

East Ayrshire Council



2014

A guide to **training camp facilities** in East Ayrshire



LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND





Welcome

The Glasgow 2014 Commonwealth Games will be a remarkable event not only for Glasgow but for Scotland as a whole. The Games provide an excellent opportunity for athletes from all over the world to see what Scotland has to offer in terms of sporting development and training, and in East Ayrshire we have a range of outstanding sporting venues and facilities that are currently encouraging and nurturing local and national sporting talent.

Whether you are looking for a suitable training base ahead of the Glasgow 2014 Commonwealth Games or simply searching for ideas on how to make the most of your time in Scotland, East Ayrshire can meet your needs.

This picturesque part of Scotland offers stunning scenery, a fascinating and rich history and captivating visitor attractions coupled with the state of the art sports facilities suitable for athletics, badminton, hockey, judo, netball, table tennis, weightlifting and wrestling to name a few!

We wish to extend an invitation to you to come and experience these facilities for yourself and to enjoy everything East Ayrshire has to offer. Make East Ayrshire your 2014 destination of choice.

A warm welcome awaits.

Councillor Jim Todd
Provost of East Ayrshire



LOCATION

Located in the heart of the magnificent historical Ayrshire region, yet only twenty minutes from Glasgow, East Ayrshire is the perfect training base for your team to participate and enjoy the Glasgow 2014 Commonwealth Games.

Boasting the best facilities in South West Scotland, Kilmarnock's £7m Ayrshire Athletics Arena and surrounding sport village has state of the art facilities which can accommodate a wide variety of sports including athletics, badminton, hockey, judo, netball, table tennis, archery, weightlifting and wrestling.

In addition to the excellent sports facilities our main towns, Kilmarnock and Cumnock, are steeped in history and are packed with things to do.

Robert Burns, Johnnie Walker, Keir Hardie, John Baird, Alexander Fleming



Dean Castle and Country Park

and James Boswell, to name only a few, all have their place in our local history and their legacies form the foundation of many of the cultural attractions on offer in the area.

Dean Castle and Country Park, Kilmarnock is a beautiful green space in the heart of the town, while our genealogy facility in the stunning Burns Monument Centre, Kay Park, Kilmarnock is second only to Edinburgh for family research.



Dumfries House

Our smaller towns also have much to offer. Mauchline was home to Robert Burns during his most creative period and the town's Burns House Museum and National Burns Memorial are a must for any Burns enthusiast.

East Ayrshire also boasts one of the country's most beautiful stately homes, Dumfries House. Nestled between



Burns Monument Centre, Kilmarnock





Palace Theatre, Kilmarnock



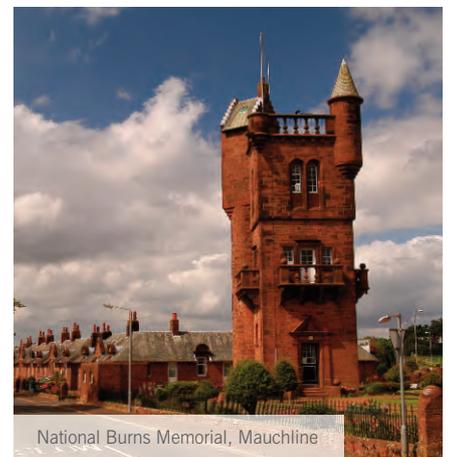
Dick Institute, Kilmarnock

Cumnock and Auchinleck, the house, which was rescued for the nation by HRH The Prince Charles, has been described as an 18th century time capsule, with sumptuous interiors and magnificent furnishings.

Excellent transport links via Glasgow International Airport, Glasgow Prestwick International Airport, the M77/ M8 and M74 motorways plus numerous bus and rail stations, makes East Ayrshire the gold choice for 2014.



Burns House Museum, Mauchline



National Burns Memorial, Mauchline





Kilmarnock

The newly opened Ayrshire Athletics Arena is the ideal location for visiting Commonwealth nations to use as a pre-games training camp for Glasgow 2014. Situated immediately off the A77 it is the only venue in Scotland to offer an outdoor and indoor MONDO track surface.



LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

Suitable training venue for:

athletics - track and field events

Facilities:

- MONDO 400m oval track with 8 straight lanes for 100m and 110m hurdles
- (1) 6 lanes, 50m indoor Mondo training straight
- adjustable steeplechase
- double pit facility for long jump/triple jump
- throws cage for hammer and discus
- 2 javelin runways
- 2 shot putt circles
- high jump area
- (2) indoor long jump/triple jump area
- (3) strength and conditioning area
- (4) physiotherapy room
- (5) first aid room
- catering facilities
- (6) 6 changing rooms with shower/ 3 assisted/accessible changing rooms with shower
- disabled access
- (7) coach education room with AV equipment



The arena can be used for a multitude of events with the indoor area providing an all weather training facility for sprinting, high jump, triple jump and throws as well as a comprehensive strength and conditioning area.

The outdoor facility has been designed to the highest UK athletics standard in a bid to attract top class athletes and coaches from Scotland and beyond.

Hosting experience:

The Ayrshire Athletics Arena has been earmarked as being a regional development hub for South West Scotland and has already played host to a number of events, including the annual Ayrshire Championships for athletics and the Olympic Torch Relay. The venue is suitable for a number of national and regional squad camps, Scottish Athletics National Leagues and coach education. The facility is used as a strength and conditioning base for Scottish Rugby and is a performance centre for Scottish Archery.



Stewarton Sports Centre Stewarton

Stewarton Sports Centre opened its doors to the public in January 2012. The facility has been designed to cater for the leisure, sport and recreation needs of those living in Stewarton and the surrounding communities, offering a wide range of activities for all age groups.

The facility boasts under floor heating throughout and a full size synthetic grass pitch which is FIFA 2 star accredited.



Hosting experience:

This venue is ideally suited for hosting visiting Commonwealth teams, given its proximity to Glasgow airport (30 minutes by car, excellent rail links) and East Ayrshire Council's experience in hosting large scale community events as well as strong links to Scottish Governing Bodies of Sport.

Proximity:

Just a short walk from the Stewarton Sports Centre, athletes can utilise the facilities at the Stewarton and District Rifle Club. The club has a 25 yard indoor range but can accommodate 10 metre air rifle shooting - ideal for nations training for shooting ahead of the Glasgow 2014 Commonwealth Games. Whilst this is a facility operated by a local voluntary club it provides suitable facilities for training.



Suitable training venue for:
Badminton, hockey, netball, table tennis

- Facilities:**
- synthetic grass pitch can accommodate both 11 and 7 a-side games
 - sports hall with high quality sprung Granwood floor
 - dance studio
 - conditioning suite
 - community room
 - changing facilities
 - disabled access
 - seating area





LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

Suitable training venue for:
badminton, netball,
table tennis and
gymnastics

Facilities:

- main hall: 8 badminton courts with sprung floor
- 2 gymnasiums with sprung floor that can be opened up to create a larger space.
- synthetic 3G full size pitch
- coach education room with AV equipment
- hydra pool
- catering facilities
- disabled access



TRAINING VENUES

Grange Leisure Centre Kilmarnock

The Grange Leisure Centre is a modern sport and leisure facility which offers an excellent range of indoor facilities to suit elite athletes participating in the 2014 Commonwealth Games. Situated in the central location of Kilmarnock, the Grange Leisure Centre already acts as a sporting hub for local sports participants and national athletes, mainly within the sport of badminton.

Hosting experience:

The facility plays host to various sports clubs and sporting organisations for the following:

- Kilmarnock Football Club
- Hurlford Badminton Squad
- Ayrshire Schools Badminton
- Kilmarnock Acrobatic Club

Proximity:

Close by is Portland Bowling Club, a prestigious lawn bowling club with a rich history which recently celebrated its 150th anniversary. As lawn bowls is one of the core sports of the 2014 Commonwealth Games the Portland Bowling Club would provide an excellent pre-training venue for aspiring athletes.

A similar range of facilities including a further 3G full size pitch is also available at the nearby St Joseph's Leisure Centre if required.



TRAINING VENUES

Cluarankwai Judo Club Kilmarnock

One of the oldest Judo clubs in Scotland, the name translates from the Gaelic and Japanese as “The Way of the Thistle” and has been teaching Judo in Kilmarnock since 1949. This club has a purpose built Dojo and provides the perfect training experience for elite athletes preparing for Glasgow 2014.

Since the club’s formation they have produced 34 Dan grades, 11 BJA coaches, 10 personal safety advisors; 2 referees and 6 table officials as well as high quality Judoka such as Eddie Cassidy, a Scottish and British Internationalist. Over the years the club has been honoured with visits from Anton Geesink, Saburo Matsushita and George Kerr.



LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

Suitable training venue for:
judo, wrestling,
gymnastics (floor work)

Facilities:

- sprung floor
- double mat area 12mx 24m
- strength and conditioning area
- catering facilities
- seating area
- changing rooms with shower facilities
- disabled access

Hosting experience:

Cluarankwai Judo Club is eligible to host training and receives support from JudoScotland and has experience in hosting the following events:

- JudoScotland national grading events
- West of Scotland additional support needs competitions
- JudoScotland coach education programme
- UK School Games trials
- Western Area senior competition
- Independent competitions
- Talented Development training camps

The club regularly host national gradings and seminars and have had some of the best coaches in the world at the club including Neil Adams, Kose Inuie, George Kerr and every year Alexander Retuinskih takes a Russia Judo seminar and week-end course on Russian Martial Arts (ROSS).



LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

Suitable training venue for:
weightlifting

Facilities:

- 4 platforms with 1 Olympic sized platform
- Olympic sized barbells and discs ranging from 0.5kg to 25kg
- 6 barbells
- dumbbells
- Smith machine (squat rack)
- 6 fixed weight machines
- jerk locks
- 3 spin bikes, 2 rowers and a treadmill
- changing facilities
- disabled access
- catering facilities
- 2 community rooms with AV equipment
- gymnasium



TRAINING VENUES

Kilmarnock Amateur Weightlifting Club - Shortlees Community Campus, Kilmarnock



Kilmarnock Amateur Weightlifting Club is a club with a rich Commonwealth Games History from 1970 to present day. Bill Higgins, the founder of the club refereed at the 1970 Commonwealth Games in Edinburgh and it has been producing successful athletes ever since.



The club has enjoyed recent success at the 2010 Commonwealth Games with member Peter Kirkbride winning a silver medal in the men's 94kg class and competing in London 2012 Olympics. This prestigious club also provides a great training experience for athletes competing in the Glasgow 2014 game and is already the training venue for Glasgow 2014 Scotland Weightlifting squad.



Hosting experience:

The club has an excellent track record of hosting national and international competition, most recently:

- British Senior Weightlifting Championship 2008
- British Senior Weightlifting Championship 2010
- Glasgow 2014 Scotland Weightlifting Squad train at the facility every six weeks



TRAINING VENUES

Galleon Leisure Centre

The Galleon Leisure Centre, based in the heart of Kilmarnock offers a variety of activities to accommodate potential athletes attending the Glasgow 2014 Commonwealth Games. With a 25 metre swimming pool, games hall, indoor bowling hall, squash courts and fitness and conditioning suite, the centre already serves as a sportscotland Institute of Sport (SIS) Regional Centre which supports a number of athletes who are competing on the national and international stage.



Hosting experience:

The Galleon Centre Leisure is currently a sportscotland Institute of Sport (SIS) regional centre, where high performing athletes make full use of the facility. The facility regularly plays host to a number of Regional Indoor Bowling Championship playdowns and finals and is regular hosts of the Gents National Pairs playdowns. The Galleon Leisure Centre has hosted the West of Scotland swimming galas, Scottish Junior Ice Hockey Championships, Scottish Rink Championships and the Scottish and British Open Wheelchair Curling Championships.



Suitable training venue for:
squash, aquatics, table tennis, lawn bowls, badminton and netball

Facilities:

- 25 metre swimming pool
- fitness and conditioning suite
- sauna and steam room
- large games hall
- 2 squash courts
- 6-rink indoor bowling hall
- changing facilities with showers
- conference suite and function room with presentation aids available
- disabled access





LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND

**Suitable training
venue for:**
boxing

Facilities:

- boxing ring
- floor to ceiling and wall mounted speed balls
- wall mounted uppercut bags
- 20 various sized punch bags
- large sprung floor circuit training hall
- treadmills
- rowing machines
- spin bikes
- changing rooms with showers



TRAINING VENUES

Northwest Amateur Boxing Club

Northwest ABC is fast becoming one of the most recognised local sports clubs Scotland has to offer, both in terms of the community work they undertake and their success in the ring.

The club has a wealth of coaching experience, which includes Head Coach Ray Connell, who has competed for and captained the Scotland National Squad. Adding to this they have numerous district, regional and British champions and athletes competing at national level.

The club has available a purpose built 365sqm training venue which can accommodate up to 40 training athletes at any given time.



ACCOMMODATION

East Ayrshire welcomes all athletes and officials participating in the Glasgow 2014 Commonwealth Games. We have hotels to suit a variety of tastes, group sizes and budgets, from countryside retreats to sleek modern hotels within the town centre – and all within easy reach of Glasgow city centre and the Commonwealth Games.

KILMARNOCK

The Park Hotel

Since opening in June 2002, The Park Hotel has become synonymous with service excellence, innovation and value for money.

- 4 star hotel
- town centre location
- 30 minutes from Glasgow
- 50 ensuite bedrooms
- conference centre
- free wifi
- free parking for 300 cars
- restaurant

Contact:

Katie Johnston, Sales Manager

The Park Hotel, Rugby Park, Kilmarnock, Ayrshire, Scotland KA1 1UR

t: +00 44 1563 545994
+00 44 7976956583

e: kj@theparkhotelayrshire.co.uk

w: www.theparkhotelayrshire.co.uk

The Fenwick Hotel

Situated in the picturesque, historic village of Fenwick this newly refurbished hotel is centrally located to explore all that Ayrshire has to offer.

The hotel has direct links to Glasgow, Prestwick Airport and Glasgow International Airport.

- rural village location
- 20 minutes from Glasgow
- 10 minutes from Kilmarnock
- 29 ensuite rooms
- free wifi
- parking
- restaurant

Contact:

The Fenwick Hotel

Junction 8 M77, Fenwick, Kilmarnock, Ayrshire, Scotland KA3 6AU

t: +00 44 1560 600 478

e: info@thefenwickhotel.co.uk

w: www.thefenwickhotel.co.uk/

Premier Inn

The Premier Inn is in an ideal location for visitors attending the Glasgow 2014 games wanting a comfortable, inexpensive stay while they are in Scotland.

- peripheral town location
- within easy reach of the A71 and M77
- 64 ensuite bedrooms
- restaurant

Contact:

Premier Inn

Moorfield Roundabout, Annandale, Kilmarnock, Ayrshire, Scotland KA1 2RS

t: +00 44 871 527 8566

w: www.premierinn.com

The Foxbar Hotel

This newly renovated hotel is situated close to the town centre, bus and railway stations.

- town centre location
- 30 minutes from Glasgow
- 20 ensuite bedrooms
- restaurant

Contact:

The Foxbar Hotel

62 London Road, Kilmarnock, Ayrshire, Scotland KA3 7DD

t: +00 44 1563 525 701

w: www.foxbarhotel.com

SURROUNDING AREAS

The Railway Hotel

The Railway Hotel offers excellent modern facilities for the business and holiday traveller.

- rural village location
- 7 ensuite bedrooms
- 30 minutes from Kilmarnock
- 40 minutes from Glasgow
- restaurant

Contact:

The Railway Hotel

223 Main Street, Auchinleck, Ayrshire, Scotland KA18 2BE

t: +00 441290 421288

w: www.railwayhotelauchinleck.co.uk

Lochside House Hotel

The Lochside House Hotel dates back to the late 19th century when it was used as a shooting lodge by the Marquis de Bute. Nesting in 20 acres of land overlooking two lochs, the hotel has magnificent views of the surrounding countryside.

- rural location
- 4 star hotel
- 2 suites
- 15 twin/double ensuite bedrooms
- 40 minutes from Kilmarnock
- 1 hour from Glasgow
- restaurant

Contact:

Lochside House Hotel

New Cumnock, Ayrshire, Scotland KA18 4PN

t: +00 44 1290 333000

w: www.lochside-hotel.com

TRANSPORT

Dumfries Arms Hotel

Rich in history, The Dumfries Arms Hotel has stood at the heart of the ancient burgh of Cumnock, Ayrshire since the early 18th century.

Recently refurbished.

- town centre location
- 26 luxury ensuite bedrooms
- parking
- 30 minutes from Kilmarnock
- 1 hour from Glasgow

Contact:

Dumfries Arms Hotel

54 Glaisnock Street, Cumnock,
Ayrshire, Scotland KA18 1BY

t: +00 44 290 4203230

e: reception@dumfriesarmshotel.co.uk

w: www.dumfriesarms.co.uk

Just 22 miles away from Glasgow city centre, East Ayrshire is an excellent base for the Glasgow 2014 Games.

There are a number of reputable coach and mini-bus companies in the area which can assist with your transport requirements for the duration of the games – including for airport transfers and transport to and from training facilities and accommodation.

Milligans Coach Travel

Contact:

Loan Garage, Mauchline, Ayrshire,
Scotland KA5 6AN

t: +00 44 1290 550365

w: www.milliganscoachtravel.co.uk

Liddell's Coaches

Contact:

1-3 Mauchline Road, Cumnock,
Ayrshire, Scotland KA18 2BJ

t: +00 44 01290 424 300

Dodds of Troon

Contact:

4 East Road, Ayr, Ayrshire,
Scotland KA8 9BA

t: +00 44 01292 288100

w: info@doddssoftroon.com

Rowe and Tudhope

Contact:

Unit 2 Palmermount Industrial Park,
Dundonald, Ayrshire,
Scotland KA2 9BL

t: +00 44 1563 851 349

w: www.roweandtudhope.com

Courtney Travel

Contact:

Brookholme Garage, Lochlibo Road,
Ayrshire, Scotland KA15 1LF

t: +00 44 1560 482 640

w: www.courtneytravel.co.uk



“Living in East Ayrshire has provided me with the opportunities to develop and become a top athlete so that I can continue to compete on the world stage. The facilities within East Ayrshire are second to none and without a doubt some of the best in the country. I’m proud to live somewhere that takes pride in its local athletes and training facilities and I hope other countries will experience this for themselves in the run up to the Commonwealth Games.”

Peter Kirkbride

Weightlifting Silver Medallist, 2010 Commonwealth Games,
2012 London Olympic athlete

Information

For more information on any of the facilities featured in this brochure, please contact us at:
Vibrant Communities, East Ayrshire Council, Civic Centre North
John Finnie Street, Kilmarnock, Ayrshire, Scotland KA11 DD

e: vibrantcommunities@east-ayrshire.gov.uk

w: www.eac.eu/yourlegacy | www.eac.eu/tasp2014 | www.eac.eu/aaa

t: 01563 576722