



PRIFYSGOL  
**BANGOR**  
UNIVERSITY



CHWARAEON  
**CANOLFAN  
BRAILSFORD**  
SPORT

[WWW.BANGOR.AC.UK/BRAILSFORD](http://WWW.BANGOR.AC.UK/BRAILSFORD)

# CANOLFAN BRAILSFORD

In the heart of North Wales, Canolfan Brailsford boasts a range of sporting facilities with world class equipment.

Canolfan Brailsford offers a number of indoor and outdoor facilities including sports halls, grass pitches, squash and tennis courts and fitness rooms available to hire throughout the year.

The main sports centre is based in the heart of the student village. The centre boasts a wide range of sports facilities but added extras include team meeting rooms, physio room and on site accommodation facilities meeting all your needs.

Our extensive outdoor facilities include six grass pitches, one AstroTurf pitch and eight-lane athletics track. Our facilities can be booked for any events or training camps. The outdoor site is situated just five minutes' drive from main campus.

North Wales offers a great setting for sports training camps situated between Snowdonia Mountains and Menai strait. The University hosts one of the most attractive settings for any event.

# Sports Facilities

- Team meeting room
- Physio Room
- 7 grass pitches including rugby and football pitches
- 25m strength and conditioning gym
- 2 Indoor sports halls
- Astro turf pitch
- 4x Squash courts including a glass back court

CANOLFAN BRAILSFORD

# PLATFFORM 81

One of our four gym spaces within the centre our 25m by 18m strength and conditioning gym provides a highly equipped and extensive facility.

The area boasts seven integrated weightlifting platforms with one being 9m long plus three stand alone platforms. , two dumbbell racks, Hammer strength elite powercage, squat racks, Olympic bench, a 4.8 metre long wall mounted rig , dipping frame, lever row air bikes, sledges, ropes, cable machine, kettlebells,

Olympic bars and a wide range of Olympic discs, para powerlifting benches and a 20 metre track.

The gym is currently is Welsh Weightlifting national training centre.



Contact us: +44 (0) 1248 382571 | [brailsford@bangor.ac.uk](mailto:brailsford@bangor.ac.uk)



COMMONWEALTH GOLD MEDALIST  
**PLATFORM 81**

**'Bangor University's Fitness facilities are the very best for Strength and Conditioning, Functional Fitness training and Weightlifting in UK'**

Ray Williams  
*Commonwealth Gold Medalist*

# Indoor Facilities

Canolfan Brailsford has the following indoor facilities:

- 4x Fitness rooms for resistance, cardiovascular and functional training. Lower floor gym dedicated to resistance work, upper floor gym equipped with over 50 pieces of CV equipment, multi-purpose room and Platform 81
- 2x Exercise studios
- 1x Spin Studio
- 10x Badminton Courts
- 3x Volleyball Courts
- 2x Full size Basketball Courts
- 4x Full size Netball Courts
- 4x Squash Courts (North Wales National Squash centre)

*Both halls have balconies available for spectators.*





**'I have been involved in top class sport for over forty years as an athlete and coach and highly recommend the facility to everyone. If you love sport you will love the facilities at Bangor'**

*Ray Williams  
National Coach*



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# Outdoor Facilities

Our extensive outdoor facilities are located in an area of outstanding beauty with views across menai straits:

- 3 full size grass football pitches (2x floodlight)
  - 2 full size grass rugby pitches
  - 1 sand based Astroturf pitch
- 1 Athletics track - an eight lane track, built to the highest standards with facilities and equipment available for all events. It is suitable for practice and competition for all levels of ability.
  - Meeting room and pavilion available for use on site







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# Food & Drink

We understand the importance of good food during your stay. Breakfast, lunch and dinner options are available but we can also work closely with you to provide tailored packages.

Our experienced team of chefs are fully committed to creating well balanced and appetising meals, using locally sourced and fair-trade produce where possible.

Our in house team have the ability to accommodate special dietary requirements on request.



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# Bar Uno

In the heart of Ffriddoedd Village and a short 1 minute walk from the sports hall Bar Uno offers you a diverse range of entertainment, hot meals and affordable drinks.

The bar offers eat in and take away options during term time and is available to private hire outside of term.

With six TV screens connected to Sky Sports & BT Sports Bar Uno brings you all the major sporting events live.

It's relaxed atmosphere offers a comforting space to unwind and recover after a tough day of training.



# Sports Accommodation

Our on-site accommodation is perfect for teams, coaches and athletes travelling to the University or local area to compete or train.

With our year round facility a short 2 minute walk from the Sporting hub staying with us could not be easier.

All our rooms are 4\* Visit Wales graded, each with en-suite facilities. With your choice of room only; bed & breakfast; dinner bed & breakfast or full board our accommodation is flexible to meet your needs.

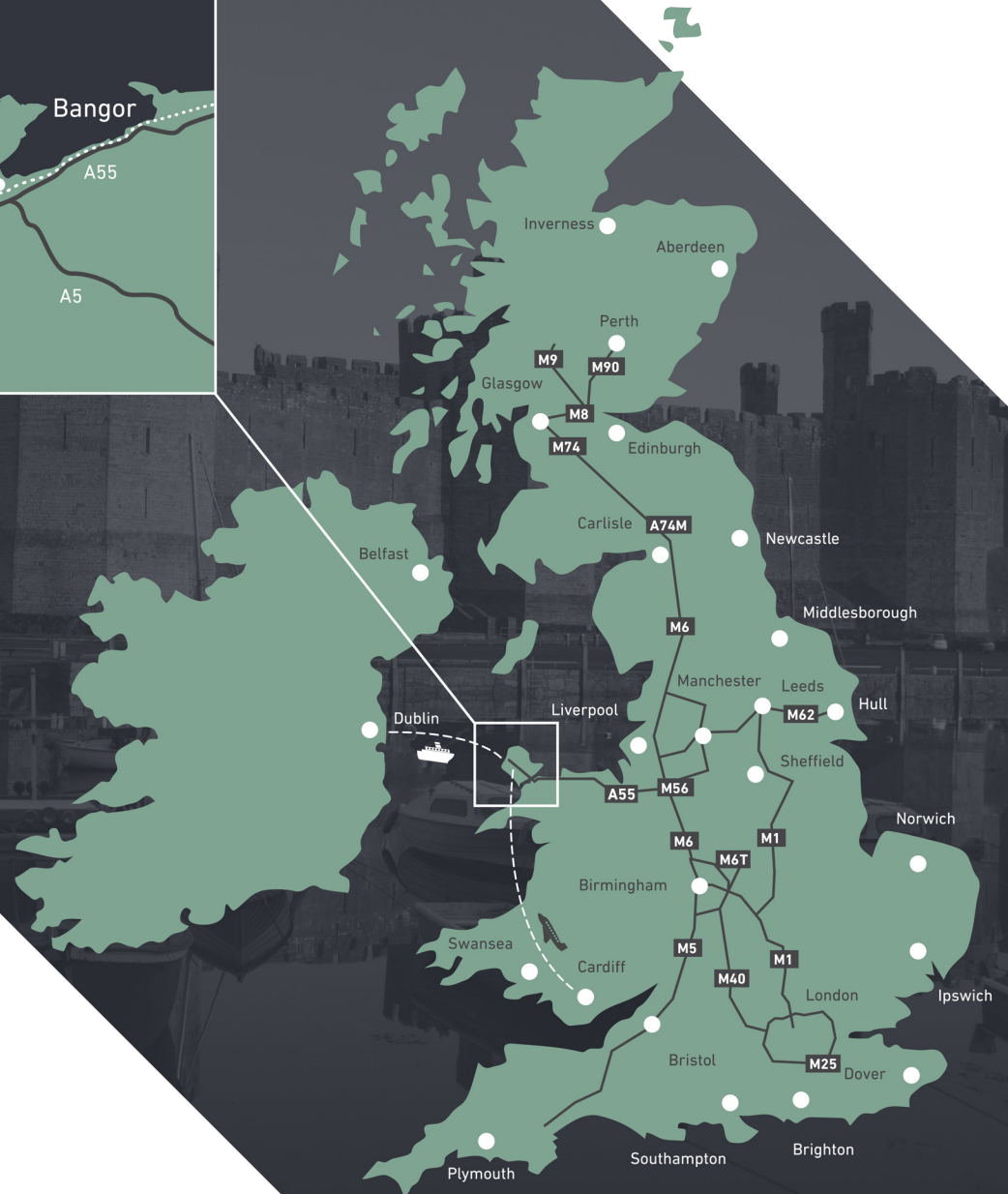
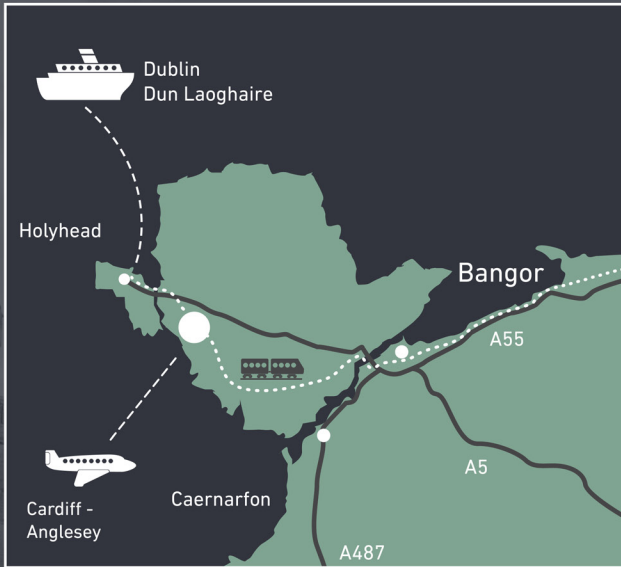
All our rooms are within flatlets of 8 with shared kitchen facilities for all to use.

We have free on-site parking & complimentary Wi-Fi in all rooms.



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# LOCATION



**North Wales,  
ranked 4<sup>th</sup> in  
"top regions"  
to visit in 2017**

LONELY PLANET



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## GET IN TOUCH:

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