



PRIFYSGOL  
**BANGOR**  
UNIVERSITY



CHWARAEON  
**CANOLFAN  
BRAILSFORD**  
SPORT

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

**FOOTBALL TRAINING CAMPS**



# CROESO I FANGOR

# WELCOME TO BANGOR

Steeped in history, minutes from the stunning mountains of Snowdonia and the glorious beaches of Anglesey, Bangor in North Wales is a small but lively University city.

Bangor University boasts an impressive range of indoor and outdoor sporting facilities including sports halls, several grass pitches, a FIFA and

World Rugby approved 3G pitch, AstroTurf, fitness rooms, eight lane athletics track, squash and tennis courts.

Canolfan Brailsford is the main sports centre and is located on the University's largest residential site. It provides the perfect environment for training camps with access to year round single en-suite accommodation and catering packages tailored to your team's requirements.



# OUTDOOR FACILITIES

The majority of our outdoor facilities are located on the Treborth site, an area of outstanding beauty with views across the Menai Strait. The site is a 5 minute drive from Canolfan Brailsford and features the following:

- **1 full size, floodlit FIFA & World Rugby approved 3G pitch**
- **4 full size grass football pitches (1x floodlit)**
- **1 eight lane athletics track**
- **A pavilion which includes meeting rooms and changing facilities**
- **A tower which can be used for video analysis**
- **Free parking**





# INDOOR FACILITIES

## Platform 81

This 25m by 18m strength and conditioning room is currently the Welsh Weightlifting National Training Centre and features a range of specialist weightlifting and S&C equipment.

The area boasts seven integrated weightlifting platforms, with one being 9m long, plus three standalone platforms. The floor is covered with top of the

range matting which enables you to lift in any area.

The excellent range of equipment includes Eleiko Olympic bars and weights, squat stands, pulling blocks, jerk blocks and technique bars, which are suitable for use by the elite and competitive weightlifter.

Other pieces of equipment that are available to use, include Olympic benches, a para powerlifting bench, two tier

dumbbell racks kitted out with a large selection of dumbbells, kettlebells, assault bikes, rowers, powercage and battle ropes. Also noteworthy is the wall mounted 4.8m long rig that can be used for a variety of exercises, as well as the 20m marked out track for sprint, bounding and plyometric work. The track can be used with sledges and harnesses or athletes can even take a walk/run with the disc loaded farmers walk frames.





## Lower floor gym

The lower floor gym is dedicated to resistance work. The premium range of resistance machines are fitted with consoles that give exercise guidance and help to track and record your workout if required.

The area is also home to a number of heavy duty plate loaded machines that include, leg press, hack squat, calf raise and shoulder press. In addition to this there are flat, incline and decline Olympic weightlifting benches, a Smith machine, preacher curl bench, dual adjustable machines, squat rack, a large selection of free weights and bars, as well as an excellent range of quality dumbbells.



## Upper floor gym

With scenic mountain views, our upper floor gym is equipped with a varied selection of around 50 pieces of top of the range cardiovascular machines. Each machine has a fitted console with TV, streaming, app and web services as well as a choice of workouts. In addition there is an excellent range of high quality, resistance machines with fitted consoles to track and record your workouts. This room provides the opportunity for resistance or cardiovascular workouts or allows you to combine the two for a total body workout.



## Other Facilities / Services

Our team of qualified and experienced staff can cater for all your strength and conditioning needs. A tailored programme could be developed for your players, please contact us for further details.

### Physio Room

Canolfan Brailsford has a physio room which can be used by your own physio or arrangements can be made for a local physiotherapist to provide treatments. Details and prices are available on request.





# ACCOMMODATION

Bangor University's accommodation and catering facilities are located on the Ffriddoedd site, alongside Canolfan Brailsford.

Our 4\* campus rooms are all en-suite single bedrooms, arranged within units of 8. Each flat has shared kitchen facilities which includes a cooker, fridge/ freezer, toaster, kettle and microwave.


Rooms come with bed linen and towels as standard and several of our rooms are suitable for those with access requirements.

We are able to provide access to rooms throughout the year.

## On site facilities include:

- **Sports bar**
- **Small grocery shop**
- **Catering facilities - full and half board packages can be provided**
- **Free parking**
- **Free Wi-Fi**
- **24 hour security**





*“Providing the right learning environment for both players and coaches is key to achieving success within a Football Association of Wales accredited academy. The Treborth sports facility has given us access to an elite performance centre for our first team and access to a state-of-the-art 3G facility for our development squad teams and academy players. This has enabled us to deliver our programme in fantastic surroundings. I would thoroughly recommend these facilities to any club or association.”*

**Dave Cavanagh**  
**Academy Manager / Head of Coaching. Caernarfon Town**  
**Football Club**

*‘The facilities at Treborth are not only amongst the best in North Wales, but within the entire country. From the changing rooms, to the running track and the immaculate grass and 3G pitches, everything is of the highest spec. It’s great to see how Treborth has developed into a leading sports venue over the past few years and I would highly recommend it to any sports team.’*

**Iwan Williams**  
**Chester FC Coach and Everton FC Scout**



# ADDITIONAL SERVICES

## Wellbeing

The Ffriddoedd accommodation site has plenty of outdoor green space which can be used by teams. We are also able to provide additional rooms for teams to meet. Our sports bar is located on the site, this boasts a pool table and multiple TV screens connected to Sky Sports & BT Sports – the perfect place to relax after a day's training.

## Catering

Our in house team has experience of catering for a wide range of events and will ensure that menus feature fresh, and where possible, locally sourced produce. We understand the importance of diet to elite athletes and the catering team will work with you to ensure that the dietary and nutritional requirements of your team is met. All catering is served on the Ffriddoedd site.



# GETTING HERE

## Travel to Bangor

### Air

The nearest airports to Bangor are Liverpool John Lennon Airport and Manchester Airport, which are both around 1.5 to 2 hours away.

### Road

There are good road links to Bangor along the North Wales coast from the M56 and M6. The journey from Bangor to Birmingham takes approximately 2 hours and 45 minutes.

### Rail

There are direct trains from London, Manchester, Crewe and Cardiff.

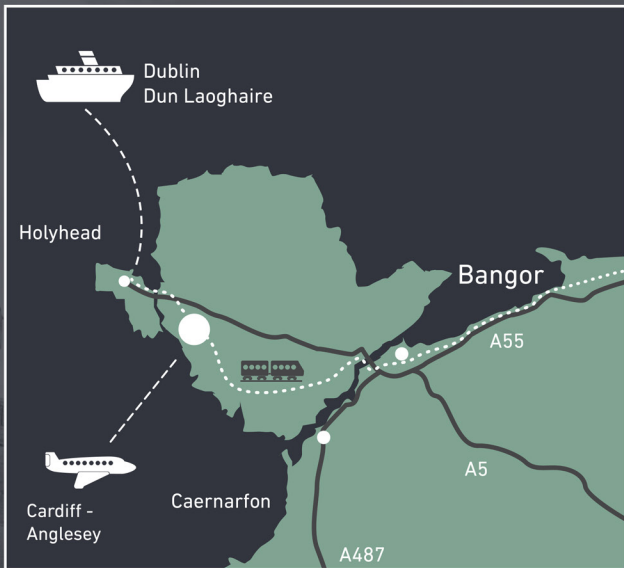
Estimated train journey times to Bangor:

- **Liverpool - 1.5 hours**
- **Manchester - 2 hours**
- **Birmingham - 3 hours**
- **London - 3 hours**
- **Cardiff - 4 hours**

### Sea

The nearest port is Holyhead, which has direct sailings from Ireland. It is a 30 minute journey from Holyhead to Bangor.





# OUR LOCATION

Bangor is located in North Wales, an area which has been described by Lonely Planet as one of the world's best regions. We're passionate about where we live and love to share our culture, heritage and attractions with others.

We can compile half or full day organised trips which showcase the best that the area has to offer and can also develop outdoor packages with local providers. Whether it's conquering the highest mountain in Wales, water sports on the stunning Lake Padarn or travelling at over 100mph on the fastest zip line in the world. We also have a number of golf courses on our doorstep.

Whatever your interests we can put together an itinerary based on your requirements.



# CONTACT US

Training camp provision will be supported by members of the University's sport staff and conference team. A single point of contact will be made available to teams both prior and during your training camp, ensuring that your requirements are met fully.

Contact details:

**Sports Operations Manager:**

Sam Wallwork

[s.wallwork@bangor.ac.uk](mailto:s.wallwork@bangor.ac.uk)

**Sports Development Manager:**

Iona Williams

[iona.williams@bangor.ac.uk](mailto:iona.williams@bangor.ac.uk)

We look forward to welcoming you

**Email**

[brailsford@bangor.ac.uk](mailto:brailsford@bangor.ac.uk)

**Website**

[www.bangor.ac.uk/brailsford](http://www.bangor.ac.uk/brailsford)

**Facebook**

[@CanolfanBrailsford](https://www.facebook.com/CanolfanBrailsford)

**Instagram**

[@chwaraeonbangorsport](https://www.instagram.com/chwaraeonbangorsport)

**Twitter**

[@BangorSport](https://twitter.com/BangorSport)