Lincolnshire Sport & Physical Activity Awards 2025



The Active Lincolnshire Sport & Physical Activity Awards, provide an opportunity to recognise the outstanding individuals and organisations who work so hard to inspire and enable our county to be active. From dedicated coaches, to tireless volunteers, and exceptional sporting talent, the awards shine a light on the amazing achievements of individuals and organisations across the county.



Impact on Health Award: Apricity Yoga

Apricity yoga is a female founded Lincolnshire born business that was recognised at our Lincolnshire Sport & Physical Activity Awards 2025. The business was awarded the Impact on Health Award for its transformative impact on health and wellbeing through inclusive, adaptive yoga and breathwork. The program has been instrumental in various areas such as:

- **Helping clients with leukaemia gain strength for life-saving infusions.**
- **Empowering cancer survivors to rebuild strength and confidence post-mastectomy.**
- **Managing labour pain and anxiety through breathing techniques.**
- **Reducing depression, isolation and physical decline in care homes, restoring joy, mobility and connection for older adults.**
- **Supporting clients off long-term medication and regaining mobility after injury.**

The approach Apricity Yoga takes is deeply personal and effective, offering practical and life-changing tools that empower individuals to live with strength, confidence and ease. The program's success is a testament to the positive influence of yoga and breathwork on health and wellbeing. Millie Briggs (founder) has now moved her business to Cornwall after falling in love with the area, her impact continues to spread across the coastal area and beyond.

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Outstanding Service to Sport & Physical Activity Award: Bailey Greetham-Clark

Bailey Greetham-Clarke is the founder of Be Great Fitness, a company started during the COVID-19 pandemic whilst Bailey was still a teenager. The company delivers inclusive exercise and wellbeing programmes in care homes, schools, charities and community settings . His work focuses on breaking down barriers to movement and making exercise accessible to all, particularly older adults in care homes and children in schools.

Bailey redefines active ageing in care homes by offering weekly chair-based and adapted exercise sessions across dozens of care homes in Lincolnshire. These sessions improve:

- **Mobility**
- **Cardiovascular health**
- **Reduce fall risks**
- **Enhance mental wellbeing**





People's Choice Award: Girls that Hike

Girls That Hike is a women-focused walking and hiking community in Lincolnshire that was created to provide an inclusive environment for women of all ages to enjoy the outdoors while improving their physical and mental wellbeing.

The group won the People's Choice Award at the 2025 Lincolnshire Sport & Physical Activity Awards. This is an award that is voted for by the public. They were recognised for:

- **Creating an inclusive walking community for women.**
- **Encouraging more women to become physically active.**
- **Supporting participants' mental health and wellbeing.**
- **Building confidence, friendships and community connections through outdoor activities.**