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Epsom and Ewell's over 60s win multi-sports

6 October 2024



Wednesday 2 October saw the 16th running of the Better Club Games tournament at Queen Elizabeth Olympic Park's Copper Box Arena.

The annual event put on by charitable social enterprise GLL for the over-60s, saw over 400 older people from 20 local teams descend on the 7,500 seat venue – the 4th largest event space in London.

The 'Battle of the Boroughs' pits contestants from London and the south east in a diverse range of activities – all in friendly competition.

Darts, dominoes, short tennis, short-mat bowls, swimming, badminton, table tennis, cycling, walking netball and walking football all featured – with 200 people taking part in the walking sports held the week before in the Lee Valley Hockey and Tennis Centre and 100 in timed swims in local clubs throughout September.

Across all sports and locations, 700 older people took part.

In a tightly fought contest, Team Epsom & Ewell took the ultimate overall title – ahead of Waltham Forest in 2nd and Greenwich in 3rd. Epsom & Ewell were also winners in 2023 in the first gathering of the Better Club Games since Covid.

GLL first decided to put on the Better Club Games back in 2006 when it realised there was no major multi-sports activity in the UK which brought older adults together annually in the spirit of fun competition.

Competitors are drawn from Active Ageing Clubs facilitated by GLL in leisure centres; the activities chime with GLL's mission to improve health and wellbeing as a key community service through physical activity and sport.

Active ageing has since become a major public health priority with noted benefits to physical health, mental health and helping reduce social isolation in the UK's older population. In addition, keeping active reduces the burden on the NHS.

The 2024 Better Club Games Ambassador was actor and radio presenter Christopher Biggins, 76. He added some trademark fun to the proceedings, taking part in a candid Q&A and trying his hand at darts and table tennis.

'Better' is the brand name of the UK's leading leisure charitable social enterprise GLL. The company's ethos is to reinvest in local community health and wellbeing and the Better Club Games is a key part of this commitment.

GLL Deputy CEO Phil Donnay said: "It was inspiring to see over 400 participants at the Copper Box Arena turn out to take part in this year's running of the Better Club Games, compete and have fun.

"The importance of ageing well and living well is huge – both for individuals and wider society.

"As a charitable social enterprise, GLL are proud to show what older people are capable of through our Better Club Games.

"Congratulations to all those who took part and to our worthy winners – Epsom & Ewell."

Speaking from winning team Epsom & Ewell, semi-retired accountant Tony Gayle, 68, from Stoneleigh, took part in the table tennis, the Games enabling him to rediscover his interest in the sport. "The competitive element is fun but the most important thing is to enjoy the day. It's sociable – you see people you met at the Games last year."

Epsom & Ewell Team mate Phil Humphrey, 64, is a retired construction consultant who was involved with building the Stratford Olympic Park. This was his fourth Club Games and though he previously competed in table tennis, he has now switched to short tennis. "I'd never tried it before but they needed someone for the team a couple of years ago," he explains. "Myself and my partner volunteered and we got to like it – so much so that we now play once or twice a week, all year round!"

Better Club Games is organised and funded exclusively by charitable social enterprise GLL – which runs the Olympic legacy competition venues Copper Box Arena and Lee Valley Hockey & Tennis Centre which hosted the sports.

In addition to transport and refreshments, participants enjoy raising awareness for their club, a celebrity ambassador on the day, a team trophy for each individual sport winner and a medal for every competitor.

Teams from Enfield, Mole Valley and Newham competed for the first time.

The event was supported by GLL supplier partners Technogym, Your PT and Brakes.

GLL Communications

Picture caption: 2024 Better Club Games Winners – Epsom & Ewell with GLL Deputy CEO Phil Donnay (4th from right,

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front row) and Club Games Ambassador Chris Biggins (second row, 4th from left) /Credit: GLL

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