

Surrey tops Man v FAT contest

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Guildford’s MAN v FAT Football Club has been crowned Community Club of the Year 2025 at the nationwide MAN v FAT Football Awards, recognising its outstanding contribution to improving men’s health and wellbeing.

In Surrey, the MAN v FAT weight loss programme is commissioned by Surrey County Council through the free healthy lifestyle service One You Surrey. The FA-accredited scheme, which also runs in Woking, combines football with structured weight-loss support and is aimed at overweight and obese men with a BMI of 27.5 or above, helping participants lose weight, gain confidence and build friendships.

At each session, players weigh in before taking part in a 30-minute six-a-side football match. Teams receive extra goal bonuses based on their combined weight loss. A team’s match scores and weekly weight-loss totals then contribute to its standing in the club’s league table.

Mark Smithies from the Guildford club said joining had been transformative for him: he has lost weight, improved his fitness and made lasting friendships. He added that the positive, supportive environment has boosted his confidence and mindset, describing the club as “more than just football... a proper community”.

H5 How the programme supports players

Alongside weekly football sessions, MAN v FAT players receive additional support off the pitch, including healthy meal ideas, general fitness tips and access to a bespoke mental health platform through partners JAAQ.

Across the UK, MAN v FAT players have collectively lost more than 800,000 pounds in weight.

H5 Success in Guildford and Woking

The Guildford club meets on Friday evenings at Kings College – Community Sports Hub on Southway and currently has 68 members regularly achieving their weight-loss goals. Over the past twelve months, players at the club have shed more than 34 stone of excess weight, with progress continuing week on week.

The Woking club meets on Monday evenings at the Woking Sportsbox and has supported 40 players to lose a combined 365kg during 2025.

H5 Find out more

Funded places are available for Surrey residents at the Guildford and Woking clubs through Surrey County Council and One You Surrey.

To register, visit manvfat.com/football and search for Guildford or Woking to apply and begin your journey to a healthier 2026.

Surrey County Council

