Sport at City

Your guide to getting involved

2012
Welcome from John Tibble

List of 2011/12 Honours

Sport and leisure at City

IntraCity

Athletics and Marathon

Basketball

Football

Badminton

Boxing and Karate

Hockey

Tennis and Cheerleading

Equestrian

Rugby

Netball

Fencing

Looking forward:

City’s new Sports Centre

Get in touch

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London EC1V 0HB

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E: sports@city.ac.uk
W: www.city.ac.uk/sport
Facebook: www.facebook.com/sportatcity

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Introduction

The programme of Sport at City University London has much to celebrate and I am pleased to open this year’s season review. Over the past sporting year, our student athletes have represented the University at National Finals, Conference Cups and league play, improving our overall finishing positioning in the British Universities & Colleges Sport (BUCS) league table by 29 places from the previous year. Our University Intramural programme had over 1,200 students participating in training and competition, and the Campus Activity Programme provided conditioning and fitness classes for both our students and staff.

Sport has long played an important role in university life, allowing students to continue a passion, develop new skills (including team working and club management, important skills that can boost employability) or enjoy social benefits. City University London values its strategic role in enhancing our students’ experiences. We are proud of our emerging programme and excited about the season ahead. Having seen five teams gain promotion to higher league play and the development of new sports opportunities, this year will serve as a firm building block as we strive for greater success.

Please join me in congratulating those participants from 2011/2012 and as we look forward to the upcoming season, I recommend that you contact the team at the Sports and Leisure Service (sports@city.ac.uk) to become involved and take advantage of all that City has to offer.

John Tibble,
Director, Services for Students
City University London
List of 2011/12 Honours

Half Colours
Wladislaw Tepliakov
Boxing

Comrooze Zandiyeh
Karate

Club Colours
Dominic Quinton
Badminton

Emma Barnes
Fencing

Fabio D’Andrea
Fencing

Rik Lodhia
Fencing

Maytham Balal
Men’s Football

Steven Sylvester-Ajudua
Men’s Football

Shaamil Nathwani
Men’s Hockey

Charlotte McPike
Women’s Hockey

Hettie Hobbs
Women’s Hockey

Jane McConnell
Women’s Hockey

Chloe O’Sullivan
Netball

Harriet Argyle
Netball

Leah Farrar
Netball

Sarah Swann
Netball

Shruti Jhalla
Netball

Adam Zymanczyk
Rugby

Harry Marson
Rugby Union

Joe Moore
Rugby Union

Rhys Turrell
Rugby Union

Yogesh Jalli
Rugby Union

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Newcomer of the Year
Lucy Jowett - Netball and Equestrian

Service to Sport
Joe Moore - Rugby

Sports Woman of the Year
Jane McConnell - Women’s Hockey

Sports Man of the Year
Harry Marson - Rugby

Sports Team of the Year
Badminton

Sports Club of the Year
Hockey
About us
Sports and Leisure Services offer an innovative range of fitness classes, team sports, social sport and wellbeing programmes. The team is located at the Sports Desk next door to Saddlers Bar and we are always on hand to offer advice and encouragement to help you achieve health, fitness and your sporting goals. Our sports programme is inclusive and welcomes everyone from City University London’s diverse community.

Representational sport
There are a number of opportunities to take part competitively in sport at City. Trials take place at the beginning of term, giving you the opportunity to be chosen for teams and represent the University in the upcoming season. Look out for dates and times of trials during Welcome Week.

Many of our sports teams compete in the British Universities & Colleges Sport (BUCS) and London University Sports League (LUSL) and play against teams from other universities on a Wednesday afternoon.

Individual sport
If you have an interest in a particular sport and you are not part of a team, the Sport and Leisure team can offer support with competition entry, travel costs and possible coaching advice. You will need to present any qualifications, competition records, and relevant UK or international rankings (if applicable). Email your details to sports@city.ac.uk.

Campus Physical Activity Programme (C.A.P)
Sports and Leisure Services have launched a dynamic programme of fitness classes and wellbeing activities for all staff and students. There are opportunities to have professional instruction by qualified trainers who can help you inject new energy into your daily routine and change your lifestyle for the better.

Choose to stay healthy and fitter by attending group exercise classes, where you can broaden your social network and have some fun at the same time. Classes range from Spinning, Zumba, power circuits and box fit to yoga and pilates and all are reasonably priced.

Sports that we currently offer:

American Football  Football
Badminton  Hockey
Basketball  Netball
Cheerleading  Rugby
Cricket  Table Tennis
Fencing  Tennis

We are always keen to support City students in whatever sport they are passionate about. So if you don’t see your sport on this list, then please get in touch at sports@city.ac.uk.
IntraCity

IntraCity Sport is a pan-University intramural sports programme, designed to promote participation through sport and help develop friendships between fellow students, Schools and halls of residence.

The IntraCity programme received over £116,000 in funding from Sport England in 2011, which has enabled more University students than ever to participate in sport.

The programme consists of three sports over the academic year: Indoor Football, Basketball and Badminton.

You do not need to have played any of the sports before as students of all abilities are very welcome to attend. All you need is the desire to participate, an enthusiasm for the sport and the aspiration to be part of a team.

£10 per annum

Session times:
5.00pm—6.30pm, 6.30pm—8.00pm and 8.00pm—9.00pm

Monday: Indoor Football
Tuesday: Basketball
Thursday: Indoor Football
Friday: Badminton

Venue:
City of London Academy,
Islington
Prebend Street
London
N1 8PQ

To find out more, email the Sports and Leisure team at:
sports@city.ac.uk
Athletics

Names
Joost Rietveld (200/400m)
Jason Richards-Thompson (Triple Jump)
Emily Antcliffe (10,000m)

Fact
All represented City University London in the 2012 BUCS Visa Outdoor Athletics Championships at the Olympic Stadium

Running over four days in May, students from 115 universities all over the country competed at the Olympic Stadium in front of crowds of up to 40,000 spectators. This was an incredible opportunity for City’s athletes. Despite a strong headwind and unseasonably cold weather, Emily achieved a personal best in the 5000m against strong competition. Joost and Jason also made a great effort and all agreed that the experience was truly epic.

Marathon

Name
Emily Antcliffe

Fact
Bronze medal winner in BUCS Elite Marathon

Finishing Position
3rd

As part of her fantastic season, Emily placed 3rd at the 2012 BUCS Marathon Championships, which take place as part of the London Marathon. She completed the course in 3 hours and 10 minutes. She recalls, ‘I was okay until mile 14, and then I realised that my time off had affected my race.’ Two weeks later, however, her performance at the BUCS Visa Outdoor Athletics Championships laid any doubts about her form to rest, as she secured a personal best in the 5000m (see above).

If you are interested in participating in Athletics, contact the Sports and Leisure team, at sports@city.ac.uk.
Men’s Basketball

Captain 2011/12
Misa Tomic
Coach
Marlan Henry

Fact
Reached the semi finals of the South Eastern Conference Cup

Finishing position: 1st
League: South Eastern 2B

Following on from their impressive domination of the Southeastern conference 3B, City’s Men’s Basketball continued their run with another fine season, finishing in first place and gaining promotion to 1A. With just one loss in the regular season and reaching the semi-finals of the Conference Cup, it was evident this was a strong team: only academic issues prevented the team from achieving the Double (League and Cup). As Coach Marlan Henry notes, ‘the upcoming season should be a true test of our mettle. Given our returning players, plus the addition of some experienced first years, I’m confident that we can give the 1A teams a good run for their money.’

To get involved with the Men’s Basketball team, email mensbasketball@city.ac.uk.
<table>
<thead>
<tr>
<th>Captain 2011/12</th>
<th>Charlotte Daire</th>
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<tbody>
<tr>
<td>Coach</td>
<td>Ravidson Teixeira</td>
</tr>
<tr>
<td><strong>Fact</strong></td>
<td><strong>Won their league, and achieved promotion</strong></td>
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<tr>
<td><strong>Finishing position:</strong> 1st</td>
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<tr>
<td><strong>League:</strong> South Eastern 3A</td>
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City’s Women’s Basketball team had a tough 2010/11 season, losing several of their starting players and placing in the bottom of their league. The transformation to league winners in the 2011/12 season was amazing! Renewed training sessions, a conditioning programme and a return to fundamentals meant that coach Ravidson Teixeira was overwhelmed with the performance of the team. With captain Charlotte Daire at the helm, and their star player, Slavka Nociarova, as centre, City hit the ground running and never looked back.

Could you help City’s Women’s Basketball team continue their winning streak? Email womensbasketball@city.ac.uk for information on the 2012/13 season.
Men’s Football

<table>
<thead>
<tr>
<th>1st team</th>
<th>2nd Team</th>
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<tbody>
<tr>
<td><strong>Captain 2011/12</strong></td>
<td><strong>Captain 2011/12</strong></td>
</tr>
<tr>
<td>Steven Sylvester-Ajudua</td>
<td>Steven Sylvester-Ajudua</td>
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<tr>
<td><strong>Coach</strong></td>
<td><strong>Coach</strong></td>
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<tr>
<td>Hamza Serrar</td>
<td>Martin O’Sullivan</td>
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<tr>
<td><strong>Fact</strong></td>
<td><strong>Fact</strong></td>
</tr>
<tr>
<td>Coaching change provided amazing results</td>
<td>Undefeated at all away matches</td>
</tr>
<tr>
<td><strong>Finishing position:</strong> 2nd</td>
<td><strong>Finishing position:</strong> 2nd</td>
</tr>
<tr>
<td><strong>League:</strong> South Eastern 6D</td>
<td><strong>League:</strong> South Eastern 7B</td>
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Starting the season with 4 straight losses, the team made a coaching change in November which led to a complete turnaround, ending the season with 6 wins and 4 losses. Captain Stephen Sylvester Adju commented, ‘it’s been a strange season, and given our record from November, its obvious we could have won the whole thing. Next season sees us as favourites in the league, and we’re sure to dominate!’

City was poised to win its league, having gone undefeated all the way to the last game of the season. However, after a surprise final game loss to UEL (who went on to win the league), the team narrowly missed out on promotion. ‘There’s so much to take from this season, and the guys know it. They did everything they could, but on the day the best team won the league.’ stated Coach O’Sullivan.

To find out about football trials for the 2012/13 season, email mensfootball@city.ac.uk.
Women’s Football

Captain 2011/12
Sarah Haywood
Coach
Max Grieve

Fact
The women’s team mascot is Moodolph, a cuddly moose (who thinks he’s a reindeer)

Finishing position: 7th

League: ULU league

This season, the Women’s Football squad have continued to lead City’s challenge against the University of London institutions, including Imperial, Kings College and UCL, in the ULU leagues. The team’s fortunes varied, with defeats at the hands of some very tough, technical opponents mixed with morale-boosting big wins (a highlight being the 3-0 win over Goldsmiths). The team will be moving up to the BUCS leagues for the 2012/13 season.

If you think you can take on the competition in the BUCS league this season, we want to hear from you! Contact us on womensfootball@city.ac.uk.
Men’s Badminton

Captain 2011/12
Dominic Quinton
Coach
Henry Gaspard

Fact
Team of the year!
Conference Cup quarter finalists

Finishing position: 1st

League: South Eastern 4B

City’s men’s Badminton had a great year with a Conference Cup run (losing narrowly to the University of Portsmouth’s top placing team, three leagues above them), and dominating their 5B league. Never losing more than two games against all their opponents, City’s men never took their foot off the gas. ‘They’re good, they’re disciplined and most of all, they’re ours!’ stated Sport Development Officer, Julie Haggar.

City’s badminton teams are hoping to continue their success in the 2012/13 season. If you would like to join them, email badminton@city.ac.uk.
**Boxing**

**Name**
Wladislaw Tepliakov

**Fact**
Reached the finals but was unable to compete

**Finishing position:** Finalist

For the first time City had a representative in the BUCS Boxing Male Open Championships. Wladislaw Tepliakov went into the competition with an outstanding record of 38 wins, 2 draws and 15 defeats as he prepared to face some of the country’s toughest opponents in university Boxing. Wladislaw’s commitment and determination to succeed when preparing for the fight paid off as he competed and won against two strong competitors in the under 81kg category to reach the finals in Sheffield.

**Karate**

**Name**
Comrooze Zandiyeh

**Fact**
A finalist in the under 67kg Kumite competition

**Finishing position:** 3rd

The 2011/12 season saw Comrooze Zandiyeh representing City University London in the individual men’s senior Kumite held at the Ponds Forge ISC in Sheffield, where he faced strong opposition in the under 67kg category competition. Comrooze’s dedication to Karate was rewarded with him achieving a respectable 3rd place. This achievement, along with competing in the English Karate Federation’s National Championships earned Comrooze one of the two esteemed Half Colours awarded at this year’s Students’ Union awards.

If you’re passionate about boxing, karate or any other individual sport, get in touch to find out how City can support you. Email sports@city.ac.uk.
Men’s Hockey

With a new coach, a new captain and an aggressive playing style, City saw one of its best seasons to date, ending with an undefeated record of six wins and one draw. Captain Shaamil Nathwani stated ‘This is a great team. We work for each other and we know each others playing styles and strengths.’ City received promotion for their efforts and they can now look forward to a strong 2012/13 season.

**Captain 2011/12**  
Shaamil Nathwani

**Coach:** Matthew Maltby

**Fact**  
Champions of their league and gained promotion

**Finishing position:** 1st

**League:** South Eastern 6B
Women’s Hockey

Captain 2011/12
Henrietta Hobbs

Coach
Matthew Malby

Fact
Gained promotion to the South Eastern 5B league
Won Sports Club of the Year at the Students’ Union Awards

Finishing position: 2nd

League: South Eastern 6A

After a four year break, the 2011/12 season marked the return of Women’s Hockey to City. City’s team started slow but picked up pace quickly, with a resounding 17 – 1 victory over St. George’s. As the team progresses, Coach Matt Malby is confident of success, ‘We’ve a good spirit within the University and the girls are dedicated. What more could you ask for?’

Both the Men’s and the Women’s hockey teams were promoted this season: can you help them build on their 2011/12 success? Email menshockey@city.ac.uk or womenshockey@city.ac.uk to find out more.
**Tennis**

**Captains 2011/12**  
Edwin Faure, Megat Marzuki

**Fact**  
George Kallis (PG) qualified for the Individual Championships

City’s Tennis entries for the season missed the opportunity to compete in the team league system due to facility issues, but our individual players represented the University at both the Individual Qualifiers at Loughborough University and during our Varsity match against Westminster, defeating their rivals soundly.

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**Cheerleading**

**Captain 2011/12**  
Grace Wild

**Coach:** Dan Elliott

**Fact**  
2nd place in Europe at JamFest

The City Cheerleading Team, now known as the Central City Allstars, spent much of the 2011/12 season training hard for their first ever competition, Jamfest Europe, held in Liverpool in June 2012. The girls, who were new to cheer, learnt how to tumble (gymnastics), jump, dance and stunt. At the competition, a two and a half minute routine was performed for a panel of judges in front of a 4000-strong crowd. The girls performed a great routine that received a very high score and they finished in 2nd place. An incredible result for the girls’ first time out, competing against some of the best teams in Europe!

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If you’re passionate about tennis, then get in touch at womenstennis@city.ac.uk or menstennis@city.ac.uk.

The Central City Allstars are always on the lookout for new recruits. If you’d like to get involved in one of City’s most energetic teams, email sports@city.ac.uk.
Equestrian

Captain 2011/12
Lucy Jowett

Fact
Competed in the BUCS individual
Equestrian championships at Brooksby
College

Finishing position: 5th

Dressage and jumping at City? Of course! 2011/12 saw City’s first foray into equine events, as Lucy debuted at the Individual Championships, placing high in her disciplines. ‘I had a real strong draw for my pony and was pleased with my results. The competition was fierce, but it gives me a goal for next season’. Lucy also won ‘Newcomer of the Year’ at the Students’ Union Awards.

For more information on how the Sport and Leisure team can support individual sports, please contact sports@city.ac.uk.
Rugby

If you’d like to help the Men’s Rugby team work their way up the league, then email mensrugby@city.ac.uk.

Captain 2011/12
Harry Marson
Coach: Liam Burnett

Fact
City recorded more scrum wins than any other team in their league

Finishing position: 8th
League: South Eastern 7B

‘This may have been one of our most disciplined squads, with an amazing fighting spirit. Whilst we may not have finished as highly as we should have, we were in every single one of our games. Even with Greenwich’s league topping team, we ran them hard, and stayed with them all the way’, commented Captain, Harry Marson. City’s rugby players gave their all, and with a new coach coming in at the end of the season, 2012/13 looks like their year. Coach Burnett added, ‘We are adding another side for the new season, as Rugby at City is progressing so well. I’m extremely excited about the new season.’
Netball

**Captain 2011/12**  
Chloe O’Sullivan/Sarah Swann

**Coach**  
Deepthi Mendis

**Fact**  
Won 4 of their 5 home matches

**Finishing position:** 3\(^{rd}\)

**League:** South Eastern 8B

Joint Captains Sarah and Chloe had an important goal at the start of the 2011/12 season. As they won their league last season going undefeated, they wanted to ensure survival within the tougher competition of the South Eastern 8B League. Beating Essex 39 – 9 may have been the biggest win margin, but tough games from UCL and splitting matches with Christchurch Canterbury (7 – 51 away, 24 – 20 home) guaranteed their continuation in the competitive South Eastern Conference.

Netball at City continues to go from strength to strength. To get involved this season, email netball@city.ac.uk.
Men’s Fencing

Captain 2011/12
Fabio D’Andrea

Coach
Mark Kent

Fact
Conference Cup Quarter Finalists

Finishing position: 3rd

League: South Eastern 2B

As in previous years, the Men’s Fencing team performed strongly, particularly in the Sabre and Épée. With an undefeated record at home, Captain Fabio D’Andrea was delighted with the results, ‘It’s difficult to juggle matches with studies, but our team did a great job of getting strong fencers to compete, and the support from our club was brilliant. It’s only a matter of time before we win this league!’

Women’s Fencing

Captain 2011/12
Emma Barnes

Coach
Mark Kent

Finishing position: 6th

League: South Eastern 2A

The Women’s Fencing team struggled this season in what was a strong and difficult league. However, under the guidance of experienced captain Emma Barnes, this newly formed team of inexperienced fencers held their own in many matches and even won in the Épée in a difficult match against UCL. After years of fielding a consistently strong team of épeéists the coach will now look to develop the new team members in the hope of fielding the promising Foilists and Sabreurs who have impressed in training this year.

There is a strong tradition of Fencing at City. To be a part of it, email fencing@city.ac.uk.
Looking forward

Construction work has begun on the site of the City University London Sports Centre, located on Goswell Road. The Centre is scheduled to open in Autumn 2014.

The University Sports Centre, designed by TP Bennett, will welcome students, staff, alumni and community users into a spacious facility that will house an impressive array of fitness equipment, sports hall and studios. The heart of the Centre will be a Sport England standard, high competition sports hall, with spectator seating for basketball, badminton, five-a-side football, volleyball, netball and other court games. There will be an impressive strength and conditioning section, with free-weights platforms and resistance equipment. This will be an important resource for students and members of the public alike, whether their focus is on training for health and wellbeing, rehabilitation or in support of sports performance. Purpose-built studios will accommodate group exercise, martial arts, yoga, pilates, spinning, and floor-based sports including fencing, dancing, cheerleading and table tennis.

Turn the page for a glimpse of what the new Sports Centre will look like.