

CELEBRATE OUR U18 AFRICAN GAMES CHAMPION...

Congratulations to Yahia who won the U18 African Games Championships and gained the qualification standard for the Youth Olympic Games in Dakar 2026. The First continental champion for AIS!



Yahia

🏆 Gold 110mH

🏆 Bronze 400mH

AIS Athletics' first-ever

ENGLAND ATHLETICS COACHING COURSE

In January, we hosted an official England Athletics Coaching Course, qualifying 12 learners and marking its first-ever delivery in the UAE...email us to register for the next installment!

To learn more contact matthew.lee@aisathletics.ae



BRAND NEW SESSION

POLE VAULT FOR TERM 2

Every Saturday 10:30am at GEMS SRI with coach Matt



MEMBER HAPPINESS SURVEY



We've been through a big period of change recently, and your feedback really matters to us. It will help us understand what's working well and where we can keep improving.

As a thank you for completing the short survey, 5 lucky members will be randomly selected to receive FREE Spring Camp on us! 🎉

We really appreciate your support.

[TAKE QUICK SURVEY](#)

OUR COACHES



Kate Anson



Matt Lee



Mohammed Sinan



Tommy Ramdhan



Anouar Lamrabat



Andris Nobal



Damian Pienaar



Nirlok Tamang

COMPETITION RESULTS



بطولة دبي المفتوحة لأكاديميات ألعاب القوى
Dubai Open for Athletics Academies Championship



[SENIOR RESULTS](#)



[JUNIOR RESULTS](#)



STAY CONNECTED!

Join our Parents of Athletics WhatsApp group



EXPLORE OUR NEW AI ASSISTANT TO SUPPORT YOU WITH QUICK ANSWERS, UPDATES, AND GUIDANCE

[CHAT WITH US](#)



TERM 2

OPEN NOW

BOOKINGS

[BOOK YOUR SLOT NOW](#)



TURN YOUR MOVEMENT INTO VICTORY

LET'S CELEBRATE OUR COACHES...

COACH KATE

Massive congratulations to our incredible Coach Kate!

Not many people can say they're a British High Jump Champion! What an unbelievable achievement, and one we're all so incredibly proud of.

Some of you may not realise that over the past few years Kate has battled significant injuries and, at one point, was close to hanging up her spikes and retiring from the sport altogether.

To rebuild physically, regain confidence, develop the right mindset, and come back stronger and injury-free takes extraordinary resilience. These are the true qualities of an elite performer; determination, discipline, and unwavering belief.

All that hard work has now been rewarded with a well-earned gold medal and a title she will hold forever:

BRITISH CHAMPION 🏆



Gold High Jump

COACH SINAN

Massive congratulations to the outstanding Coach Sinan. He is in charge of making sure our competitions programme runs smoothly, so seeing him excel in his own competition is doubly satisfying.

Running a season opening time of 47.62 to clinch the UAE Federation Cup Gold. Well done Sinan!!

UAE FEDERATION CUP CHAMPION 🏆



Gold 400m



ATHLETE SUMMER TOURS TO SWEDEN & UK

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24 - 29 JUNE

GOTHENBURG YOUTH GAMES

TEST YOURSELF AGAINST TOP ATHLETES FROM DIFFERENT COUNTRIES AND RAISE YOUR COMPETITIVE LEVEL IN A TRULY GLOBAL SETTING.

COMPETITION DATES: 25 - 28 June 2026

REQUIREMENTS: Competition and Performance Pathway

PRICE: AED 10,000 (Incl. Accommodation Transport & Competition)

PAYMENT PLAN: Available

T&CS APPLY

4 - 14 JULY 2026 | BIRMINGHAM

UK TRIP

IMPROVE PERFORMANCE AND COMPETE AGAINST ATHLETES FROM ACROSS THE GLOBE

TRAINING CAMPS: Alexander Stadium & Commonwealth Stadium

REQUIREMENTS: Open to all ages 12+

PRICE: AED 10,000 (Incl. Accommodation Transport & Competition)

PAYMENT PLAN: Available

T&CS APPLY

FIRST COME FIRST SERVE - LIMITED TO 30 PLACES



RAMADAN SCHEDULE IS NOW LIVE
CLICK HERE TO ACCESS



MEMBER BENEFITS

20%

RIGHT BITE DISCOUNT

LIVE

AIS20 is now

Valid on 20, 40, 60, day meal plan for **20% off all meal plans**

Excluding Lunch only plans, plus, lite and champ plans

START FITNESS | SUPPORTING CLUBS, RACES & RUNNERS

15%

DISCOUNT CODE*

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