



WINCHESTER PERSONAL BESTS

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2026

Participant, Family Carer and Day Service pack

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Introduction

We're delighted to welcome you to the 14th Winchester Personal Bests!

Inspired by the London 2012 Paralympic Games, Personal Bests began with just 33 participants and has grown into a much-loved annual celebration, bringing together over 200 adults with learning disabilities from across Winchester and Hampshire.

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But Personal Bests is about much more than sport. It's about friendship, connection and belonging – meeting new people, trying something different, cheering each other on and celebrating what everyone can achieve.

Over the years, we've seen confidence grow, friendships flourish and connections between participants, coaches and clubs lead to new opportunities to stay active long after the event.

Whether this is your first Personal Bests or your 14th, we're excited to share another brilliant day of sport, friendship, fun and achievement!



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Event aim & objectives

To bring together people with learning disabilities for a day of sport that inspires confidence, builds connections, and encourages regular participation in physical activity. Our objectives are:

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- **Inspire Participation in Inclusive Sport**

Create exciting opportunities for individuals with disabilities to enjoy a wide range of fun, accessible sporting activities.

- **Celebrate Achievement and Build Confidence**

Ensure every participant feels a sense of accomplishment and receives recognition for their personal progress.

- **Promote Disability Sport and Healthy Living**

Raise awareness of disability sport and encourage active, healthy lifestyles within the community.

- **Create Lasting Connections and Opportunities**

Foster collaboration between support providers and local coaches/clubs, and guide participants toward ongoing local activities and sports.

- **Empower Through Involvement and Education**

Involve participants in shaping events, and offer training to staff, volunteers, and instructors to better support individuals with autism and learning disabilities.



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Roles & responsibilities

The event is management team (EMT)

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Organisation	Member of EMT	Site
	Betty Chadwick Kevin Stevens	WSLP & UoW
	Calum Drummond	WSLP & UoW
	Bex Woodford	WSLP
	Ryan Sanger	UoW

*WSLP – Winchester Sport and Leisure Park (the leisure centre)

UoW – University of Winchester (the athletics track and astro turf area)

It is the event management team's responsibility to:

- Plan and deliver a successful event.
- Coordinate bookings and registration.
- Promote and advertise the event.
- Provide regular communication (i.e. any updates/ changes) to coaches, volunteers, day services, carers, and participants.
- Be the main point of contact for coaches, volunteers, day services, carers, and participants.
- Ensure everyone associated with the event is safe throughout the day.

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Coaches

Coach	Activity	Organisation
David Howells	Athletics	
Andy Fisher	Athletics	
Ben Harris	Football	
Michael	Powell	
Rob and Sonia Volpe	Circuits	
Glyn Parkin	Boxing	
Lorna Chapman	Yoga	
Brian Ward	Squash	

A huge thanks to our coaches and the organisations that they represent in their generous support of the Winchester Personal Bests 2026.

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Our coaches will:

- **Deliver Inclusive, Safe, and Enjoyable Sessions**

Plan and lead well-structured activities that are fun, engaging, and safe for everyone involved.

- **Encourage and Involve All Participants**

Support and motivate participants of all abilities, making sure everyone feels included and valued.

- **Adapt to Individual Needs**

Be understanding and flexible—respecting different needs and allowing space for rest or time out when needed.

- **Be Prepared**

Bring any necessary equipment and complete risk assessments to ensure a smooth and safe session.

- **Foster a Positive and Supportive Environment**

Create a welcoming atmosphere where all participants feel respected, confident, and part of the team.

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Volunteers

There will be about 60 volunteers to help the day run smoothly.

They will be wearing RED T-shirts.

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Volunteers are not support workers or care providers. They are there to help participants have a great day. Volunteers have been advised not to provide any personal care (e.g. not to accompany any participants into toilet cubicles).

Our volunteers will have a range of experience of people with learning disabilities – for some the Personal Bests will be the first time that they see how fantastic the learning disability community is.

Volunteers and coaches have been invited to attend our online autism awareness session to help increase understanding around some of the extra challenges our autistic and learning-disabled participants may face on the day. Day service staff and family carers are also very welcome to attend:

✳️ Neurodiversity Awareness training session (on Teams) – recording available online

Day: **Wednesday 26th August 2026**

Time: 18:00 – 19:00

[🔗 Neurodiversity Awareness session | Meeting-Join | Microsoft Teams](#)

Meeting ID: 331 245 664 548 583

Passcode: ZS2jS6Z8

Or view the recording here 

www.activeld.org/news-article/neurodiversity-awareness-2026

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Event information

Volunteer Briefing (on Teams)

Day service staff and carers are also welcome to attend our volunteer briefing (strongly recommended for staff who have not attended the event before).

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Day: **Tuesday 1st September 2026**

Time: 18:00 – 19:00

 [Winchester Personal Bests Volunteer Briefing | Meeting-Join | Microsoft Teams](#)

Meeting ID: 386 179 958 849 316

Passcode: Az9ju2rX

Recording here 

www.activeld.org/news-article/winchester-personal-bests-volunteer-briefing-2

Personal Bests – Event Day

Day: Thursday 3rd September 2026

Participants Arrive: 09:30 – 09:45

Event Start: 10:00

Event Finish: 15:00

*Please let Betty know if you will be arriving late (events@activeld.org or 07884 063201) so that we know what time to expect you.

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Venue:

The Winchester Personal Best runs across 2 adjacent sites:

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- Winchester Sport & Leisure Park (Bar End Road, SO23 9NR) - **WSLP**
- University of Winchester Sports Stadium (Milland Road, SO23 0QA) - **UoW**.

Access and parking

Please advise Betty (events@activeld.org) in advance if you are bringing a minibus so that your parking can be allocated.

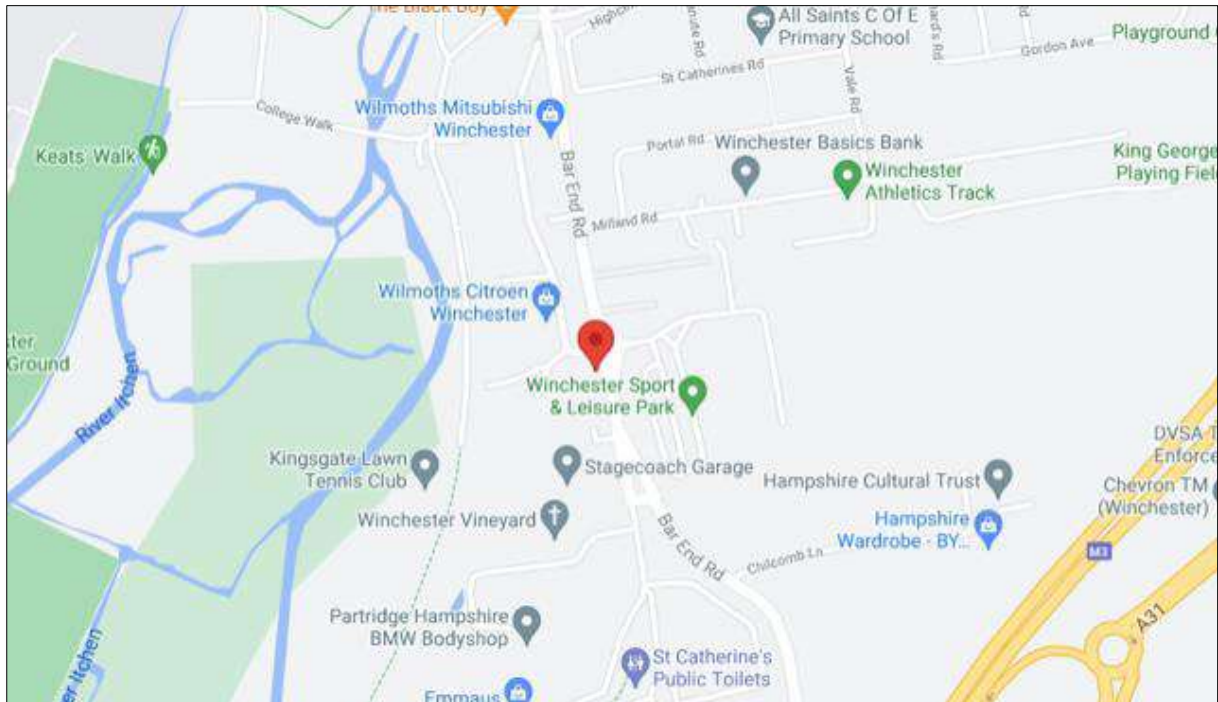
Minibuses will be invited to park at the University of Winchester Sports Stadium which can be located using the following address: Milland Road, Winchester, SO23 0QA.

There are disabled parking bays at the Winchester Sport & Leisure Park (SO23 9NR) but these are limited and will not be reserved.

If you wish to park for the whole day, we recommend using the Barfield Park & Ride car park (SO23 9PH) which is just opposite the leisure centre.

The map below shows the location of both sites and how to access the Winchester Sport & Leisure Park and University of Winchester Sports Stadium

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Both venues are situated within walking distance of each other. The event will have access to:

- 8 court sports hall [WSLP]
- 4 glass-backed squash courts [WSLP]
- 2 group exercise studios [WSLP]
- Floodlit all weather pitch [UoW]
- 8 lane athletics track [UoW]

Participant fee

All participants will have paid £15.00 to attend the event. Upon arrival they will be given Personal Bests T-shirt and a water bottle.

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On the day registration [09:30 – 09:45]

Registration will take place at the Winchester Sport & Leisure Park reception, in a designated area. This will be easily visible, and well sign posted for participants and day-services.

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You will be directed to your Country Team in the main sports hall and introduced to your Country Volunteers.

Participants will be helped to collect their:

- ◆ T-shirt
- ◆ water bottle
- ◆ coloured county wristband
- ◆ name badge

Name badges:

- White name badges if ok for photos/film to be taken
- RED name badges if no photo/film consent.

Welcome and warm up start at about 10:00am.

Don't worry if you are running late – we will help you to join your group when you arrive.

What to wear & what to bring

Participants will be given an event T-shirt when they arrive. They are encouraged to wear it during the event, but there is no problem if they prefer not to.

- Lunch and snacks
- Bottle of water
- Comfortable footwear

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- Sun cream, sun hat, a rain jacket, and a foldable chair (if you wish to take regular breaks)
- Sunglasses (if needed)
- Noise-cancelling headphones if needed (the event is busy and can get noisy, ear defenders are recommended for participants who are particularly sensitive to noise).
- Fidget toys, communication cards and/or a favourite comfort item if needed.
- Personal medical requirements (our volunteers, coaches and event staff do not provide personal or medical care. If a participant requires help with medication they will need their carer/support to assist them with this).

There are lockers available by the sports hall. You will need a £1 coin to use them. We encourage participants not to bring valuables (e.g. jewellery) with them. Bags can also be labelled and left in the sports hall during the day.

Each county team will have a pack containing communication cards which can be borrowed during the day

Timeline

The timeline below sets out the running of the day. Participants have been asked to arrive between 09:30 – 09:45 for registration. This will ensure all activities start promptly, with our warm up at 10:00.

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Time	Activity
09:30 – 10:00	Event registration
10:00 – 10:15	Warm up
10:25 – 10:50	Activity 1
11:00 – 11:25	Activity 2
11:35 – 12:00	Activity 3
12:10 – 12:40	Lunch
12:50 – 13:15	Activity 4
13:25 – 13:50	Activity 5
14:00 – 14:25	Activity 6
14:35 – 14:55	Award ceremony
14:55 – 15:00	Finish and leave
15:00 – 15:30	EMT close site/ pack up

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ACTIVITIES

Participants will have the opportunity to take part in 6 different sports, each for 25 minutes. These will be delivered by a qualified, DBS checked sports coach.

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1. Football
2. Cricket
3. Athletics
4. Boxing
5. Squash
6. Low Level Circuits and Yoga

Around 200 adults with learning disabilities are expected to attend Personal Bests this year. Some participants will also be wheelchair users and/or have impaired sight and/or hearing. There will be qualified coaches who will be delivering engaging sessions, with around 60 volunteers to support, along with participant carers and day service staff.

There will be copies of the event timetable available throughout the site and with the coaches and volunteers.

Activity	Location	
	Good weather plan ☀️	Wet weather plan ☁️
Football	Astro (Outside)	Main Hall (Inside)
Cricket	Astro (Outside)	Main Hall (Inside)
Athletics	Athletics track (Outside)	Main Hall (Inside)
Boxing	Athletics track (Outside)	Spin studio (Inside + upstairs)
Squash	Squash courts (Inside)	Squash courts (Inside)
Circuits and Yoga	Studio 2 (inside + upstairs)	Studio 2 (Inside + upstairs)

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FOOTBALL	
Instructors:	Ben Harris
Activities:	• Passing • Dribbling • Penalty shootout
CRICKET	
Instructors:	Michael Powell
Activities:	• Throwing & catching • Batting
ATHLETICS	
Instructors:	David Howells and Andy Fisher
Activities:	• Running • Throwing
BOXING	
Instructors:	Glyn Parkin and Alex May
Activities:	• Various boxing drills
SQUASH	
Instructors:	Brian Ward
Activities:	• Squash buddies • Rallies in groups
LOW-LEVEL CIRCUITS	
Instructors:	Sonia Volpe & Rob Volpe
Activities:	• Group exercise class
YOGA	
Instructors:	Lorna Chapman
Activities:	• Yoga stretches • Yoga routines

EVENT TIMETABLE

	ALL-WEATHER PITCH	ALL WEATHER PITCH	ATHLETICS TRACK	SQUASH COURTS	STUDIO 2 (UPSTAIRS)	ATHLETICS FIELD	LUNCH SPORTS HALL (SH)	PRESENTATION SPORTS HALL (SH)
TEAM	CRICKET 25 MINS	FOOTBALL 25 MINS	ATHLETICS 25 MINS	SQUASH 25 MINS	YOGA (ss) & CIRCUITS (s) 25 MINS	BOXING 25 MINS	30 MINS	20 MINS
GREAT BRITAIN	10:25 – 10:50 (first activity)	11:00 – 11:25	11:35 – 12:00	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	12:10 – 12:40	14:35 – 14:55
SPAIN	14:00 – 14:25	10:25 – 10:50 (first activity)	11:00 – 11:25	11:35 – 12:00	12:50 – 13:15	13:25 – 13:50	12:10 – 12:40	14:35 – 14:55
FRANCE	13:25 – 13:50	14:00 – 14:25	10:25 – 10:50 (first activity)	11:00 – 11:25	11:35 – 12:00	12:50 – 13:15	12:10 – 12:40	14:35 – 14:55
ITALY	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	10:25 – 10:50 (first activity)	11:00 – 11:25	11:35 – 12:00	12:10 – 12:40	14:35 – 14:55
GERMANY	11:35 – 12:00	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	10:25 – 10:50 (first activity)	11:00 – 11:25	12:10 – 12:40	14:35 – 14:55
UKRAINE	11:00 – 11:25	11:35 – 12:00	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	10:25 – 10:50 (first activity)	12:10 – 12:40	14:35 – 14:55

Team Timetables

1. GREAT BRITAIN

CRICKET	FOOTBALL	ATHLETICS	LUNCH	SQUASH	CIRCUITS AND YOGA	BOXING	PRESENTATION
10:25 – 10:50	11:00 – 11:25	11:35 – 12:00	12:10 – 12:40	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	14:35 – 14:55

2. SPAIN

FOOTBALL	ATHLETICS	SQUASH	LUNCH	CIRCUITS AND YOGA	BOXING	CRICKET	PRESENTATION
10:25 – 10:50	11:00 – 11:25	11:35 – 12:00	12:10 – 12:40	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	14:35 – 14:55

3. FRANCE

ATHLETICS	SQUASH	CIRCUITS AND YOGA	LUNCH	BOXING	CRICKET	FOOTBALL	PRESENTATION
10:25 – 10:50	11:00 – 11:25	11:35 – 12:00	12:10 – 12:40	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	14:35 – 14:55

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4. ITALY

SQUASH	CIRCUITS AND YOGA	BOXING	LUNCH	CRICKET	FOOTBALL	ATHLETICS	PRESENTATION
10:25 – 10:50	11:00 – 11:25	11:35 – 12:00	12:10 – 12:40	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	14:35 – 14:55

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5. GERMANY

CIRCUITS AND YOGA	BOXING	CRICKET	LUNCH	FOOTBALL	ATHLETICS	SQUASH	PRESENTATION
10:25 – 10:50	11:00 – 11:25	11:35 – 12:00	12:10 – 12:40	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	14:35 – 14:55

6. UKRAINE

BOXING	CRICKET	FOOTBALL	LUNCH	ATHLETICS	SQUASH	CIRCUITS AND YOGA	PRESENTATION
10:25 – 10:50	11:00 – 11:25	11:35 – 12:00	12:10 – 12:40	12:50 – 13:15	13:25 – 13:50	14:00 – 14:25	14:35 – 14:55

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Certificates and medals

Towards the end of the last activity (14:00-14:25), coaches and volunteers will hand out the 'participation' certificates and medals to those in their group. Recognition of the achievements of ALL participants is an important part of the Personal Bests event.

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Awards ceremony

The awards ceremony will take place at 14:35 in the sports hall. The following prizes/awards will be given to teams and individuals during the awards ceremony:

- Star of Each Activity: Certificate and Trophy
- Star of Bravery and biggest smile: Certificate and Trophy
- Overall Individual Star: Certificate and Trophy

Event control

The event is organised by Winchester City Council in partnership with Everyone Active, the University of Winchester and Active LD. In an emergency, the emergency services will be contacted and will arrive on-site.

First aid & reporting

All accidents and injuries that occur will be dealt with by either Everyone Active or the University of Winchester staff, all of which are first aid qualified to deal with minor medical situations. All accidents will be recorded. In the unlikely occurrence of a major injury, then a member of staff will call the emergency services.

Weather permitting, some of the event will take place outside. Please be aware that wasps, bees and other stinging insects are around at the end of the summer. We recommend participants and/or the people supporting them consider bringing antihistamine tablets/creams in case of being stung. The event first aiders are unable to provide topical (creams) or tablet medication.

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Toilets

Toilets are available for participants to use during the day and are located within the Winchester Sport and Leisure Park and the University Sports Stadium. Signs will be clearly displayed providing clear direction.

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Water

Drinking water is available at the water fountains at both the leisure centre and the University Sports Stadium.

Food & hygiene

Participants are expected to bring their own packed lunch; however, food will be available to purchase from the leisure centre's café. The café is card only. Participants are expected to clear up after themselves and place all rubbish in the bins.

Lost participant

In the unlikely occurrence that a participant is missing; coaches, staff, carers and volunteers will report this to the Winchester Sport & Leisure Park or the University of Winchester Sports Stadium reception. Staff will then carry out the necessary procedures to search the building and surrounding areas.

Each participant will be given a coloured wrist band to help identify which team/country they are in.

Safeguarding & welfare

The welfare of vulnerable people is taken very seriously by the event team. A copy of the Personal Bests Safeguarding policy can be found on Active LD's website: <https://www.activeld.org/policies>

All participants are required to provide the following before attending:

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- A completed registration form including signed disclaimer
- A record of whether they have given consent for photographs to be shared.
- Day services and learning disability group leaders are advised to complete a risk assessment for their group's participation at the Personal Bests (in the same way that they would for other day trips/outings).

Photography & filming

Photos and filming will take place during the event to capture the fun, showcase our amazing facilities, and help new participants know what to expect at future events. Consent has been gathered at registration.

Anyone who does not want to be filmed or photographed will be clearly identified by:

- **White wristband**
- **RED name badge**

The red name badge for 'NO PHOTOS' also applies to participants, volunteers, staff, and carers.

Sharing Photos

We love capturing special moments at Personal Bests!

If you have photos to share, please send them to: events@activeld.org or 07884 063201

Please do not post photos of participants on personal social media, to respect privacy and consent (unless you have the appropriate consent in place).

Feel free to share photos from our official posts - these will only include those who have given consent.

We would love to encourage you to share photos from our social media posts (which will be checked for photo sharing consent prior to being published).

Noise

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We are aware that some participants will be sensitive to noise, and they may prefer to have some chill out time. There will be a designated Quiet Space in the leisure centre and a gazebo at the sports stadium for participants who need some time out.

People who are sensitive to noise are encouraged to bring ear defenders.

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Everyone Active staff will also be asked to only use the tannoy in emergencies as some participants may find this disturbing.

Quiet Space

Quiet Spaces

There will be designated Quiet Spaces at the event for participants to take some time out if needed.

Fidget toys and communication cards will be provided in the Quiet Space.

Signs

There will be signs/ directions displayed throughout the leisure centre and across the sports stadium to ensure participants know where each activity is located.

Risk assessments

Risk assessments have been completed by our coaches and are available on request.

We recommend all day services risk assess the event for the participants they are supporting prior to arriving at the event. It's a busy day with lots going on and we know how helpful it is when groups come prepared.

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Cancellation Policy

In extreme circumstances, the Event Management Team may need to make the difficult decision to cancel the event – for example in response to severe weather or severe weather warning. This will be posted on our website (www.activeld.org/personal-bests) and on Active LD's social media (Facebook/Instagram).

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If the event needs to be cancelled, Active LD will try to arrange visits to participants at day services with PB T-shirts and medals after Thursday 3rd September.

If participants are unable to attend, they can still receive their T-shirt (and medal) as these have been pre-ordered.

Sadly, we are unable to offer refunds.

Contact details on the day:

Betty Chadwick: 07884 063201

Kevin Stevens: 07598 406120

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Sensory Guide Information



- The maps are broken into the different areas with symbols that identify sensory stimuli that might affect cognitive and sensory processing issues.
- A café is available inside the centre on the ground floor near the entrance.
- Near the athletics ground are picnic tables and chairs, including seating placed around the ground.
- There are certain pinch points where it will become crowded with people.
- Be mindful of weather changes especially the sun when outside on the all weather (astro) pitch.

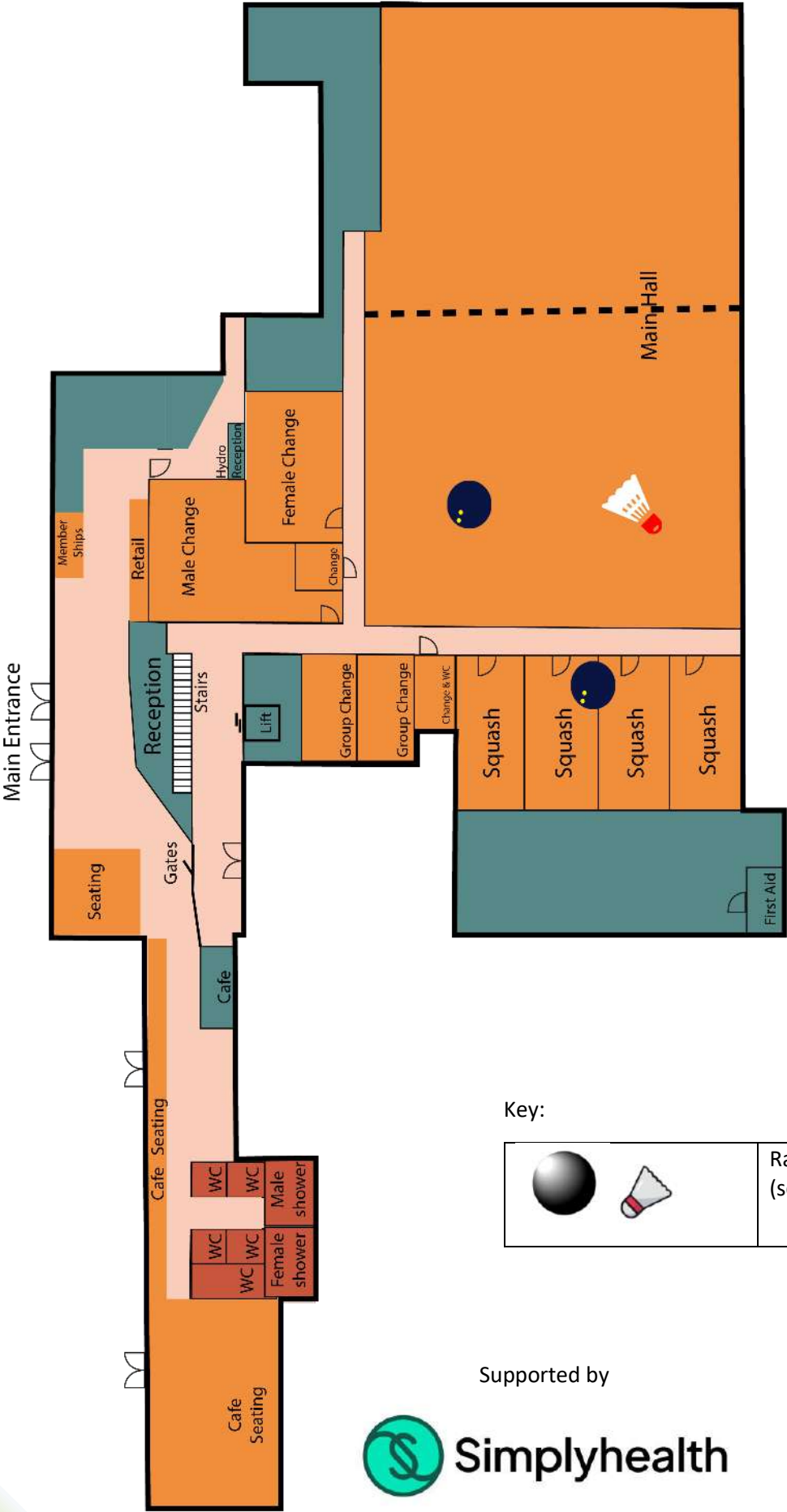
Strategies

- Find a quiet place to recover or visit the sensory room.
- Vision – Sunglasses
- Hearing – Ear defenders or ear buds
- Smell – Scented handkerchief
- Taste – Avoid
- Touch Avoid

Please tell the site volunteers if you have any specific sensitivities and they will try to help you manage.

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WINCHESTER SPORT & LEISURE PARK - GROUND FLOOR



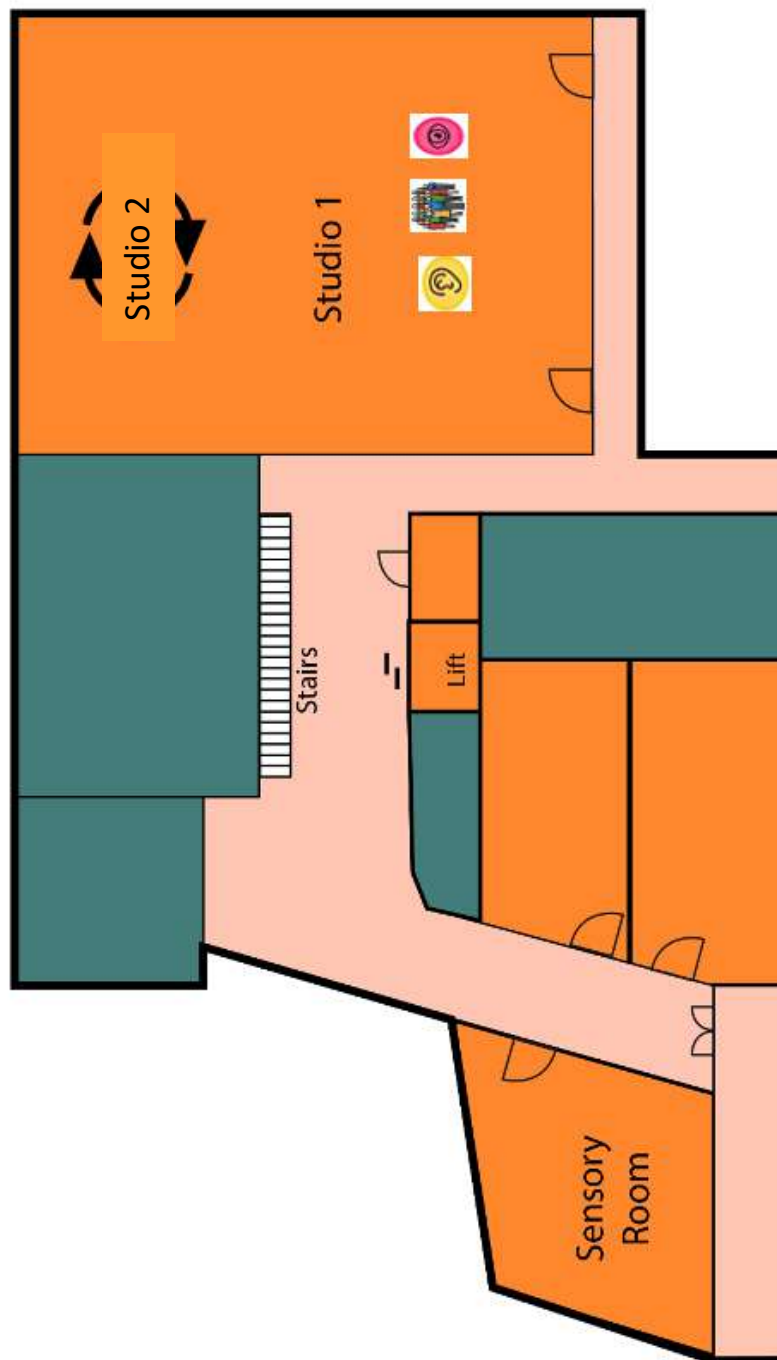
Key:

		Racquet sports (squash)
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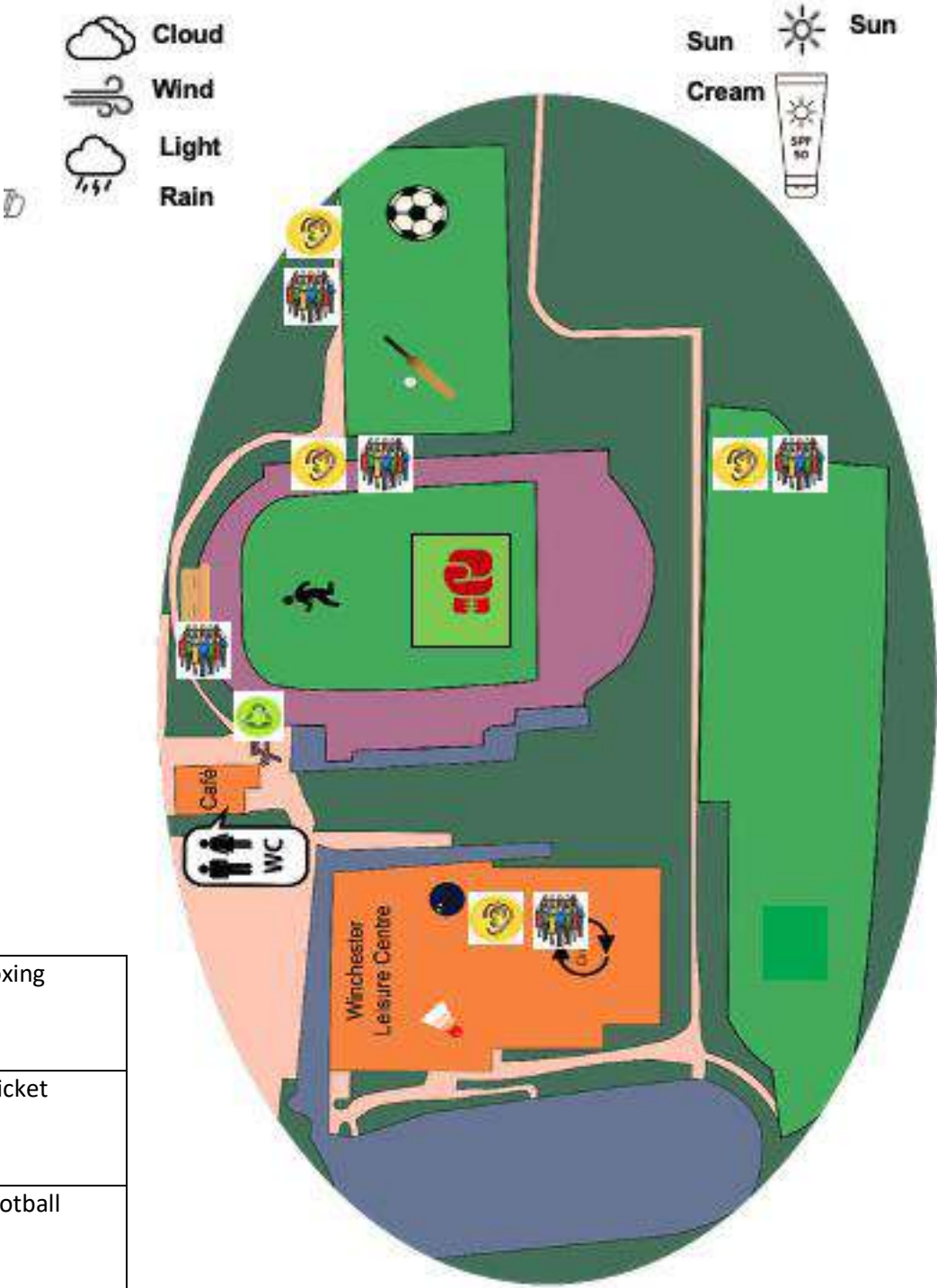
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WINCHESTER SPORT & LEISURE PARK - FIRST FLOOR



RUNNING TRACK, BOXING & ALL WEATHER PITCH



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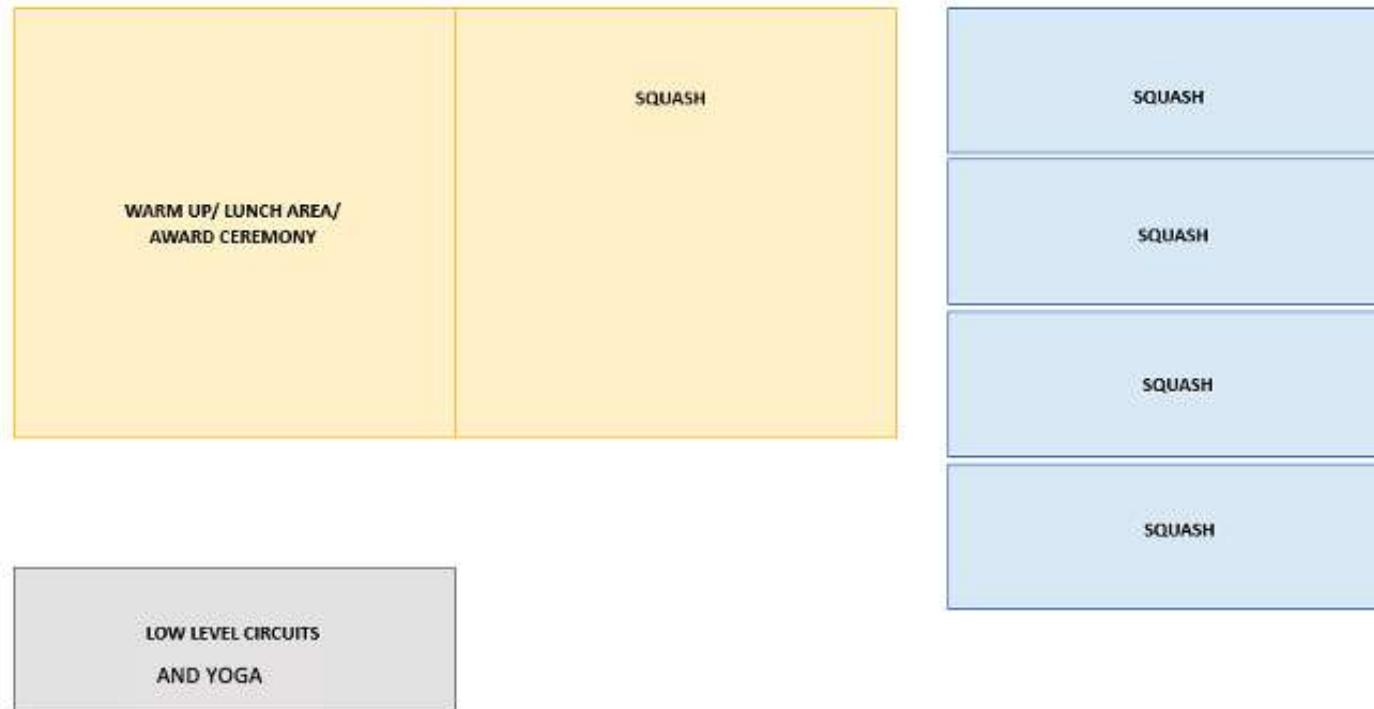
	Boxing
	Cricket
	Football
	Athletics

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A: WINCHESTER SPORT & LEISURE PARK – SITE PLAN



B: WINCHESTER SPORT & LEISURE PARK – ACTIVITY SITE PLAN [INSIDE]



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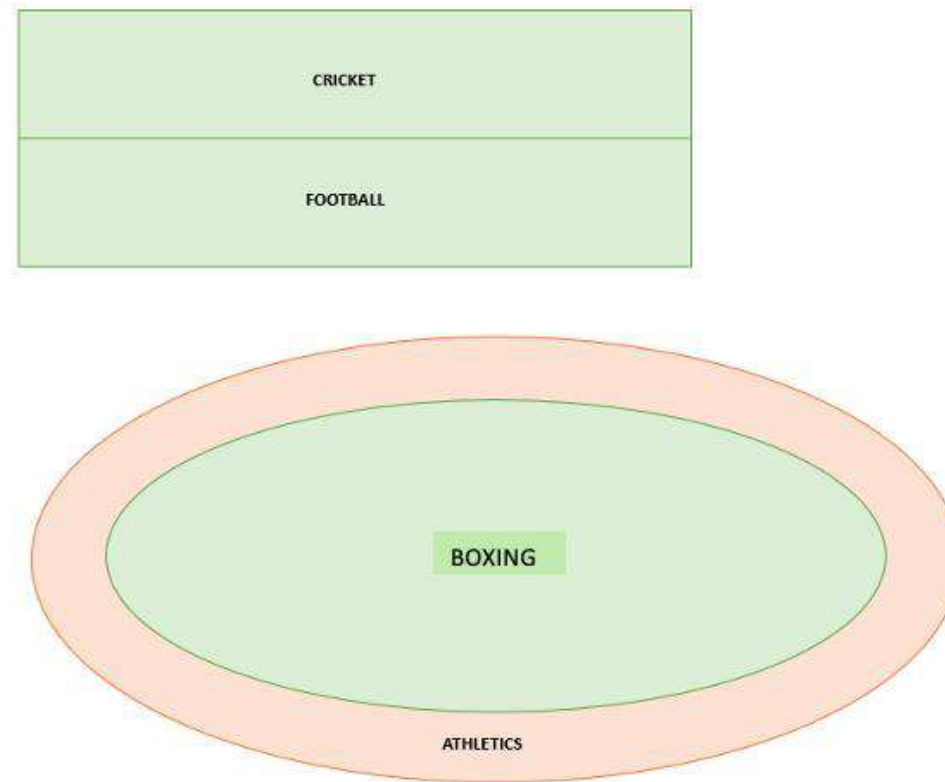
C: UNIVERSITY OF WINCHESTER SPORTS STADIUM – SITE PLAN



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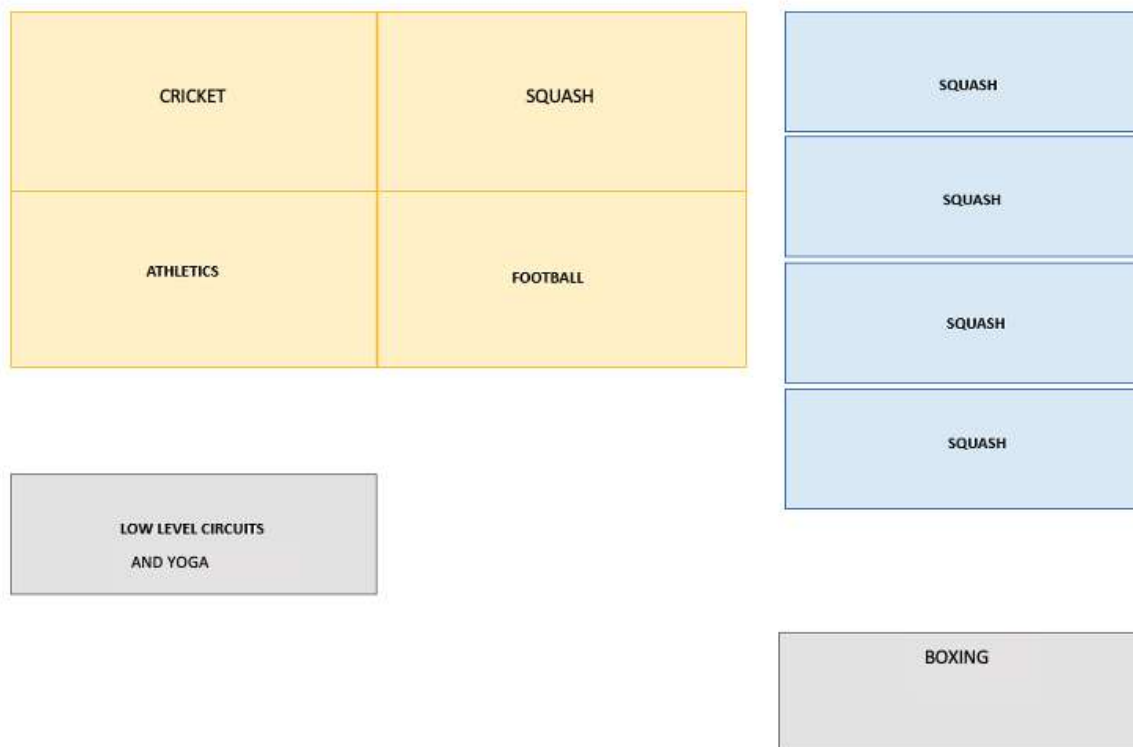
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WINCHESTER SPORT & LEISURE PARK – EXTREME WEATHER PLAN



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