



PS parallel sport

Visit the DSF website to download the 2016 calendar of events and sessions timetable. Results and news sections are constantly refreshed.

Newsletter of Disability Sport Fife

Edition 43 March 2016

Was this our most successful month to date?



Para-triathlete Alison Patrick from Dunfermline was voted Dunfermline and West Fife Disabled Athlete of the Year.

February has been an action packed month. The Fife Carpet Bowls Team won four singles titles and four runners up medals in Dundee and for only the second time the Fife Junior Sportshall Team won the national title in Grangemouth. DSF also managed to field a full B Team for the first time. The Fife junior cross country squad excelled at the four round East Series cross country championships, winning a significant number of year group medals. The 2016 Fife Sports Festival is up and running with over 140 swimmers involved in the Fife Championships and 23 teams signed up for the Football 5s and Unihoc 6s. DSF has selected a strong squad for the new SDS Invitation Indoor Bowls competition in Falkirk.

Para-triathlete Alison Patrick won the Dunfermline and West Fife Sports Council athlete of the year award and bowler Martin Hunter won the equivalent award at Kirkcaldy and Central Fife Sports Council Awards Evening. Interestingly each of these great athletes is a world champion. Tough to win a Sports Council Award in Fife. DSF has nominated four athletes of similar standard for the East Fife Sports Council Awards. The DSF web site carries the application form for the 30 DSF awards that will be presented on Monday 9th May at the MWC following the AGM. Remember to nominate athletes, volunteers, member organisations and coaches worthy of recognition. The Provost has once again accepted an invitation to attend.

For the second year DSF is involved with the Scottish FA Football Development Officers in Fife in promoting the Fife Performance Football Academy. Twice as many schools are signed up this year as last and lead coach Dave Costello is all over Fife delivering quality weekly sessions to enthusiastic players in their own facilities. So successful is the Academy project that DSF has joined forces with Dunfermline Tennis Club and Tennis Scotland to replicate the model for the sport of tennis.

Stefan Hoggan travelled up from his British Triathlon training base in Loughborough to compete in the Fife Swimming Championships. What a star. At the same event we said farewell to student Lucy Walkup who has decided to retire from high performance swimming. Lucy is one of Scotland's greatest ever deaf swimmers and a massive supporter of SDS and DSF. Her commitment to DSF has been exemplary.

Richard Brickley MBE — President Disability Sport Fife — Newsletter Editor



Numbers in wheelchair racing have quadrupled in a year at Thursday track sessions at Pitreavie led by DSF coach Pamela Robson. Ambulant athlete numbers are also growing by the week.

Athletes/coaches involved in Tuesday run, jump and throws at Pitreavie.



Team Fife wins the Sportshall Festival Trophy for only the second time.



For only the second time, Team Fife A won the Sportshall Team Trophy at Grangemouth Sports Complex. The event is organised by SDS and Scottish Athletics and attracts junior teams of 10 athletes with a physical (4), sensory (1) and learning disability (5) from all over Scotland. Fife athletes from Balwearie HS, Woodmill HS, Bell Baxter HS, Dunfermline HS, Queen Anne HS and Canmore Primary prepared well for the event during the lead up period. The Fife B Team finished in a creditable sixth place and offered a number of novice athletes the opportunity to compete in their first Sportshall Festival. Well done both teams.

Ian Green, Billy Allan, Michelle Wallace and Kenny Dow won titles at the SDS Championships in Dundee. Jim Donaldson, Craig Donaldson, Neil Laughlin, Eleanor Clark were runners up.



Round two players in the DSF 7s League at Kirkcaldy HS supported by the Scottish FA.



Sammi Kinghorn and Ian Mirfin of Scottish Athletics delivered a superb wheelchair racing workshop for DSF in February at Pitreavie.



DSF is in discussion with the St Andrews Coastal Rowing Club re. opportunities in the east of Fife and beyond.



Kirkcaldy HS Sports Leaders played an important role in the successful Fife Swimming Championships.



Lochgelly HS S1/S2 team have been in form in the 2016 7s League.



West Fife CSS swimmers retain Brodie Trophy and Sonia Kane Memorial Trophy shared.



140 plus swimmers entered for the 2016 Fife Swimming Championships at the MWC. Woodmill HS, Lochgelly HS, Glenrothes HS, Madras College, Bell Baxter HS and Kilmarnock were particularly well represented in a gala that ran for over 5 hours. The four sets of relays at the end were particularly exciting. Swimmers from Carnegie SC, Incas, Cupar and District, FINS and Burntisland SC made a great impression. There was a strong representation of swimmers from DSF coach led sessions in Glenrothes, Cupar, Kirkcaldy, Cowdenbeath and Dunfermline.

Disability Sport Fife is a registered
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CONTACT Administrator
Norma Buchanan
Michael Woods Sports and Leisure
Centre, Glenrothes.

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

**Newsletter Editor: Richard
Brickley MBE President DSF**

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ber organisation of Scottish



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The 12th Fife Open Disability Golf Competition organised by Fife College/SRUC in conjunction with DSF will be held at Elmwood Golf Course on Monday 18 April 2016. The competition is open to players with a physical, sensory or learning disability who are comfortable playing either 9 or 18 holes of competition golf. Eligible players are those who conform to the rules of the National and International Disability Sports Movements. There will also be a Level 1 competition for beginners. This competition will consist of a series of skills challenges on the practice and driving ranges. The day long event will start at 10.30 am and catering will be provided at lunch time only. For further information contact Norma or visit the Disability Sport Fife website www.fifeleisure.org.uk (find us in the health programmes section). Registration form is available within the "entry forms" section. Numbers grow steadily each year so register as soon as possible.



Martin Hunter was voted Disabled Athlete of the Year at the Kirkcaldy Central Fife Awards Evening held at Fife College. Lucy Walkup, who recently announced her retirement from swimming was listed as one of two runners up. Derek Rae was a runner up in the senior section and won the Garry Inness Memorial Award for the second year in succession.



Jonny Brown has taken possession of a new racing wheelchair courtesy of Education Scotland and Scottish Disability Sport. Jonny is already heavily involved in seated throwing but has always been determined to race. Education Scotland has offered the opportunity and he has seized it enthusiastically. Jonny benefitted enormously from recent sessions with Sammi Kinghorn.



Thanks to support from the Celtic Foundation, Russell Hogg Trust and Scottish Disability Sport, Callum Sloan now has a new racing wheelchair in time for the 2016 London Mini Marathon. Sammi Kinghorn and Ian Mirfin sorted out a few technical issues during the recent workshop at Pitreavie and Callum is ready to go. Coach Pamela Robson is delighted how well Callum is preparing for London.

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.