

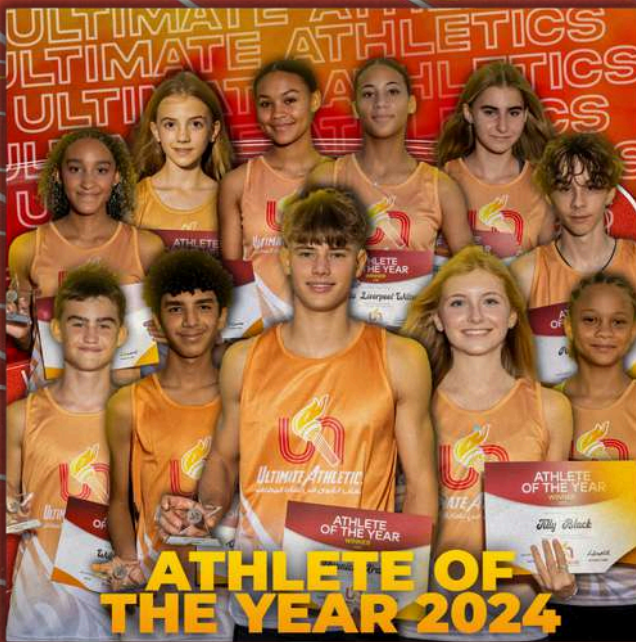
ULTIMATE NEWS

WHATS GOING ON IN YOUR CLUB!

SEPTEMBER 2024 EDITION



NEWS



Congratulations to our 11 Athletes Awarded the Golden Vest for an outstanding 2024 Season.

Golden Athletics 🍷

ATHLETES SUCCESS



Competition Win A Pair of NB Spikes! Slide page and follow the steps 😊



MEET LAURA

Our Scholarship partner FirstPoint USA is currently in Dubai and Laura Lewis, FirstPoint USA Director of Olympic Sports will be attending training at DIA AL Barsha next **week - Thursday 10th October** between 6.45pm - 8.15pm to answer any parent or athlete queries on sports scholarships. Target age is 15+

FIRSTPOINT HAVE RECENTLY PLACED JASMINE CRAWLEY IN TEXAS AND A FEW MORE OF OUR 2025 GRADUATES HAVE SOME GREAT OFFERS COMING IN!!

VISIT



EVENTS



FOOD FOR FUEL

Eat well.....Train well!!!

You are burning off between 300-800 calories during each training session, so you need to eat well to give you the energy. Learn about optimal Nutrition in our upcoming Seminar!

Food is our Fuel.

ULTIMATE NUTRITION SEMINAR

Sunday 20th Oct 5pm - 6pm DIA Al Barsha Auditorium.

- ☛ Guest Speaker
- ☛ Wafaa Bouatta
- ☛ Master's in Training and Sports Nutrition

SIGN UP HERE TO ATTEND



iNOURISHED
SIDE BY SIDE

NUTRITION SEMINAR
SUN 20TH OCTOBER DIA AL BARSHA AUDITORIUM

FREE FOR ULTIMATE MEMBERS

★ FUEL ATHLETES
★ GUIDE PARENTS
★ PRE AND POST TRAINING TIPS

YOUTH AGE 7-12 5PM - 5.30PM
TEENS 13+ 5.30PM - 6PM

UPCOMING RACENIGHTS:

ULTIMATE RACENIGHT JUNIORS
04TH OCT
FRIDAY 04:30 PM

DIA AL BARSHA
AGE GROUPS: U7, U9, U11, U13
EVENTS: 80M, 100M, 150M, 200M, 300M, 400M, 600M, 800M, 1500M, LONG JUMP, HIGH JUMP, SHOT, JAVELIN.
050 225 7024

ULTIMATE RACENIGHT JUNIORS 04TH OCT FRIDAY

SCHEDULE

ABU DHABI CHAMPIONS
27TH OCT
SUNDAY 05:00 PM

ZAYED SPORTS CITY
EVENTS: 80M, 100M, 150M, 200M, 300M, 400M, 600M, 800M, 1500M, 3000M, LONG JUMP, RELAY 4X100M MIXED.
050 225 7024

ABU DHABI CHAMPIONS 27TH OCT SUNDAY

SCHEDULE

ULTIMATE RACENIGHT SENIORS
01ST NOV
FRIDAY 05:00 PM

DIA AL BARSHA
AGE GROUPS: U15, U17, S, 35+
EVENTS: 80/100/110MH, 100M, 200M, 400M, 800M, 1500M, SHOT/JAVELIN, LONG/TRIPLE JUMP, HIGH JUMP.
050 225 7024
ultimateathleticsuae.com

ULTIMATE RACENIGHT SENIORS 01ST NOV FRIDAY

SCHEDULE

COMMUNITY RUNS



STAR OF MONTH

THIS MONTH GOES TO ZAIRA SCHOLZ AKRAM FOR HER AMAZING 3K PB IN THE TOUGH DESERT PALM CROSS COUNTRY RACE. WELL DONE ZAIRA!

ROAD RACE SEASON HAS STARTED! WE KICKED OFF WITH OVER **60 ATHLETES AT THE DESERT PALM RACE LAST WEEKEND**. IF YOU WOULD LIKE TO JOIN US FOR THE NEXT RUN JOIN OUR WHATSAPP GROUPS:



DUBAI



ABU DHABI



MEET OUR NEW BALANCE RUN CLUB COACHES AT OUR FREE ADULTS RUN CLUB. NOW AT 3 LOCATIONS.

SIGN UP DUBAI

SIGN UP ABU DHABI

LADIES CALL TO ACTION

NOV 3RD EXPO CITY
DUBAI WOMEN'S RUN.
I WOULD LOVE TO SEE OUR
MUMS AND GIRLS THERE!
DISCOUNT CODE: ULTATH15

REGISTER



RECOMMENDATIONS



RITE IS OUR PRODUCT OF THE MONTH!

Use Code: LISAUA_15

VISIT

RECOMMENDED PROTEIN POWDER

Discount code: ULTIMATE15

VISIT

MINDSET COACHING FOR YOUNG ATHLETES

www.pivotalmind.com

10% OFF

- Goal Setting
- Performance Anxiety
- Study/ training Balance
- Positive Mindset

Whatsapp Claire Peirson +971 50 735 1076

ULTIMATE

CLAIRE PEIRSON IS A LICENCED THERAPIST IN DUBAI SPECIALISING IN WORKING WITH TEENAGERS AND ELITE SPORTS PEOPLE.

Her qualifications include a degree in education, a master's in applied positive psychology, and extensive postgraduate CPD training in exposure therapy, psychotherapy, and counselling for children and young people.

Reach out if needed!

CONTACT CLAIRE

COMPETITION & CLUB INFO



STEP 01

DROP US A ★★★★★ REVIEW

[DIA REVIEW](#)



STEP 02

SEND THE SCREENSHOT TO ABID ([+971585102378](tel:+971585102378))
HE WILL ENTER YOUR NAME INTO THE RAFFLE.

[ZAYED REVIEW](#)



STEP 03

CONGRATULATIONS YOU ENTERED A RAFFLE TO
WIN A PAIR OF NB SPIKES.

SPIKES WILL BE ON SALE FROM ULTIMATE BY MID - OCTOBER



[ABOUT US](#)

[SCHEDULES](#)

[COMPETITIONS](#)