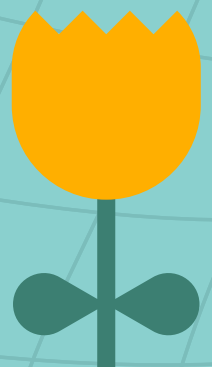
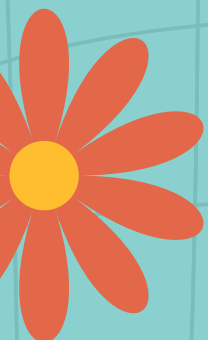


the ashford freedom flyer!



July 2026

There is plenty to explore
inside this month's edition!



PEOPLE



England selection for Ashford Athletic Club trio!

Ashford Athletic Club runners Gemma Carter Collins, Carl Adams and Deborah Jeffery were selected to represent England Masters team at the Mizuno Swansea Half Marathon on Sunday 7th June. Gemma finished 59th overall in the women's race out of just under 2800 other women. Her time of 01:29:43 placed her 6th in the v45 age group. Carl ran 01:19:23 to finish 14th out of 263 in the v50 age group. Unfortunately injury prevented Deborah from racing.

Record breaking night of athletics at Julie Rose Stadium!

The first Ashford AC open meeting of 2026 delivered three hours of athletics at Julie Rose Stadium, attracting over 300 entries from 23 clubs. Two club records fell in the mile, with Briony Walsh running 5.19.21 and Kate Woodbridge setting a new V40 mark of 5.53.81. The hammer saw Osarode Oviawe throw 55.22m, while the 100m featured 66 athletes across nine races in 30 minutes. In the pole vault, Harry Owen cleared 4.30m ahead of Douglas Noel.



Ashford AC Under 12s team make Kent League debut!

Ashford AC under 12s made an impressive debut at the Kent Young Athletes League in Dartford, showing great spirit and teamwork throughout. The boys' team finished 2nd, the girls 6th, giving an overall 4th place out of 8 teams in Division 1. It was a fantastic first experience for everyone, with strong performances and plenty to build on ahead of the next event in August.

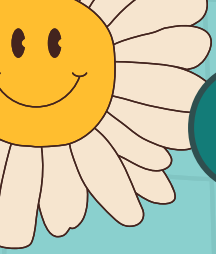
Dramatic home match win for Ashford Athletic Club!

Ashford AC won their first Southern League match of the season by just three points, scoring 275 at Julie Rose Stadium ahead of Guildford & Godalming, Eastbourne, Crawley and South London Harriers. The lead changed throughout the day, with a late women's 4 x 400m win proving crucial, alongside strong triple jump performances and a B string shot win from Jonathan Ward. Ashford currently sit third overall in the league.



Meet Emma, our new instructor at Tenterden!

We are delighted to welcome Emma as one of our newest studio instructors. Bringing years of experience and a real passion for motivating others, Emma has already made a fantastic impression with her dynamic approach to indoor cycling. Her Vibe Cycle sessions have quickly become a great addition to the timetable, delivering high energy workouts set to uplifting music. If you have not yet joined one of her classes, now is the perfect time to get involved and experience it for yourself.



COMMUNITY



Spinathon raises funds for Cancer Research UK!

The Stour Centre was proud to host a fantastic charity Spinathon led by Marina, Ange and Emma, bringing the community together in support of regular members Sarah and Becky. The event helped raise funds for their incredible challenge of completing 24 peaks in the Lake District within 24 hours, all in aid of Cancer Research UK.

Successful referee training completed!

Well done to everyone who recently completed their referee training at Julie Rose Stadium. It was a fantastic effort from all involved, with participants showing great dedication and commitment throughout the course. The standard of work was impressive, and it was brilliant to see so many individuals take the next step in their refereeing journey. Wishing them all the very best of luck as they progress and begin officiating matches.



Back On Track Music Festival!

Back On Track Music Festival is set to bring an exciting burst of energy to Julie Rose Stadium on Saturday 18th July, promising a full day of live performances, great vibes and a welcoming atmosphere. With tickets priced at just £5 and children going free, it offers fantastic value for a memorable day out, so be sure to secure your place and join in the fun.

Holo-Con debut delivers a fantastic day!

A brilliant day was enjoyed by all at the very first Holo-Con: Play Trade Collect event at Julie Rose Stadium. The atmosphere was lively, with a fantastic turnout and plenty for visitors to explore, from unique stalls to exciting collectibles. It was wonderful to see so many people coming together and making the most of the experience. A big thank you to everyone who attended and contributed to its success.



Supporting water safety at Tenterden!

Last month, Tenterden Leisure Centre hosted a Drowning Prevention Week stand, helping to raise awareness around water safety in a fun and engaging way. Visitors were able to take part in a range of activities, including children's activity sheets and a colouring competition, while also learning more about important topics such as beach flags and the Water Safety Code. The team also delivered 10 assemblies across 7 schools, reaching over 500 children. It was fantastic to see so many people getting involved and taking away valuable knowledge to stay safe around water.

FREEDOM LIFE STORIES!



Meet Alexis!

Alexis, a FLAIR member at the Stour Centre, is an emerging athletics talent specialising in sprinting and hurdles. Starting at primary school, she has already achieved impressive national rankings and is focused on developing her performance to compete at a higher level.

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

Athletics is the sport I excel in. I enjoy most aspects of it, but my strengths are in sprinting and hurdles. I first got involved through my primary school, where I competed in school and district competitions.

What is your current national ranking?

From the power of 10:

- Hurdles 75m, under 14's- Ranked 8th
- Hurdles 60m, under 13's -ranked 2nd
- Triple jump, under 14's - ranked 10th
- 100m, under 13's - ranked 9th

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

When I achieved a national ranking of second in the Under-13's 60m hurdles.

Who inspires you most in your sport and why?

Amy Hunt inspires me because of her dedication, hard work, and achievements in athletics.

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

If you put in the effort, you will succeed.

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

Competing at a national-level in hurdling championships.

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

An amazing venue is the Olympic Stadium in London, which hosted the 2012 Summer Olympics. Competing there offers an incredible atmosphere and a real sense of history.

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

Being part of the FLAIR membership means a lot to me and my athletic progress. It will give me the chance to build strength, improve my performance, and train more consistently, helping me develop further and reach a higher level in my sport.

DISCOVER!



Your summer starts here!

Soak up the season with a membership that fits your lifestyle. Whether you love a refreshing swim, energising workouts or simply taking time for yourself, we have everything you need to stay active and feel your best all summer long. Scan the QR code to enquire or join today and start enjoying your summer with us.



Make a splash this July!

Make waves this summer with swimming lessons designed for all ages and abilities. From first splashes to building strong technique, our friendly teachers are here to help every swimmer progress with confidence. Scan the QR code to enquire and get started on your swimming journey today.



Member Testimonials



“Clean changing rooms and pool, always a good time. Kids and adults can both enjoy the leisure pool. Haven't used the other facilities so cannot comment but I'm sure they're lovely too.”

- April, Stour Centre



“Great fun pool for the kids. Lovely helpful staff.”

- Jen, Tenterden Leisure Centre



“Emma has been an amazing PT. She's supported me throughout my fitness journey! Thank you.”

- Sarah, Stour 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