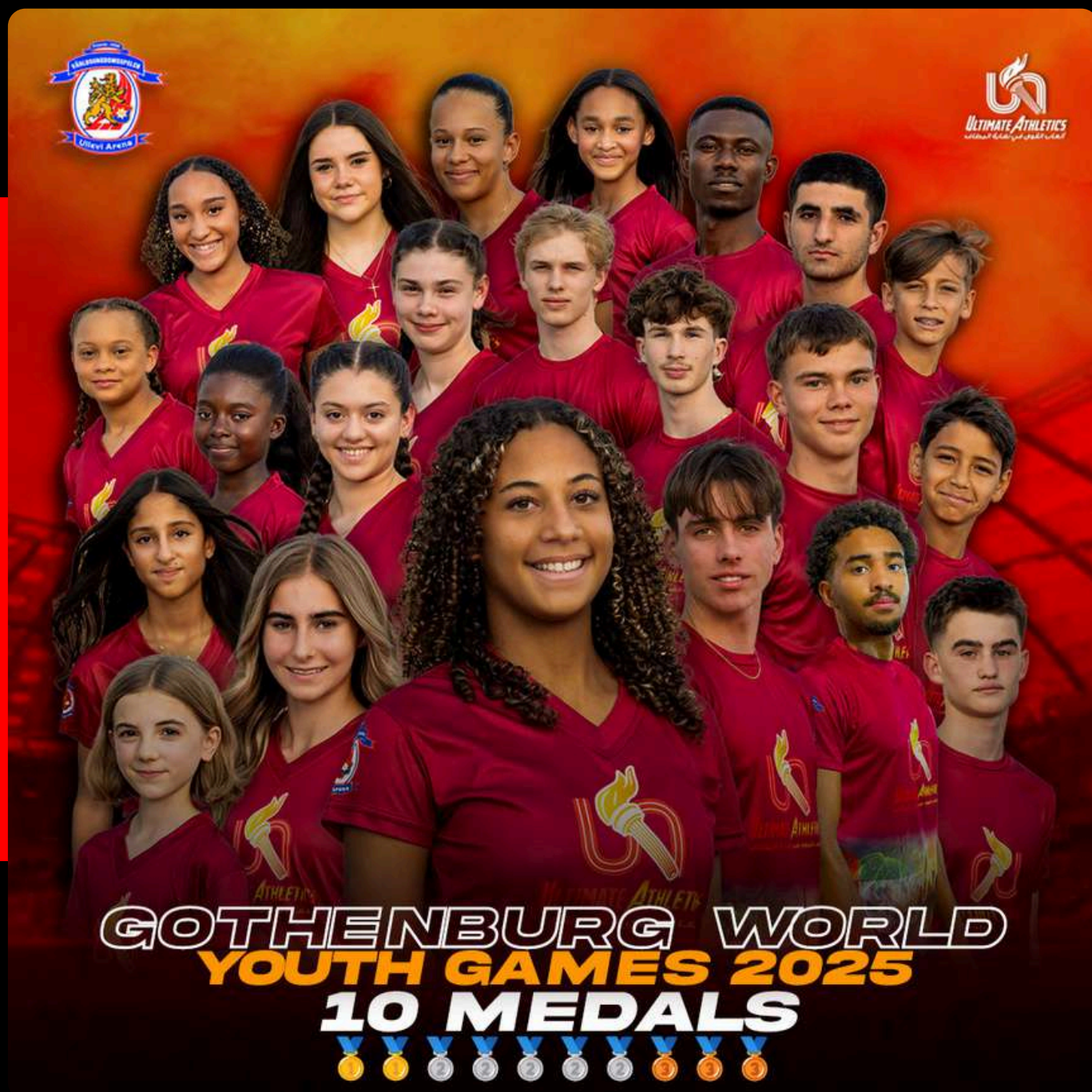


ULTIMATE NEWS

WHATS GOING ON IN YOUR CLUB!

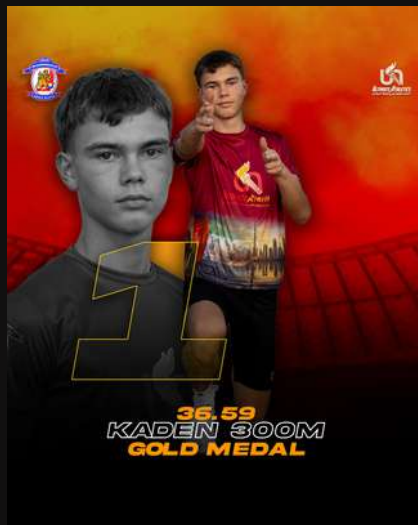
AUGUST 2025 EDITION

NEWS



Amazing performances by our athletes in Gothenburg! 2 Gold, 5 Silver & 3 Bronze — what a way to finish the summer! So proud of everyone 🙌🔥

WORLD YOUTH GAMES 2025



36.59
KADEN 300M
GOLD MEDAL



10.07
INES 30M
GOLD MEDAL



6:28.36
GARLA 2000M
SILVER MEDAL



41.21
THALIA 300M
SILVER MEDAL



9.94
AMELIE 30M
SILVER MEDAL



21.76
LAWRENCE 200M
SILVER MEDAL



2:02.83
LACHLAN 300M
SILVER MEDAL



9.39
KADEN 30M
BRONZE MEDAL



10.70
LAWRENCE 100M
BRONZE MEDAL



26.09
KIANA 200M
BRONZE MEDAL

UPCOMING RACENIGHTS:



ULTIMATE RACENIGHT JUNIORS 03RD OCT 2025

BOOKING



ULTIMATE RACENIGHT SENIORS 07TH NOV 2025

BOOKING

RECOMMENDATIONS



SPORTS PSYCHOLOGIST SCOTT WHITFIELD

DR. SCOTT WHITFIELD IS A HCPC REGISTERED AND BPS CHARTERED SPORT AND EXERCISE PSYCHOLOGIST. HE HAS WORKED IN PROFESSIONAL SPORT, SUPPORTING ATHLETES TO MENTALLY PREPARE FOR COMPETITION AND PERFORM UNDER PRESSURE.

WITH EXTENSIVE EXPERIENCE IN YOUTH AND ACADEMY SETTINGS, HE HELPS YOUNG ATHLETES BUILD SKILLS TO ACHIEVE THEIR GOALS WHILE SUPPORTING THEIR WELL-BEING. BEYOND WORKING WITH ATHLETES, SCOTT COLLABORATES WITH COACHES, PARENTS, AND STAKEHOLDERS TO CREATE ENVIRONMENTS THAT PROMOTE BOTH PERFORMANCE AND WELL-BEING.



+971 58 542 7236

"SCOTT HAS BEEN A HUGE HELP IN STRENGTHENING MY MENTAL GAME. HE GUIDED ME IN BUILDING MENTAL RESILIENCE AND WORKED WITH ME TO DEVELOP A PERSONALIZED PRE-COMPETITION ROUTINE THAT KEEPS ME FOCUSED AND CONFIDENT. HIS SUPPORTIVE APPROACH AND PRACTICAL STRATEGIES HAVE MADE A REAL DIFFERENCE IN MY PERFORMANCE, AND I HIGHLY RECOMMEND HIM TO ANY ATHLETE LOOKING TO IMPROVE THEIR MENTAL STRENGTH."

- KUVAR PETER (17)

NEW COACH



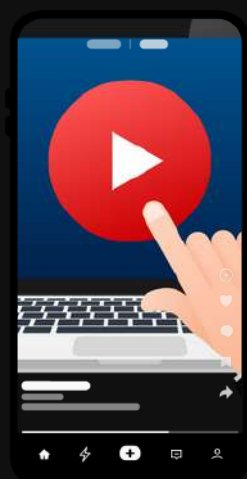
LUVIWE JALI
SOUTH AFRICA.
LONG JUMP PB 6.74M
100M PB 10.8

LUVIWE JALI

**I AM LOOKING FORWARD TO WORKING WITH ULTIMATE
ATHLETES SEEING THE DIVERSITY HERE AS THERE ARE EXPATS
FROM ALL OVER THE WORLD.**

**DEVELOPING NOT ONLY THEIR TECHNICAL ABILITIES BUT THEIR
RESILIENCE & MINDSET.**

**YOU GET YOUR TROPHIES AND MEDALS AT TRAINING - YOU JUST
COLLECT THEM IN COMPETITION.**



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RACENIGHT SEASON 25/26



JUNIORS RACENIGHT 2025	FRIDAY 3RD OCT 2025	DIA - AL BARSHA - DUBAI
SENIORS RACENIGHT 2025	FRIDAY 7TH NOV 2025	DIA - AL BARSHA - DUBAI
TOTS RACENIGHT 2025	SUNDAY 16TH NOV 2025	DIA - AL BARSHA - DUBAI
ABU DHABI CHAMPS 2025	SUNDAY 30TH NOV 2025	ZAYED - ABU DHABI
SENIORS RACENIGHT & ULTIMATE RELAY 2025	FRIDAY 5TH DEC 2025	DIA - AL BARSHA - DUBAI
ABU DHABI CHAMPS 2026	SUNDAY 17TH JAN 2026	ZAYED - ABU DHABI
JUNIORS RACENIGHT 2026	FRIDAY 30TH JAN 2026	DIA - AL BARSHA - DUBAI
SENIORS RACENIGHT 2026	FRIDAY 13TH FEB 2026	DIA - AL BARSHA - DUBAI
JUNIORS RACENIGHT 2026	FRIDAY 17TH APRIL 2026	DIA - AL BARSHA - DUBAI
TOTS RACENIGHT 2026	SUNDAY 19TH APRIL 2026	DIA - AL BARSHA - DUBAI
SENIORS RACENIGHT & ULTIMATE RELAY 2026	FRIDAY 1ST MAY 2026	DIA - AL BARSHA - DUBAI
JUNIORS RACENIGHT 2026	FRIDAY 15TH MAY 2026	DIA - AL BARSHA - DUBAI
ABU DHABI CHAMPS 2026	SUNDAY 07TH JUNE 2026	ZAYED - ABU DHABI
RUN WITH WIND	THURSDAY 11TH JUNE 2026	DUNECREST - DUBAI

Tots age 3,4,5,6

Juniors U7, U9, U11, U13

Seniors U15, U17, S, 35+

ULTIMATE RACENIGHTS SPONSORED BY NEW BALANCE



ULTIMATE ATHLETICS 25-26

TERM 1

**25TH AUGUST [MONDAY] TO
14TH DEC [SUNDAY] 2025** **(16 WEEKS)**

WINTER CAMP

**15TH DEC [MONDAY] TO
19TH DEC [FRIDAY] 2025**

TERM 2

**05TH JAN [MONDAY] TO
15TH MAR [SUNDAY] 2026** **(10 WEEKS)**

SPRING CAMP

**16TH MAR [MONDAY] TO
20TH MAR [FRIDAY] 2026**

TERM 3

**30TH MAR [MONDAY] TO
21ST JUNE [SUNDAY] 2026** **(12 WEEKS)**

**PRE-SEASON
SUMMER
TRAINING CAMP**

**10TH AUG [MONDAY] TO
21ST AUG [FRIDAY] 2026**

NEW BALANCE RUNNING CLUB

DIA AL BARSHA WEDS 6.30PM

JOIN GROUP



NEW BALANCE FUELCELL
SPRINT MENS MIDDLE DISTANCE • UNISEX SPRINT WOMENS

ON SALE

SPIKES
~~500AED~~
375AED

SCAN FOR BUY

SD100 V5

• 6-PIN TPU SPIKE PLATE, 154 GRAMS
• SYNTHETIC AND MESH UPPER

ON SALE

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• SYNTHETIC AND MESH UPPER

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