

the ashford freedom flyer!

AUGUST 2026



Summer is here! Make the most of the school holidays with fun activities, family swims and plenty of opportunities for children to stay active, build confidence and make new friends.



freedomleisure
where you matter



Make a splash this summer!
Learn to swim with Freedom Leisure

PEOPLE



August at Viva Libre: Move, Connect & Feel Your Best

Join Sara this August for a month of movement, fitness, wellbeing and community. Enjoy a variety of online and in-person activities at Julie Rose Stadium, designed to help you feel stronger, healthier and more connected, with flexible options to suit your lifestyle. For more information or to book your place, contact Sara on 07404 171735 or sara@vivalibre.co.uk.

Jake Phillips' Outstanding Athletics Season!

Ashford Athletic Club's Jake Phillips has enjoyed an outstanding season in the 300m hurdles, winning gold at the Kent Schools Championships and earning a place at the National English Schools Championships. His impressive fourth-place finish at the national finals has seen him rise to 4th in the UK for the Under-16 300m hurdles. Congratulations, Jake, on a fantastic achievement.



Ashford Sensory Football's Emma wins prestigious award!

A huge congratulations to Coach Emma, one of the incredible coaches at Ashford Sensory Football here at the Stour Centre for winning Coach of the Year - Disability Pathway at the Kent FA Grassroots Workforce Awards. We couldn't be prouder of her for this achievement, well done Emma.

Ashford Athletes Shine at Championships!

Athletes from Ashford Athletic Club, who train at Julie Rose Stadium, have enjoyed outstanding success this season. Jake, Sereniti and Dillon proudly represented Kent at the English Schools Championships, with all three reaching their event finals. At the South East Schools Inter-Counties Match, Ellin, Matthew and Sereniti won gold medals, Harry and Dillon secured silver, and Millie, Jake and Aiden claimed bronze, helping Kent win the overall team title.



3 Generations Compete at Ashford AC Open!

Three generations of the Goodall family took part in the high jump competition at Ashford Athletic Club's Open Meeting at Julie Rose Stadium. Mick Goodall competed alongside his daughter Hayley and grandchildren Chloe, Issac and William, with William achieving an impressive 1.70m clearance to finish third overall in a memorable family occasion.

Ashford Women Masters Team Claim Home Victory!

Ashford Athletic Club's women's masters team delivered a superb performance at Julie Rose Stadium, winning their Kent League match with 68 points and defeating Division 2 leaders Bexley AC. The team recorded eight event wins, while Briony Walsh, Jenny Brown, Stevie Langford and Georgiana Robitu set a new W35 club record in the 4x100m relay.



COMMUNITY



Givaudan Ashford 10K Returns for Its 40th Year!

Celebrate the 40th Givaudan Ashford 10K on Sunday 11th October, a fully road-closed race starting and finishing at Julie Rose Stadium. Every finisher will receive a special anniversary medal, with all proceeds supporting the brilliant Ashford Athletic Club. Scan the QR code to book your place.

Summer Holiday Fun Awaits!

This summer, the Stour Centre and Tenterden Leisure Centre have a fantastic range of activities to keep children active, entertained and having fun throughout the holidays. Scan the QR codes to find out more and start planning your summer adventures.



Stour Centre



Tenterden Leisure Centre

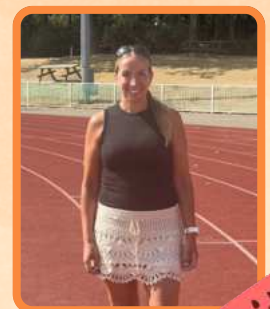


117 Personal Bests at Ashford AC Open Meeting!

More than 300 athletes from 26 clubs took part in Ashford Athletic Club's latest open competition at Julie Rose Stadium, producing an incredible 117 personal bests and 138 season bests across 15 track and field events. The evening also saw Kim Bopanna set a new Ashford AC W40 club record in the 300m, with a time of 41.03 that ranks her number one in the UK.

Walk & Jog is Getting a Refresh!

Join Michala every Friday at Julie Rose Stadium for our newly rebranded Walk & Connect sessions. Enjoy a relaxed walk around the track, friendly conversation and the chance to connect with others from 10:30am - 11:45am. From 4th September, a dedicated Walk & Connect for mums session will run Fridays from 9:30am - 10:30am, providing a welcoming space for mums with prams and babies to enjoy gentle exercise on the track. Members and non-members are welcome at both sessions.



Good Boost!

Good Boost is launching at the Stour Centre on 3rd August and Tenterden Leisure Centre on 10th August. This personalised exercise programme is designed to help people with arthritis, back pain and reduced mobility improve their strength, confidence and wellbeing. Scan the QR code to register your interest or find out more.

FREEDOM LIFE STORIES!



Meet Kara, one of our Ashford FLAIR Athletes!

Kara is a talented race walker from Ashford Athletic Club, which trains at the Julie Rose Stadium, and is already making her mark on the national stage. Currently ranked number one in the UK for the Under-16 3000m Race Walk and the reigning England U15 National Champion, Kara has exciting ambitions for the future and is one to watch in the years ahead.

What sport do you compete in and how did you first get involved?

I compete in Race Walking. I first got involved by competing in the Kent Youth Athletics league for my club Ashford Athletic Club. They needed somebody to take part in the race walking event and I volunteered, I found out I was quite good at it and from there I started to compete in local and National competitions.

What is your current national ranking?

For U16 3000m Race Walking I am ranked first in the UK.

What has been your proudest achievement in your sporting career so far?

Becoming England U15 National Champion.

Who inspires you most in your sport and why?

Tom Bosworth as he competed in the Olympics and he is trying to get young people into the sport.

What advice would you give to young people who want to follow in your footsteps?

Train hard but have fun with your sport.

Where do you see yourself in five years time within your sporting career?

Hopefully competing for England in European and World competitions.

If you could compete anywhere in the world, where would it be and why?

Australia as I have always wanted to visit there and they are holding the 2032 Olympics.

What does being part of the FLAIR membership mean to you?

I will be able to train for my sport more often and using the gym will help with my strength and endurance.



DISCOVER!



14 days for just £28!

Make this summer your time to get moving. Join Freedom Leisure and enjoy 14 days for just £28, giving you access to our facilities. Whether you're looking to boost your fitness or try something new, there's never been a better time to get started. Hurry, offer ends 18th August. Scan the QR code and join today!



Dive into August!

Looking for a fun and active activity this summer? Our swimming lessons help children gain confidence in the water, learn essential life-saving skills and have fun while staying active during the school holidays. Scan the QR code to discover our lessons and get started today.

Member Testimonials



"Really impressed with the Stour Centre. The staff are friendly and helpful, the prices are excellent, and it feels like good value compared with a lot of other places. The swimming lessons for the kids are really good too - well organised, supportive, and a great way for them to build confidence in the water. Overall, a great local centre with good facilities, fair prices, and staff who make the experience enjoyable."

- Neil, Stour Centre



"Very nice stadium..."

- Gi, Julie Rose Stadium



"Had a lovely day celebrating my granddaughters birthday."

- Nygel, Tenterden Leisure Centre



BE A PART OF THE ASHFORD FREEDOM FLYER!

If you have an idea for an article, an update from your area or a story to share, please email dannii.woodward@freedom-leisure.co.uk