

STRATHCLYDE  
**SPORT**



University of  
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# SPORT AT **STRATHCLYDE** A YEAR IN REVIEW **24/25**



Stafford McDowell,  
Business Graduate Apprentice

# Introduction

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This year has been a standout one for Strathclyde Sport, with achievements across our priorities of Active Health, Competitive Sport, and Operational Excellence that reflect the breadth, ambition, and impact of our work. The detail underpinning these three key priorities of delivery, are detailed in our newly launched Strategy for Sport 2030.

We've seen our performance athletes reach new heights: supporting four scholars as part of Glasgow Warriors' historic United Rugby Championship win, celebrating a gold medal at the Winter World University Games, and recognising national and international success across sports including netball, curling, hockey, and water polo.

**These achievements speak to the strength of our dual-career approach and the culture we've built to help talented students thrive.**

Alongside this, our Active Health programme continues to grow in reach and significance. The return of Girls' Night In, launch of menopause yoga, and expansion of women-only and trans/non-binary swim sessions reflect our commitment to inclusion and community wellbeing. Our referral programmes showed positive outcomes in both mental and physical health, and participation in the Step Count Challenge reached record levels.

Facility improvements have helped us maintain strong engagement, with over 430,000 visits and nearly 8,000 new memberships. Our team's dedication to service and experience has been clear in feedback, with excellent customer ratings and a real sense of community across everything we do.

Crucially, these achievements align directly with the strategic priorities set out in our 2030 Strategy - Active Health, Competitive Sport, and Operational Excellence- and show the impact of investing in our people, our facilities, and the student experience.

As we look ahead, we remain committed to growing our impact through innovation, partnership, and a continued investment in our people and facilities. Strathclyde Sport will continue to be a welcoming, inclusive and high-performing environment where everyone has the opportunity to be active and excel.



Neil Brown  
Director of Sport & Active Health  
Strathclyde Sport



# Performance Sport

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**Our student-athletes and alumni continued to excel across a wide range of sports this year, achieving success at national and international level while proudly representing Strathclyde on the university and professional stage.**

Student-athlete	Sport	Nationality	Level	Academic subject
Jack Patton	Athletics	Scotland	Senior	Law
Ben Heron	Athletics	Scotland	Senior	Electrical and Mechanical Engineering
Erin Campbell	Athletics	Scotland	Senior	Pharmacy (PhD)
Hannah Wallace	Athletics	Scotland	Senior	Mathematics and Statistics
Rachel Sugden	Badminton	Scotland	Senior	MEng Mechanical Engineering
Vibha Raman	Badminton	Scotland	U19	Law, Politics and International Relations
Kerry McGhee	Basketball	GB	U20	MChem Forensic and Analytical Chemistry
Alix McIntosh	Basketball	GB	U20	Pharmacy
Pretam Gurung	Canoe (Freestyle)	Nepal	Senior	Engineering (PhD)
Laura Milne	Canoe (WWR)	GB	Senior	Mathematics (PhD)
Vittoria Pezzaioli	Canoe (Slalom)	Scotland	Senior	MSci Applied Chemistry and Chemical Engineering
Gracie Gormal	Canoe (Slalom)	Scotland	U23	Aero-Mechanical Engineering
Nathan Nobili	Canoe (Slalom)	GB	U23 (NTR)	Pharmacy
Robyn Munro	Curling	Scotland	Senior	Politics and International Relations
Mark Stewart	Cycling (Track)	Scotland and GB	Senior	Sport and Physical Activity
Calum Johnston	Fencing	Scotland	Senior	MSc Applied Statistics with Data Science
Ewan Hunter	Handball	GB	Senior	Sport and Physical Activity
Marley Boweh	Handball	Scotland	U20	Sport and Physical Activity
Jessica Ross	Hockey	Scotland	Senior	Graduate Apprenticeship Engineering: Design and Manufacture
Lexy Gillies	Netball	Scotland	Senior	Sport and Physical Activity

Student-athlete	Sport	Nationality	Level	Academic subject
Rebecca MacDonald	Netball	Scotland	U21	Sport and Physical Activity
Lucy Holmes	Netball	Scotland	U21	Sport and Physical Activity
Alex Craig	Netball	Scotland	U21	Chemical Engineering
Nic Cosgrove-Clark	Netball	Scotland	U21	Psychology
Fran Hall	Netball	Scotland	U19	Politics and International Relations
Jamie Dobie	Rugby Union	Scotland	Senior	Business - Finance, Marketing
Stafford McDowall	Rugby Union	Scotland	Senior	Graduate Apprenticeship Business Management
Alex Samuel	Rugby Union	Scotland	Senior	Joint Hons Economics and Marketing
Jake Shearer	Rugby Union	Scotland	U20	Business Analysis and Technology
Ollie McKenna	Rugby Union	Scotland	U20	Law
Harry Blackie	Rugby Union	Scotland	U19	Business and Enterprise
Fin Callaghan	Rugby Union (7s)	GB	Senior	Economics
Faiz Basha	Snowsports (Alpine)	Singapore	Senior	Mechanical Engineering
Scott McBride	Taekwondo (Sparring)	Scotland	Senior	Computer and Electronic Systems
Olivia Hughes	Water Polo	Scotland	Senior	Politics & International Relations and Economics
Nicole Morrison	Water Polo	Scotland	Senior	Business - Business Analysis and Technology, Business Enterprise
Chloe Kirkwood	Water Polo	Scotland	Senior	Psychology
Emil Vilin	Water Polo	Kazakhstan	U20	Undergraduate Foundation Programme in Business and Social Sciences
Lewis Brander	Water Polo	Scotland	U18	Graduate Apprenticeship Engineering: Design and Manufacture

# Performance Sport

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The following achievements reflect the Performance Sport programme's strong delivery against key strategic targets.

**Total of  
673 BUCS points achieved**



**£138k**

**tuition fee income from  
fee-paying student-athletes**

**Of scholars  
graduating in 2024  
100%**

**obtained work within a field of  
study, entered postgraduate study  
or have professional sports contracts**

**In 2025,  
91%**

**of scholars graduated  
with a 2:1 or higher.**



Jessica Ross Martin,  
Graduate Apprentice in  
Engineering, Design and  
Manufacturing

# Performance Sport

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## University of Strathclyde Wall of Fame

**This was the year that we officially unveiled the new Sporting Wall of Fame; a permanent celebration of some of the University's most outstanding sporting alumni.**

The event gathered inductees, current scholar athletes, staff, and external partners and supporters. The afternoon began with a private inductee lunch, followed by the unveiling of the Wall of Fame and a scholar reception. Guests heard from speakers including Strathclyde Alumni and Olympian Lynne Beattie and joined together to celebrate the achievements of those who have made a lasting impact on sport.

The Wall of Fame is now installed within Strathclyde Sport, and the university community is warmly welcome to visit and view the display. It stands as a proud reminder of the University's rich sporting history and the remarkable individuals who have helped shape it. Over the years, new inductees will be added, allowing the Wall to grow and reflect the ongoing success of Strathclyde's sporting community.



# Strathclyde Sport Stories

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## Scholar Journey



### Lexy Gillies

My name is Lexy Gillies and I'm a netball scholar in my second year of Sport and Physical Activity at Strathclyde. I have five senior caps with the Scottish Thistles and have represented Scotland at U17, U19 and U21 levels, with highlights including the Commonwealth Youth Games (2023), World Youth Cup Qualifiers (2024) and the PacificAus Netball Series (2025).

Choosing Strathclyde was an easy decision after meeting the players and staff involved in the netball programme. The culture, training and support are exceptional, and my course provides the flexibility to balance elite sport alongside study.

The Performance Sport Scholarship has been invaluable, offering physio, strength and conditioning, and specialist coaching that have enhanced my technical and tactical ability. Support from the Performance Lifestyle Advisor has helped me manage my schedule, including studying online while touring with the Scottish Thistles in Australia.

Balancing training and academics has strengthened my time management, resilience and confidence. Opportunities such as speaking at the Wall of Fame unveiling have developed my communication and leadership skills, which benefit me both on and off the court.

My experience at Strathclyde has prepared me for the demands of elite sport and opened my eyes to professional opportunities beyond university. The skills I've gained—discipline, resilience and organisation—will support my ambition to secure a professional contract and continue representing Scotland.

## Staff Member Journey



### Kenneth

My name is Kenneth and I work at the University of Strathclyde. In 2023 I was diagnosed with leukaemia, and during chemotherapy I developed a severe lung infection that put me in a coma for several weeks. When I finally left hospital, I'd lost much of my strength and independence; even walking or picking up my child felt impossible.

I was referred to Strathclyde Sport through Occupational Health, initially just to access the gym, but it quickly became clear that I needed more one-to-one support. The Active Lifestyle Officer, designed a tailored programme to help rebuild my strength and confidence. We started small, focusing on basic movements, strength and conditioning, and gentle cardio to improve my endurance.

Those first few sessions were hard going, but I soon notice progress; not just physically, but mentally too. My leg strength improved, the pain eased, and I could feel my confidence returning. By the end of the 10-week programme, my strength and fitness had increased far beyond what I expected. Tasks that once felt impossible—climbing stairs, walking longer distances, even playing with my son—became part of everyday life again.

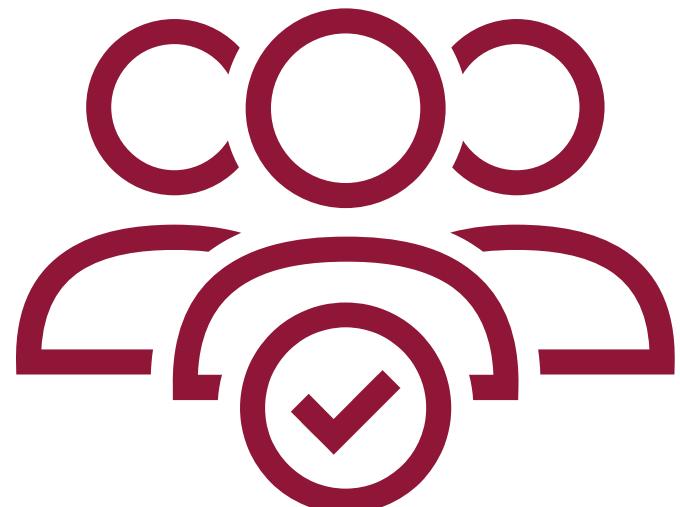
Looking back, I only wish I'd reached out sooner. The structured plan and encouragement from the staff gave me a clear way forward at a time when I'd hit a plateau in my recovery. I now attend the gym three times a week, following my plan and continuing to build on the foundations we set.

Thanks to the support I've received, I feel stronger, more energetic, and more optimistic about what's ahead. I'm even planning to take part in a charity run next year, something that once felt completely out of reach.

# Active Health

**The Active Health programme continues to grow its reach and impact. Our flagship Girls' Night In event returned this year, offering 600 female staff and students a welcoming space to try new activities and build confidence in the gym. 87% of participants said they would recommend the event to a friend. The event brought together a range of fitness classes, Ladies Lifting sessions, sports club tasters, and swim sessions in a supportive, inclusive environment.**

Ladies Lifting was one of the most popular sessions at this event, as a result, additional sessions were added to the weekly schedule. The women only sessions were significantly increased during 2024-25 with 4 Conditioning classes and 4 Ladies Lifting sessions offered compared to 1 conditioning class in 2023-24. The Menopause sessions provide a safe space to get support from people experiencing similar challenges in the workplace, 116 attendances were registered with complete satisfaction from the group. Our women-only fitness classes and menopause yoga respond directly to community feedback, creating spaces where women feel comfortable being active in a private space.



**Overall fitness class attendance over the year was**

**29,153**

**which demonstrates they are a significant driver of engagement.**

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# Active Health

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This year saw the successful introduction of Personal Training and Gym Kickstart appointments, which offer free 30-minute consultations designed to help users feel confident and supported as they begin their fitness journey. Since launching in February, until the end of July, 333 Gym Kickstart and 120 Personal Training sessions have been delivered, helping individuals set goals and follow tailored starter programmes. Evaluation demonstrates that 100% of attendees agreed that the appointment met their expectations and they scored 9.88/10 in overall feedback. We also launched our Gym Confidence sessions which are drop-in sessions with a Coach being on hand to support and assist individuals who are starting their fitness journey and require a bit more support in a new environment.

## Gym challenge participation saw a 42% increase across gym and fitness services compared to 2023/24.

Strathclyde Sport also made its debut at the Archon Fitness League finals- an inclusive functional fitness competition- marking a successful first year of involvement. The team engaged digitally with our members launching Weekly Workouts, Digital Workshops and a series of Gym Etiquette videos to optimise our members experience in the facility.

The Active Health team expanded their outreach across campus, including satellite centres, delivering tailored sessions to support staff wellbeing in the workplace. This includes menopause support sessions to encourage active, informed approaches to wellbeing at work. Three nutrition seminars were delivered with an attendance of 109. Feedback shows that this is a key area where support is required across campus. Health promotion continued to be promoted across our social media channels with information and signposting for activity during Ramadan, support for being active during menstruation and menopause and various National Health promotion campaigns featuring.

The Active Health Team continues to play a key role in delivery of training supporting staff and students across the campus including safeTALK and What's the Harm Training with a total of 8 sessions being delivered.

Referral programmes saw strong growth, with 212 referrals recorded over the year—up 7.6% from the previous year.

**Staff referrals rose significantly from 3 to 24, marking a 700% increase.**



Evaluation through the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) showed positive outcomes: 92.5% of participants intended to continue exercising post-programme, 85% would consider joining a gym, and over half reported fewer GP visits as a result of participation. Confidence, optimism, and feelings of support were among the key improvements noted.



# Active Health

The Step Count Challenge ran twice during the year and saw fantastic engagement, with 600 participants across 120 teams collectively logging over 272 million steps. 92% of participants reporting that it helped them become more active and social. Many said they were more likely to walk during work or study days, spend time in green spaces, leave their desks more often, and chat about their activity with colleagues and friends. Following this we launched the Walk Leaders training and ran 2 successful sessions delivering training to 15 individuals with the aim of making workplace walking more sustainable.

Strathclyde Sport also hosted a series of 5k running events throughout the year, encouraging participation from beginners and experienced runners alike.



**Participation increased from 111 in 2023-24 to 199 in 2024-25 with a 100% indication they will participate in future events. These inclusive events created a great sense of community while supporting participants' fitness goals. Participants voted the event 4.9/5.**

Our weekly women-only swim session has been particularly impactful, especially among Muslim students, providing a culturally sensitive and private environment. We were also the first facility in the UK to launch a weekly timetabled trans and non-binary swim session, offering a safe space for gender-diverse individuals.



# Membership and operational excellence

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**Strathclyde Sport continues to be a key part of the University community, with strong levels of engagement across our facilities and services. This year saw strong growth and engagement across Strathclyde Sport's gym, fitness classes and wider health and wellbeing services.**

**In the last year, total attendance reached**

**430,077**

**visits, demonstrating our consistent popularity and broad reach.**

**Our class programme remains a significant driver of engagement, with a total of 29,153 class attendances recorded across a wide variety of activities.**

Data	2023/2024	2024/2025
Total Memberships Sold	8253	8115
Student Memberships	6122	6071
Staff Memberships	442	453
Public/Other	1689	1591
Total attendances	427299	430,077
Fitness Class Total Attendance	29877	29,153
Gender Split	42% women	41% Women
	57% men	58% Men
		1% Other

# Partnerships

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**Partnerships continue to play a vital role in Strathclyde Sport's ability to deliver high-quality opportunities for student-athletes and support performance pathways across a range of sports.**

**In performance sport, 13 external partnerships were developed or maintained, and £109k of external income was secured to support co-funded roles, demonstrating 19% year on year growth.**



Our long-standing relationship with Glasgow Warriors was further strengthened this year, with Strathclyde becoming the club's Official Women's Performance Partner. The partnership has facilitated the appointment of Ciera Campbell as Head Coach of the University's Women's Rugby team and introduced dual branding on the Glasgow Warriors Women's playing kit. Campbell, supported by Warriors Women's Head Coach Lindsey Smith, will lead the development of the squad while contributing to community initiatives through the Warriors' outreach programme. The partnership provides a clear pathway for student-athletes, exemplified by Strathclyde's women's team captain, Aisha Zameer, who competed for Glasgow Warriors in the 2024/25 Celtic Challenge.

In hockey, Strathclyde completed the first year of its partnership with Scottish Hockey, with the appointment of Luke Stone as Programme Lead for University Hockey and Assistant Coach for the Scotland Men's National Team. Luke has brought a new level of professionalism and structure to the programme, with a focus on long-term player development. The Men's 1st XI capped off an exceptional season by gaining promotion to Scottish Division 1, going unbeaten in university competition, and winning the BUCS Conference Cup.

This work is complemented by the University's formal partnership with Uddingston Hockey Club, launched in 2024. The collaboration supports a dual-career pathway and introduces Gold Plus and Platinum Hockey Scholarships that offer tuition fee support alongside year-round sport science services. The aim is to attract and develop top domestic and international hockey talent while opening doors to career opportunities via Uddingston's wider business network.

The Active Health team also continued to develop and maintain partnerships with many external agencies including City of Glasgow College where we supported 8 students on an extended work placement programme. Strathclyde Sport maintained their award with SAMH for Mental Health Charter for Physical Activity and Sport and became a CIMSAP Employer partner in 2024.

Finally, our successful relationship with Hampden Sports Clinic was renewed for a further three years. As part of the expanded agreement, Hampden now provides enhanced physiotherapy support to Sports Union clubs, including regular match-day coverage for University rugby teams—ensuring athletes receive professional-level care as part of their sporting journey.



# Sports Union Introduction

This year has been a defining one for the Sports Union, marked by growth, achievement, and the continued strength of our student community. Our offer now spans three core areas. First, our sports clubs that provide students with the opportunity to lead, train and compete in a wide variety of sports. Second, StrathACTIVE creating free and inclusive opportunities to try something new and stay active. Finally, our developing intramural programme that offers a social yet competitive space for students to take part in regular sport without the commitment of joining a club. Taken together, these opportunities demonstrate not only the diversity of student sport at Strathclyde but also the passion and commitment of the students who make it all possible.

Our clubs have excelled both on and off the field, with strong performances in competition, the return of loved events, and the introduction of new activities that ensure our offer remains fresh and inclusive. Campaigns and events such as Movember, Girls Night In, Rugby Varsity, and the Glasgow Taxis Cup highlight the scale and impact of our work, while the Sports Ball again brought our community together to celebrate the achievements of the year.

Central to this success is the dedication of our volunteers, coaches, committees and staff. Their leadership and service support every aspect of the Sports Union and ensure that our clubs not only deliver opportunities but create thriving and sustainable communities. Their work is a testament to the power of student-led sport, and it is thanks to them that we continue to grow in both scale and impact.

**As we build on this year's successes, the Sports Union remains committed to supporting our students to participate, perform, and develop through sport.**

By investing in our people, strengthening our partnerships, and creating an inclusive culture, we will continue to make sure that sport at Strathclyde enriches the student experience and provides opportunities for every student to find their place within our community.

**Anna Edvaldsson**  
**Sports President, Sports Union**

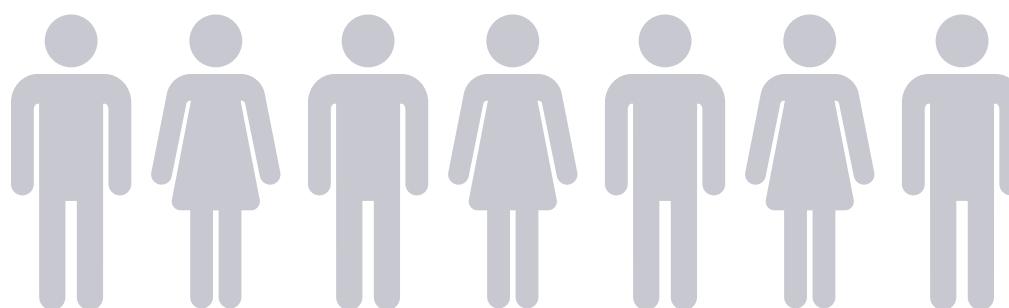
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# General Membership

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**The Sports Union has continued to grow in membership, with 3,084 unique members, an increase of 9% from 2023-24.**



**The breakdown of our student membership showed the following:**

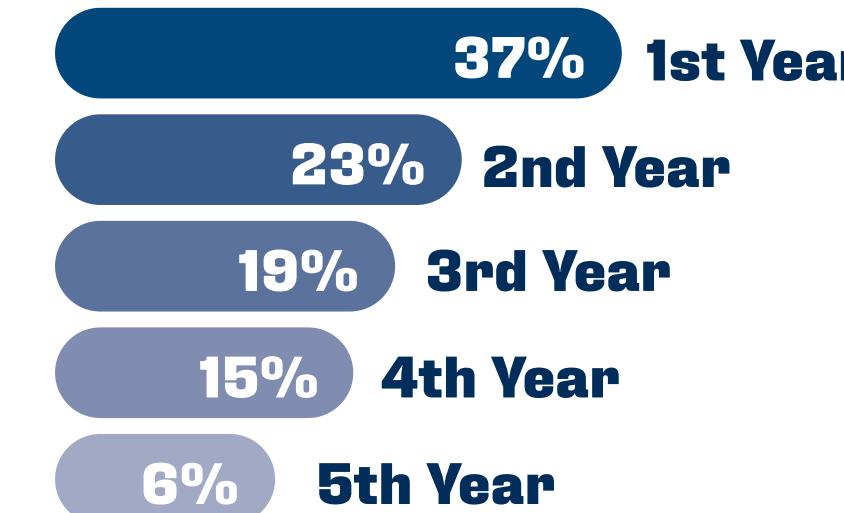
## Gender:



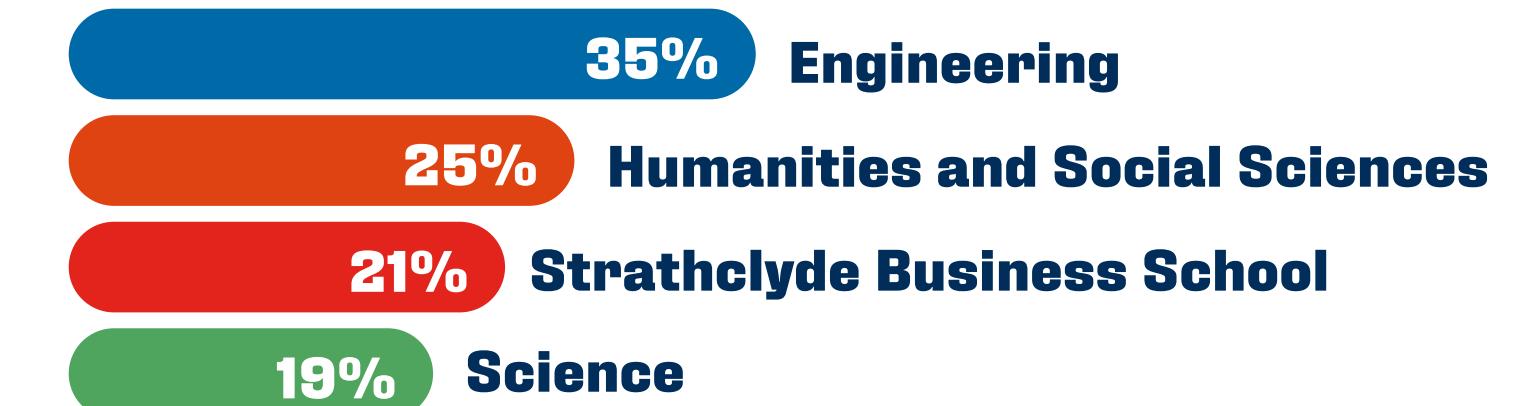
## Student Type:



## Year of Study:



## Faculties:



## Fee status:



# General Membership

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The annual Strathclyde Sports Union x Strathclyde Sport membership incentive reported a total of 1761 students joining both membership organisations by the end of October 2024 deadline, which put £8805 investment back into club budgets. An increase of 18% from 2023-24, demonstrating 64% of Sports Union members joined Strathclyde Sport gym.

48 sports clubs affiliated with the Sports Union for the 2024-25 season, with Gaelic Football making a return and gaining reaffiliation status at the annual AGM in March 2025, and Pickleball becoming an associate club as a new sport added to the offering.

**The top 5 consistently popular clubs with highest membership are: Badminton, Cheerleading, Mountaineering, Netball, and Rugby. Clubs with significant membership increase were Tennis (up 99%), Women's Basketball (up 170%), and Lacrosse (up 115%).**



The Graduates Trophy for 'Club of the Year' was awarded to Netball who made significant strides in increasing participation, supporting diversity and wellbeing and strengthening its financial position. The continued growth of recreational members, development of new teams and commitment to inclusion make the club a thriving, sustainable community.



# Social & Recreational Sport

The StrathACTIVE programme retained its bid to tackle inactivity at Strathclyde by engaging students and staff in free social sport across 8 activities, over 130 hours throughout term time and summer.

**The programme engaged 1,325 session attendances from 259 unique participants (206 students & 52 staff).**

The programme receives financial support from internal and external bodies, and in 2024-25 was awarded grants from both the Student Experience Committee, and the Lady Eileen Fund.

**Intra-Mural Sport in its second year continued a football tournament with quarterly events, which brought 110 participants across 11 teams, totaling 115 football games. Ongoing development is underway to introduce more sports in the future.**



# Competitive Sport

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## BUCS 2024–25 Season Highlights

**9 Team Promotions**  
**3 National Trophy Finalists**  
**17 BUCS Medals**  
**1678.5 BUCS Points**  
**32nd of 142 Universities**



### Team Successes

#### Promotions

Basketball Men's 1s and Water Polo Women's 1s both **won their leagues**, earning promotion from **Scottish 1A to Premier North** – part of **nine team promotions** overall.

#### National Trophy Finals

Three Strathclyde teams reached the

#### BUCS National Trophy Final:

Water Polo Women's 1s – Winners  
 Ultimate Indoor Men's 1s – Winners  
 Basketball Men's 1s – Runners-up

#### Scottish Conference Cup Champions

Four clubs lifted the **Conference Cup**:

- Squash Men's 1s
- Hockey Men's 1s
- Futsal Men's 1s
- Netball Women's 2s

### BUCS Medals

Across **46 BUCS events**, Strathclyde athletes secured **17 medals**:

3 Gold – Canoe  
 6 Silver – Canoe, Athletics, Badminton  
 8 Bronze – Canoe, Pool & Snooker, Road Cycling, Snowsports

### BUCS Points Performance

Strathclyde finished **32nd of 142** in the BUCS Points Table – **matching last year's rank** but achieving a **145.5-point increase**, ending the season with **1,678.5 points**.



### Sports Awards

Our annual Sports Awards Ball gave recognition to the following athletes, teams, coaches and volunteers for their contributions to the Sports Union in 2024-25:

Award Title	Award Descriptor	Award Winner
David Telford Trophy	Team of the Year	Women's Handball
Presidents Trophy	Performance Team of the Year	Women's Water Polo
Strath Union Trophy	Athlete of the Year	Robyn Munro, Curling
Duncan Mathieson Trophy	Best First Year	Alexia Gillies, Netball
Drew Manzie Trophy	Outstanding Contribution to Coaching	Kalia Ratter, Triathlon
N/A	Outstanding Club Volunteer	Jonathon Davis, Rugby
N/A	Hall of Fame	Lynne Beattie, Volleyball

# Events

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## The Sports Union lead and supported various key annual events within the year.

### Committee Training Day

Pre-Freshers we ran a Committee Training Day which is a conference style event to allow club committees to learn about the Sports Union, their volunteer roles, and network with other sports club committees. We hosted 150 club committee members ahead of the beginning of the year.

### Freshers Week

We had a successful turn out at our annual Freshers Week of events, including Sports Fair, Come & Try free taster sessions, and UV Social Sport.



**The Movember campaign unites our sports clubs and societies annually in a fundraising competition, with Strathclyde achieving an incredible fundraising total of £120,000 in 2024-25 which brought recognition to the organisation resulting in being inducted into the Movember Hall of Fame.**

### Rugby Varsity

Rugby Varsity continues its prominence in the annual calendar with continued success hosting in partnership with Glasgow Warriors at Scotstoun Stadium. The event continued to sell out the main stand, with 3478 spectators.

Unfortunately, results didn't go in Strathclyde's favor this year with both men's and women's teams losing their matches.

### Glasgow Taxis Cup

This year was the 20th anniversary of the Glasgow Taxis Cup intervarsity event. A notable change this year was the introduction of new sports – dance and indoor climbing. Strathclyde succeeded in bringing the trophy home again, winning for a second consecutive year.

### Sports Ball

Our annual Sports Ball is a highlight event of the year, concluding the season. We hosted 800+ students over the evening to celebrate the successes of the year, with tickets selling out in minutes which reflects the demand for the event.



# Workforce Development

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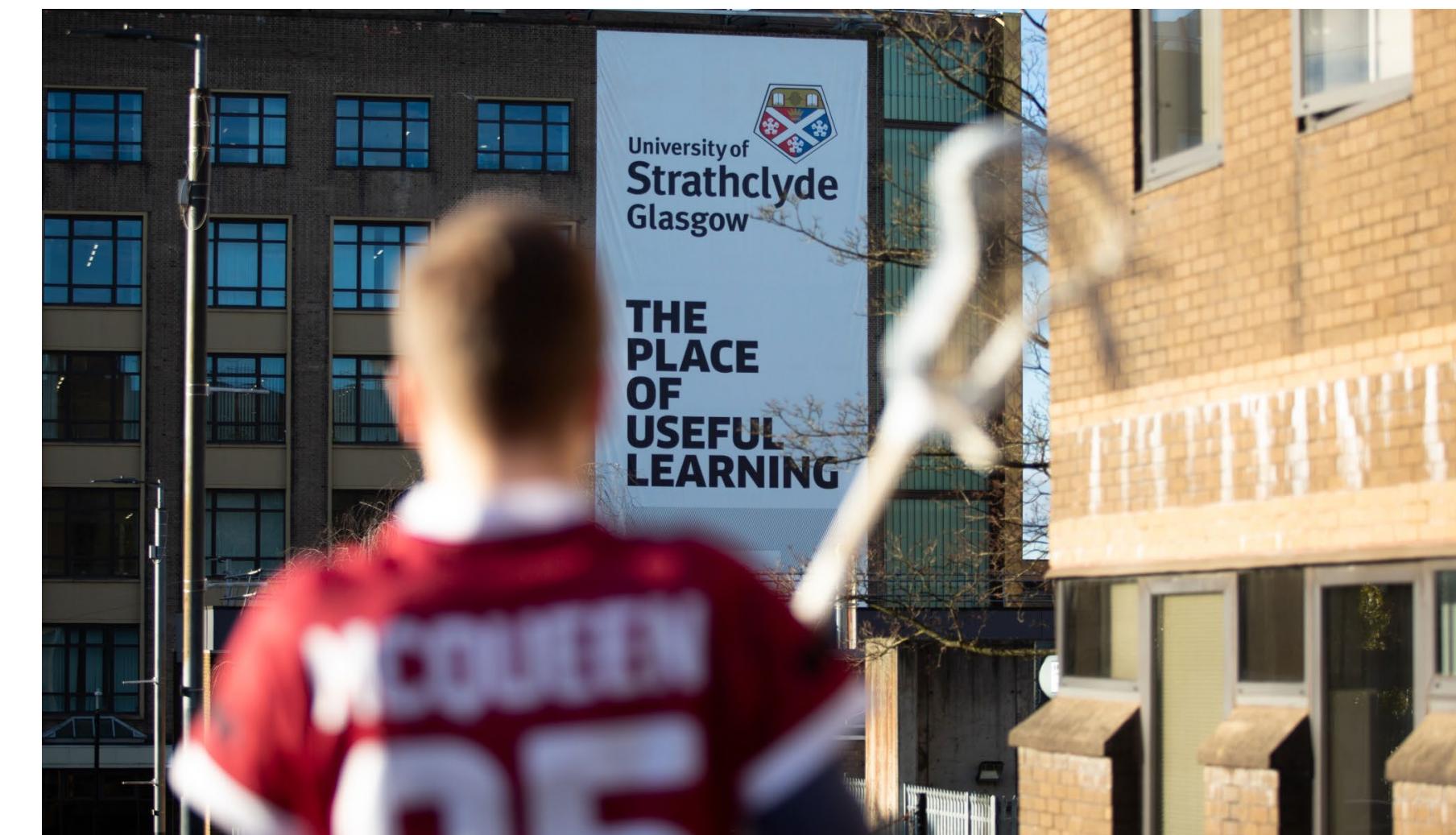
At the Sports Union, we pride ourselves on our workforce development programme through the opportunities on offer for volunteer roles, as well as training and education provided to upskill our volunteers. There are volunteer opportunities across our full pathway of activity – social, recreational and competitive.

**Our largest volunteer group are our club committees, with a total of 476 volunteers making up these roles across our 50 sports clubs.**

**All clubs must hold 4 core committee positions to affiliate to the Sports Union, which means 276 additional committee positions have been created by clubs to support the functionality and development of their clubs.**

**We also support a group of 8 elected volunteers that make up our Sports Executive Committee covering workstreams including events, finance, publicity, governance, awards, inclusion and wellbeing. Other volunteer groups include those involved with our targeted programmes StrathACTIVE and Intra-Mural which had a total of 12 volunteers.**

**In addition to volunteers, we supported 70 paid and voluntary coaches to lead sports clubs through their activity.**



# STRATHCLYDE SPORT



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