# THE PERFECT BASE Moulton

Located in the heart of the Northamptonshire countryside



## **IDEALLY SITUATED** WITH ACCESSIBLE **TRANSPORT LINKS**

Moulton College is located in the heart of the Northamptonshire countryside, centrally located between London and Birmingham.

The College has been established for 100 years and has extensive facilities to cater for a wide range of sporting events and camps. There's also accommodation and catering facilities on site, reducing the need to travel during your event or training camp. The facilities are used extensively for teaching purposes within the College however they are also run on a commercial basis, available for hire by clubs, organisations, local groups and professional sporting bodies.



## HOW TO GET TO **MOULTON COLLEGE**



**By Road:** The College is situated in the village of Moulton, which is 5 miles from the centre of Northampton. Moulton can be reached either by the A43 Northampton to Kettering Road or from the A508 Northampton to Market Harborough Road. In either case, avoid signs for Moulton Park as this is an industrial estate.



By Rail: Rail users may travel to the nearby By Rall: Rall users may craver to the taxi), which is Northampton Station (15 minutes by taxi), which is a main line station with regular services to London, Birmingham and elsewhere in the UK.

**By Air:** Heathrow (2 hours by car), Gatwick (2<sup>1</sup>/<sub>2</sub> hours by car) and Birmingham (1 hour by car) are within easy reach of Moulton via the UK motorway network. All airports have regular scheduled flights to all parts of the UK, Europe and International destinations.

#### If you are using satellite navigation you should enter one of the following postcodes:

- Moulton Centre NN3 7RR
- Holcot Centre NN3 7SX
- Pitsford Centre, Management Centre and Lodge Farm - NN3 7QL



## INTERNATIONAL STANDARD SPORT FACILITIES

At Moulton College we are extremely proud of the range and quality of facilities that we are able to offer to both our students and commercial clients.

This guide aims to provide you with an overview of the sports facilities and amenities on offer at the College. However, nothing can beat taking a look for yourself so please contact us to arrange for a tour and we will be happy to discuss your exact requirements.





## **OUR FACILITIES INCLUDE**

- Two sports halls one 32 x 14m multi purpose sport hall and the other a 24m x 44m indoor Futsal and Hockey Hall
- Fitness suite with studio
- Indoor and outdoor changing facilities
- Two full size rugby pitches
- Specialist free weights facility
- Two full size football pitches
- Training areas
- Junior and mini-soccer pitches
- Floodlit sand-based artificial pitch
- Tennis courts
- Netball courts
- Floodlit rubber-based artificial pitch
- Athletics track

## **OUR FACILITIES**

#### The John Ashby Sports Hall Holcot Centre

The John Ashby Sports Hall was opened in July 2000 and is a modern, multi-purpose sports hall. The hall is used extensively for teaching during College hours and is available for hire on a commercial basis out of academic hours. It caters for a wide variety of sports including badminton, basketball, volleyball, archery, fencing and karate. A broad range of equipment is also available to use for these sports.

Some of the Centre's external clients include: Northampton Town Football Club, Northampton Saints Rugby Club, Northampton Martial Arts Clubs, Titans Basketball Club and numerous other sports teams.

In recent years the Hall has been used for conferencing and the annual College awards ceremonies, celebrating the achievements of College students during the academic year.

#### Indoor Sports Arena Pitsford Centre

A second indoor sports arena, with both indoor and outdoor changing facilities, has been open since early 2007 at the Pitsford Centre. The indoor arena provides a comprehensive range of additional facilities.

The playing area in the Pitsford arena is 40 × 20 metres, with a specialist free weights facility designed for use by teams and academies, as well as providing a training resource for professional clubs.

Also included in the arena is a climbing wall and a four platform strength and conditioning gym.

Futsal, netball and fencing activities are already well established at the arena and the variety of activities continues to grow, including a number of high profile events and competitions for numerous regular clients who use other facilities on the campus.

Most recently the Pitsford Centre has hosted the England Futsal squad and the England Hockey squads for training camps and is the home of the Great Britain Para Fencing team who host many of their training camps at this site.

#### The Fitness Suite

The fully air-conditioned Fitness Suite and Studio complement the College training and teaching facilities superbly.

The Fitness Suite has 17 stations including cardio and resistance machines, as well as a free-weights and stretching area. The Suite is an excellent facility for users to reach their health and fitness goals, and assist in the academic activities of students.

The Studio is home to a dance school, and is also used to deliver spinning classes; a motivational group exercise involving cycling to inspirational music.

A number of the sports facility staff are trained as fitness instructors and personal trainers to help members with their exercise requirements.

The Fitness Suite provides particular benefit to all full-time sports students and residential students, as membership is offered as part of the course or residency. It also provides access to a modern fitness facility, at a competitive rate, for staff and other students throughout the College.



# **OUR FACILITIES CONTINUED**

## The Holcot Sports Pitches

The high quality sports pitches at the Holcot Centre support the College football and rugby academies. Currently two full-size football pitches measuring 110 × 70 metres, one rugby pitch measuring 120 × 75 metres and three training areas are available for use.

The excellent quality of the turf is reflected by the clients that use our pitches. Northampton Town Football Club's Centre of Excellence youth teams train at the College throughout the year. The rugby pitch is also used for county rugby squads as well as visiting international teams.

#### The Pitsford Sports Pitches

The sports pitches at the Pitsford Centre were used for the first time during the 2007-08 season and are proving to be surfaces of excellent quality. Two football pitches measuring 60 × 90 metres and 70 × 110 metres and a floodlit rugby pitch measuring 120 × 70 metres, are an excellent addition to the playing fields at the College. These pitches are used frequently by College academies as well as external clients, including Stoke City Football Club and many England rugby squads.

### Tennis and Netball Courts

Six floodlit all weather courts, which can be set up for tennis, netball or football, are also available adjacent to the sandbased artificial pitch. The courts are currently booked to host a number of clubs training as well as for community sessions. The tennis courts are available throughout the summer on a pay-as-you-play basis and as part of fitness suite membership to members of staff, students and the public.

#### Athletics Track

This eight-lane track and field athletics facility was built to meet **UK Athletics Competition 'Class** A' Certification Standard. The track not only benefits Moulton students but also the local community including the Rugby and Northampton Athletics Association Club, Northampton Athletics Club and Northamptonshire Triathlon Club. Moulton College has also introduced a new Athletics Academy offering young people the opportunity to study towards a Level 3 Diploma in Sports and Fitness alongside a range of practical sports activities. In addition, there has been several training courses and camps held at the College by England Athletics.



#### **Artificial Pitches**

The newly resurfaced rubber crumb artificial pitch was the first thirdgeneration pitch to be developed in the county. The rubber crumb based surface is specifically designed to accommodate both football and rugby. The surface, sanctioned by the Football Association for tournament match play allows more fixtures to ao ahead during periods of adverse weather, helping to maintain the quality of the grass pitches. Extensively used by the FA for their coaching programmes, the artificial pitch is also heavily used within the College programmes, providing a facility of outstanding quality for students and external clients.

The dimensions of the artificial pitch are 93 × 57 metres. The pitch can also be set out as four five-a-side pitches or two seven-a-side pitches. This pitch is home to various smallsided football leagues as well as several recreational football clubs.

A full-size, sand artificial pitch, which can be used for hockey or football, has been a superb addition to the complex. It can be used as one full size pitch or divided into thirds for smaller size games, and is also fully floodlit. The sand artificial pitch is used for hockey training and match play and is also used by football teams for training and match purposes.

The water-based hockey pitch is based at the Pitsford Centre. Fully floodlit, the pitch provides a carpet surface that utilises water cannons to wet the playing area pre-match, reducing the friction on the ball and enhancing the speed and quality of play. The pitch provides a truly magnificent facility that supports the academic programmes, as well as providing a further facility for hire by external clients. Local, regional and international hockey teams use the facility extensively throughout the year.



## ACCOMMODATION

A major benefit of utilising the facilities at Moulton College is the availability of good quality accommodation on campus, removing the need to transport athletes between training grounds and their residences.

Our accommodation aims to provide guests with a safe and restful environment which will provide your members with every opportunity to fulfil their potential during your event.

We have approximately 340 bed spaces in our halls of residences. All of the rooms are en-suite and we offer catered and self-catered options.

#### Other benefits include:

- Wi-fi internet provided free of charge
- Secure card access to all residential blocks
- On-site, coin-operated laundry facilities
- Extensive on-site parking

Accommodation is located at both our Moulton Centre and our Holcot Centre, both easily accessible and within walking distance of our extensive sport facilities.

At the Moulton Centre each residential block has a common room / kitchenette which is equipped with a microwave, fridge, kettle, iron and ironing board. This accommodation has both single and twin en-suite room options.

Accommodation at our Holcot Centre is self-catered with all halls having kitchens which are equipped with a cooker, fridge/freezer, microwave, kettle, toaster, iron and ironing board. Guests staying in these halls are still welcome to opt for a catered option if preferred.





## CATERING

We are also able to provide a range of catering services to suit your specific requirements.

These include breakfasts, light lunches, buffets and formal dinners.

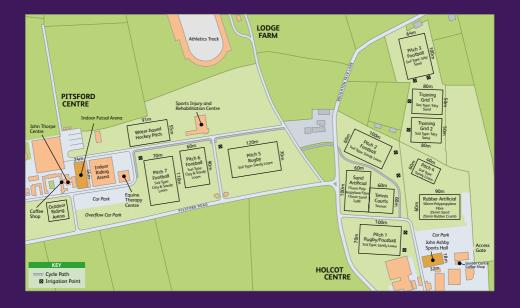
All of the food is prepared by our catering team onsite and all dietary requirements can be accommodated.

The attached Hospitality & Event Catering Guide provides more information including guideline prices.



## OUR PROVEN TRACK RECORD

We are proud to have hosted a number of professional, national and international sporting associations and clubs, all of whom have enjoyed the extensive facilities available and the convenience of staying on-site.



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