palace in 2009.



Judo at Croydon Dojo



“Croydon Judo's new facility offers not only a large practice area but also state of the art video and audio equipment in order to record and play back technical training. In the lead up to 2012 it is likely that the centre will be used by international teams looking for contemporary training facilities within the London area.”

Densign White, Chairman of the British Judo Association





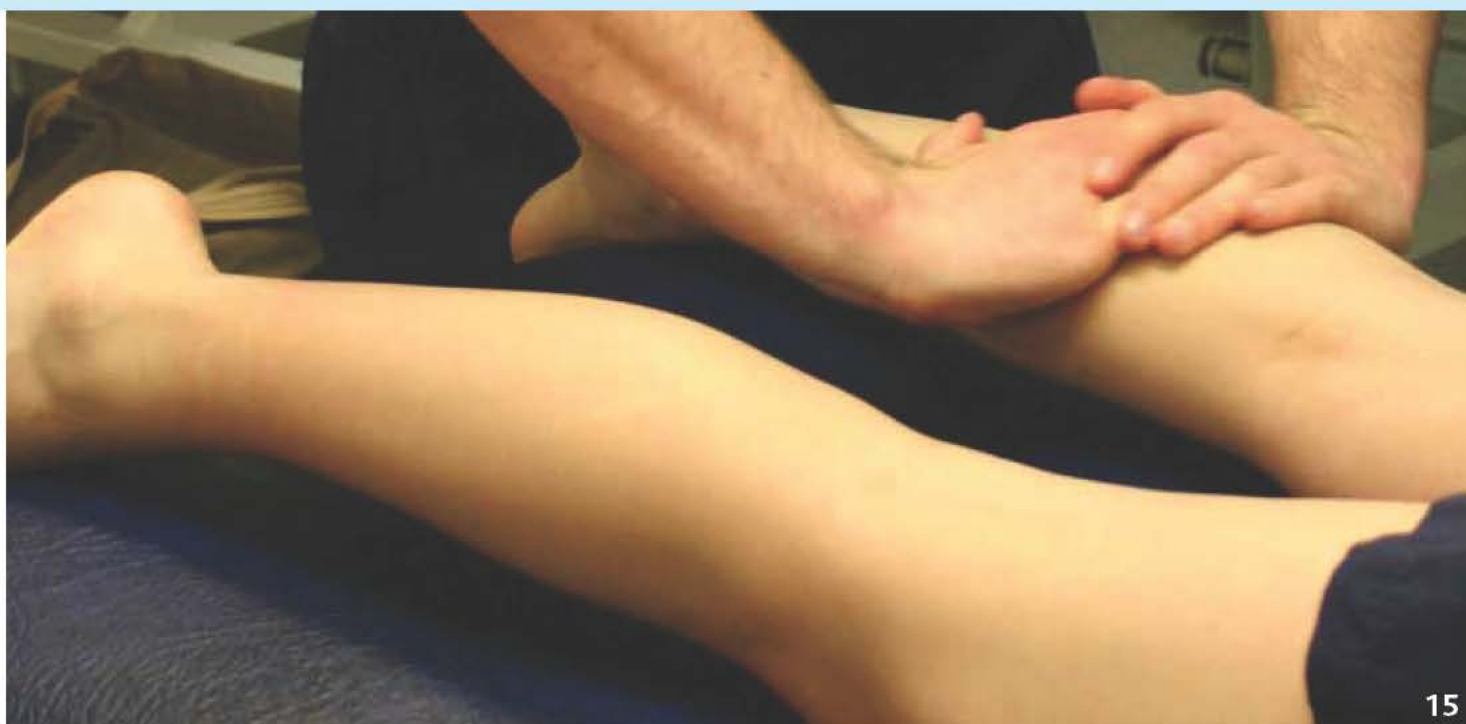
## Health and well being

### Staying healthy and injury treatment

We have a team of experienced sport medicine professionals – many with Olympic, Paralympic and Commonwealth experience – ready to support you in the South East London Training Base. We can arrange a complete medical service, support for your team or in-country liaison as required.

On your instruction we will arrange sports medicine support from a suitably qualified and experienced professional who is a member of the British Association of Sport and Exercise Medicine (BASEM). Medical facilities including doctors, dentists and opticians services will be on call when required. Nearby Lewisham Hospital can provide x-rays and blood test services.

We also know that faith support is essential for many athletes and para-athletes. With the diversity of South East London's community, we will seek the right location and community to provide you with the support you require from almost any religion.





“Diving facilities at the National Sports Centre are ideal for an Olympic Diving Camp with easy transport links to both Central London and the Olympic Park.”

Chris Snode, Director of Diving, Crystal Palace  
3 x Olympic Finalist and British International Diving Coach



## Lifestyle

### Making Optimum Performance Possible

#### Accommodation

A wide range of accommodation is available in the Training Base from facility-linked rooms and 4-star hotels through to rented houses, all close to the training facilities you require.

Accommodation is available at Crystal Palace National Sports Stadium with 144-bed purpose built onsite accommodation and supporting catering facilities and services. The accommodation has a proven track record of providing good quality and comfortable surroundings coupled with excellent catering that meets the needs of performance athletes. In the South East London Training Base we have a comprehensive list of accommodation partners with close to 1000 beds across a wide range of service levels. Many of these have experience of hosting elite athletes as they prepare for events at Crystal Palace and venues throughout south London.



*Diving boards at Crystal Palace Diving Institute*

#### Transport

Trouble free transportation is essential. We will work with your team and your arrival airport to provide VIP arrival procedures, and to minimise journey times to competitions venues.

**Air** – International access to the South West London Training Base is excellent. Heathrow Airport (22 miles) and Gatwick Airport (25 miles) are a short distance away. Biggin Hill Airport in South London (10 miles) specializes in private and team charter flights making it especially suitable for a discrete and private gateway to your training camps.

**Road** – South East London has very good connections to the region's motorway network providing quick and easy access to South England. Travel by road from South East London.

	Olympic Park	Heathrow Airport	Gatwick Airport	Biggin Hill	Brighton (Coast)
From South East London	13.7 miles	21.8 miles	24.7 miles	10.3 miles	48.2 miles
	22 kms	35.1 kms	39.8 kms	16.6 kms	77.6 kms
	39 minutes	56 minutes	57 minutes	40 minutes	1 hour 19 minutes

**Train and tube** – It is 30 minutes by train from Crystal Palace to London Victoria, in the heart of the capital. The newly constructed East London train line connects Crystal Palace to the Olympic Park station of Dalston Junction in 25 minutes.





Carnival in Kingston

## Food, Culture and Entertainment

Specialist catering requirements can be provided by us or by your own catering staff. Eating out, you choose – South East London is cosmopolitan and has hundreds of restaurants with food from all corners of the world.

Culturally the region is broadly European with a considerable multi-cultural element made up of people and communities from around the world.

Entertainment – Based in South East London you will find cinemas, restaurants, spectator and recreation sports and wide open green spaces to relax in. Local theatres, museums, events, festivals and cultural opportunities are right on your doorstep. Arrangements can be made for trips to London for theatre shows, to Trafalgar Square, Buckingham Palace or any of London's famous attractions. We can organise trips to local communities, visits to the Olympic Park or head out of London to the coast just an hour away. If you're planning to visit with friends, family and young children, we are just a short distance from two amusement theme parks.

We'll do all we can to ensure that you have enough activities beyond your training requirements, to keep you motivated and focussed on your preparation.

## Athlete and Team Concierge Services

While you are visiting your priority will be to maximise the benefits of your preparation time. Our priority will be to provide the right level of support services tailored to meet your requirements. We can also organise:

- **Translation and Language Services** for face-to-face interpretation, translations and documents, with 24-hour support available if required.
- **Hospitality Services** to welcome you at the airport to provide you a stress free arrival. We can suggest and provide suitable recreational activities.
- **Communication Services.** We will provide the most suitable communications structure for you and your team for internal management coordination, communication in the UK and to your home country.
- **Security.** We will arrange appropriate security and privacy as guided by you.

“Crystal Palace has been used for over 20 years by Olympic weightlifters. It offers great facilities for weightlifting and strength conditioning for the elite athlete, in an ideal location for the 2012 Olympic Games.”

Keith Morgan, International Weightlifting Coach,  
Head Coach London Weightlifting Centre



# South London Facilities

In addition to the two Training Bases, we have a range of facilities in south London that can host visiting teams.

Sutton Arena is one the newest 400-metres athletics tracks in the country, with an indoor athletics hall and 60-metre indoor sprint hall. Sutton Arena is home to some of the UK's most promising athletics newcomers. The Hub, in Merton, is home to a semi-professional football team and offers a wide range of flexible space options for visitors that want to be based in a supporting community. Tennis and badminton have elite facilities and support infrastructure at clubs in Wimbledon.

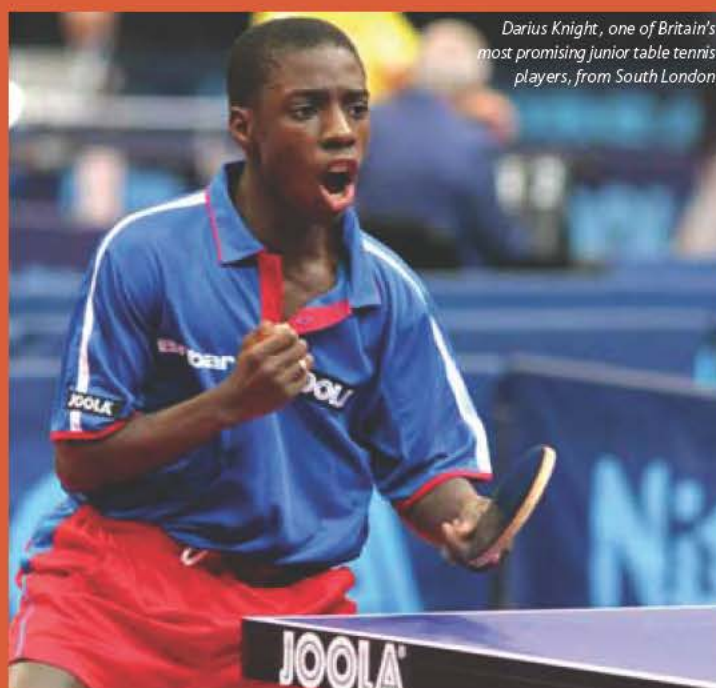
Just outside of London in the town of Crawley, K2 is one of the country's newest leisure facilities with an Olympic swimming pool, and flexible flooring combinations that support all aquatics disciplines.

We would like you to choose south London as a training base, but with course specific disciplines you will want to base your teams nearer to the sites of Weymouth for the sailing, Broxbourne for the slalom canoeing and kayaking, and the six cities in the UK that will be hosting the football.

We will work with each regional discipline to provide communication and support across your team.



*Free weights at Sutton Arena*



*Darius Knight, one of Britain's most promising junior table tennis players, from South London*



## Sport and discipline

### OLYMPIC DISCIPLINES

	South London	Out of London
Aquatics – swimming	✓	
Aquatics – diving	✓	
Aquatics – synchronised swimming	✓	
Aquatics – water polo	✓	
Archery	✓	
Athletics	✓	
Badminton	✓	
Basketball	✓	
Boxing	✓	
Canoe / kayak – flatwater	✓	✓
Canoe / kayak – slalom		✓
Cycling – road cycling	✓	
Cycling – track cycling		
Cycling – bmx		
Cycling – mountain bike		✓
Equestrian – dressage		
Equestrian – show jumping		
Equestrian – eventing		
Fencing	✓	
Football	✓	
Gymnastics – rhythmic / artistic	✓	
Gymnastics – trampoline	✓	
Handball	✓	
Hockey	✓	
Judo	✓	
Modern pentathlon	✓	
Rowing		✓
Sailing (including windsurfing)		✓
Shooting	✓	
Table tennis	✓	
Taekwondo	✓	
Tennis	✓	
Triathlon	✓	
Volleyball – indoor	✓	
Volleyball – beach		✓
Weightlifting	✓	
Wrestling	✓	

### PARALYMPIC DISCIPLINES

	South London	Out of London
Aquatics – swimming	✓	
Archery	✓	
Athletics	✓	
Blind football – 5-a-side	✓	
Blind football – 7-a-side	✓	
Boccia	✓	
Cycling – road cycling	✓	
Cycling – track cycling		
Equestrian – dressage		
Goalball		
Judo	✓	
Powerlifting	✓	
Rowing (adapted)		✓
Sailing		✓
Shooting	✓	
Table tennis	✓	
Volleyball – sitting	✓	
Wheelchair basketball	✓	
Wheelchair fencing	✓	
Wheelchair rugby	✓	
Wheelchair tennis	✓	

“We held a really valuable South East England training weekend at Surbiton Hockey Club recently. The club’s organiser made sure everything went really smoothly and the facilities were excellent, especially the two pitches. We were made very welcome, including the provision of equipment for our own private barbeque on Saturday evening.”

David Bunyan, Assistant Coach  
England Senior Men’s Hockey Squad

“Planning for the Paralympics is essential. Living in South London I know facilities in the area are putting a lot of careful planning into supporting visiting teams and I’m convinced they’ll be a valuable source of support to any athlete choosing to stay in the area.”

John Cavanagh, W1 Archery Gold Medallist, Athens 2004

## Conclusion / Summation

*Rest and relaxation*



Olympic and Paralympic success is about so many factors – personal application, achievement and preparation. In team disciplines this flows into the team dynamic.

Many of the factors are known and manageable.

In South London we can help you manage the elements that we can control so your athletes, teams, sports and nation can achieve their very best. Our single aim is to help you and your team produce their very best. If that very best produces gold, that is the best there is.

We share your drive for Olympic and Paralympic success.

We would like you to choose South London as your base for training in the years and months leading up to the London Olympic Games and Paralympic Games in 2012.





# Contact details

We extend a warm welcome to all teams and individuals who would like a convenient, well organised and high quality support system for Pre-Games training Camps in South London.

If you would like to discuss any aspect of Pre Games Training in South London we would like to hear from you.

If you would like to visit any of the facilities we have mentioned, we would be happy to show you around.

You can contact the whole of South London through me by email: [fisherr@smuc.ac.uk](mailto:fisherr@smuc.ac.uk) or by telephone on +44 (0) 20 8240 4123.

Professor Richard Fisher  
St. Mary's University College, Twickenham





“Training on the tracks and open parks of South London has been a foundation for my success in wheelchair racing.”

David Weir – the triple World Cup Gold Medalist, Olympic silver and bronze medallist, 2006/7 London Wheelchair Marathon Winner and South Londoner.



# Credits



Wimbledon Men's and Women's winners trophies

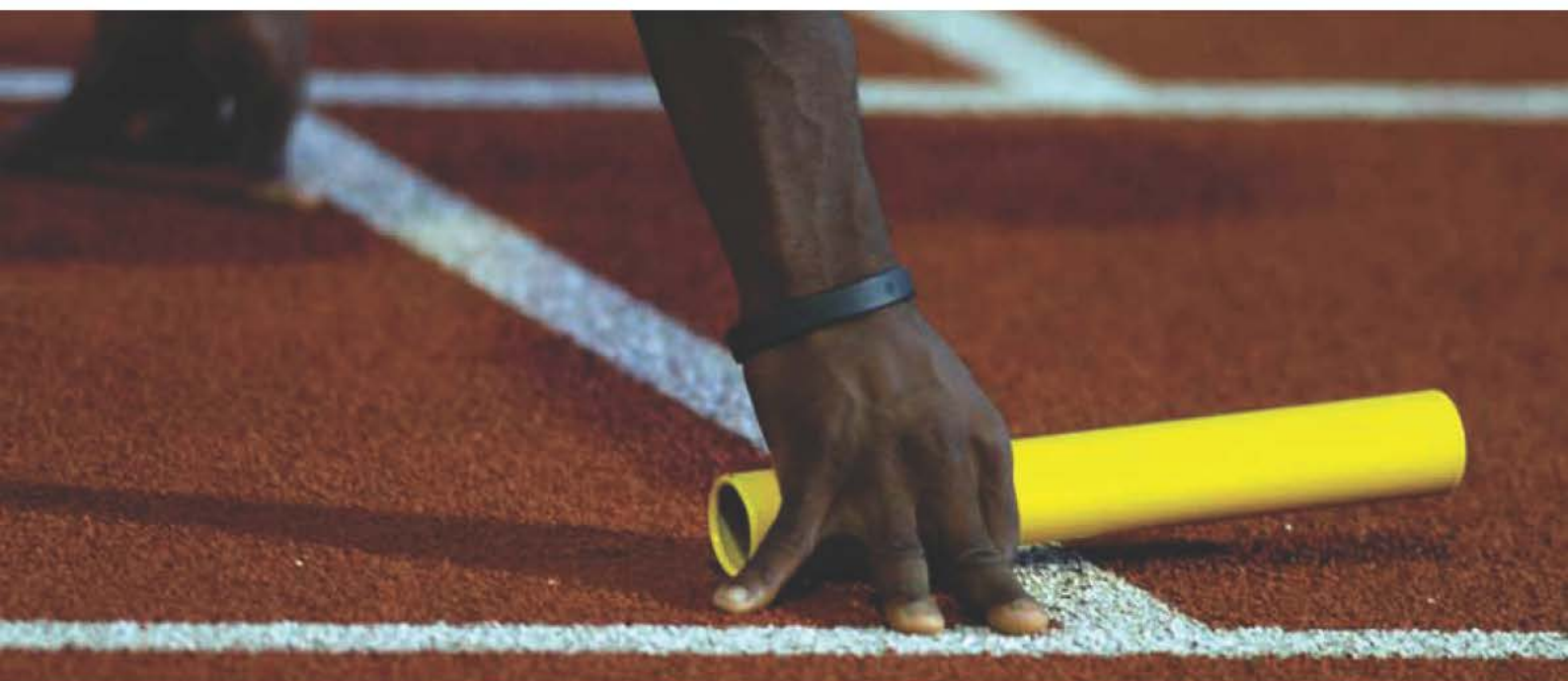
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Barry Ingle (p6, Walpole House, St Mary's University College, Twickenham)  
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The Lensbury Club (p10)  
Tino Tedaldi (p16, Chris Snode)

We've used another version of the LDA logo, which we took from previous project of ours.

Please supply CMYK/four colour breakdown for CPP logo





[www.gosouthgo.co.uk](http://www.gosouthgo.co.uk)