



PS parallel sport

Visit the DSF website to download a sessions registration form or calendar of events. The news and results sections are constantly being updated. Check out the results section/photo gallery.

The Newsletter of Disability Sport Fife

Edition 38 August 2015

Summer successes are the perfect way to launch a new sporting year. .

Traditionally the end of August marks the start of the new sporting year. Version 79 of the DSF sessions programme indicates that there are 30 weekly sessions available to members across Fife. For the first time Kirkcaldy LC appears on the schedule and two new sessions have been introduced at Carnegie LC. There are plans in the pipeline to further expand the programme.

Athlete members have been busy over the summer months at athletics meets throughout Scotland and DSF has entered 122 athletes for the Scottish Senior Athletics Championships in Perth in September. This is by far our largest entry ever. Team Fife regained the SDS Trophy at the 2015 Inter Region Test Match at Kelvingrove in Glasgow and Fife bowlers are preparing for the Scottish Championships in Aberdeen and the Fife Indoor Championships at Aberhill.

Performance athletes Allison Patrick, Stefan Hoggan, Derek Rae, Sam Fernando, Owen Miller, Kieran Steer, Billy Allan, Michael Simpson, Lucy Walkup, Michael Mellon, Maria Spencer, Brad Stewart, Mary Wilson and Kirsty Brunton have turned in fine performances at home and overseas and detailed reports on their achievements appear on the DSF web site. DSF Futures squad members have also been in action and their achievements have also been celebrated extensively.

The DSF events calendar for 2015/2016 is almost complete and the present version appears on the web site. DSF is planning to host a leg of the SDS/SA East Series Cross Country event in Kirkcaldy in 2016 following the success of the First Fife Cross Country Championships earlier in the year. There are now three Russell Hogg Trophies for inter school swimming, cross country and track and field donated by the Russell Hogg Trust.

Over the past few months DSF has welcomed a significant number of new members to the movement and welcomed back outstanding athletes such as Kenny Suttie (athletics) Pamela Mitchell (bowls) and Murray Davis (swimming). DSF has never been stronger and the quality of the coaching workforce and range of volunteers we have at our disposal is the best since we were formed in 1977.

Richard Brickley MBE – President Disability Sport Fife



SCOTTISH DISABILITY SPORT



Sam Fernando finished 8th and first junior in the 2015 Tour of Fife. 5 events over 5 days.



Kenny Suttie has made an impressive return to disability sport as a seated thrower.



Team Fife winners of the 2015 Inter Area Bowls Test Match at Kelvingrove



Spare a thought for Hon Secy. and Founder Member David Thomson who has been unwell and athlete/coach/volunteer John Hick who is in hospital.

Kieran Steer wins silver at the European Pairs Championships.



Kieran Steer from Crossgates partnered Stephen McGuire and Evie Edwards to Pairs Silver at the European Teams and Pairs Championships in Surrey. Team GB lost to Slovakia 4-3 in the final but enhanced their chances greatly for Rio 2016 qualification.

Daughter Sarah cheers on mum Kirsty at the 2015 CPISRA Games in Nottingham



Kirsty Brunton from Dalgety Bay was the only Fife representative in the Scottish Team that recently returned from the 2015 CPISRA Games in Nottingham. SDS pulled together a strong team of athletes, players and coaches to compete in swimming, athletics, indoor bowls and football. Kirsty swam in 50,100,400 freestyle, setting significant personal best times in each. She also competed in 100 breast where she set an 18 seconds PB. Kirsty has been a member of DSF for only 6 months and in that time she has made amazing progress. She is now a member of Carnegie SC and is coached by John Szaranek. Kirsty won one gold and two silvers at the Games.

GB Paratriathletes from Fife have their sights set on Rio 2016



Stephan Hoggan (Auchtermuchty) has improved in each of his ITU Paratriathlons and his 6th place finish in PT4 class in Detroit was his most impressive performance to date. Alison Patrick, right (Dunfermline), and new guide Hazel Smith is now PT5 British, European and World Champion and was recently involved in a test event Paratriathlon in Rio.



Derek Rae 2015 Tour of Fife winner.

Lucy Walkup 4th Place Finish at Deaf Worlds



Fife Performance bowlers win Scottish Titles.

Fife all rounder excels in Javelin.



Billy Allan (B6) and Michael Simpson (B7) won the first inclusive Para Bowls singles titles at the Bowls Scotland Championships in Ayr. Michael Mellon, Cardenden threw the javelin 40 metres at the Scottish Athletics Champs. in Aberdeen and confirmed his status as an athlete with great potential.



Mary Wilson - ex Services Champion.

Superb boost for Owen Miller.



All rounder Mary Wilson competed in her second Warrior Games in Virginia, setting PBs in all her swims and winning three medals. Owen Miller recorded his second fastest 1500 metres of all time 4:03.38 at the GAA Miler Meet in Glasgow. This was Owen's best run in three years.



Disability Sport Fife is a registered
Scottish Charity

Charity No SC020994

CONTACT Administrator
Norma Buchanan
Michael Woods Sports and Leisure
Centre, Glenrothes.

Phone: 03451 555555
Ext. 444989
E-mail:
norma.buchanan@fife.gov.uk

Disability Sport Fife is a
member organisation of
Scottish Disability Sport



The Order of St John in Fife has for many years been an incredible supporter of DSF. A Charity Concert is being organised at Hill of Tarvit Mansion, Cupar, KY15 5PB on Saturday 5th Sept. at 7.30 in aid of DSF and the RDA in Fife. The Concert will feature Ensemble Operatic Group in The Great American Song Book with songs from the 1920s to the 1950s. Tickets £18 includes light supper. Contact Lesley Macdonald 01592 744002. Please support this fund raising event.

DSF continues to develop a strong partnership with the Fife Sports and Leisure Trust. New gym and swimming sessions have been set up at Kirkcaldy Leisure Centre and new FUNdamentals and swimming sessions at Carnegie Leisure Centre. Two Disability Inclusion sessions have been delivered to FSLT gym staff with a third planned for September in Glenrothes.

Website:

www.fifeleisure.org.uk - find us in the health programmes drop down menu



Supported by



Below is the mens A and B teams that regained the Inter Area Bowls Test Match Trophy at Kelvingrove. The A Team of Craig Donaldson, Darryl Stewart and Gary Handyside went through the tournament undefeated - six wins in singles/pairs/ triples- 12 points.

Pamela Mitchell made a most welcome return to Team Fife for the Test Match in Glasgow. Pamela joined Michelle Wallace and newcomer Wendy Robertson in the B team, winning a total of 10 points. Pamela will now join most of the Fife team in Aberdeen for the Scottish Championships and the Fife Indoors at Aberhill.

Stephen Anderson is one the most valued DSF volunteers. Every week he provides coach support at weekly DSF sessions. DSF partner Glenrothes Strollers successfully nominated Stephen for a Scottish Football East Region Disability Coach Award.



Disability Sport Fife (DSF) is listed on the MyDonate website and anyone wishing to raise funds for DSF or make a donation can do so by visiting MyDonate - supported by BT. Fundraising pages can also be set up for individuals. The MyDonate site can also be accessed through the DSF website.

Visit www.fifeleisure.org.uk then the "health programmes" drop down menu to access the Disability Sport Fife website. The picture of Callum Sloan on the homepage also offers access with one click.