

Scottish Disability Sport - The First Fifty Years

Richard Brickley MBE Foreword

I was delighted to be asked by Chief Executive Gavin Macleod to record the first fifty years of Scottish Disability Sport, to mark the occasion of the 50th Anniversary of the Association. Initially the project was intended to be small but the more I researched, the more it brought back memories of great athletes, superb volunteers and great times. I became determined to try and do justice to as many as those great people as possible. I am certain I shall have forgotten key people in the eyes of others and if so I apologise profusely.

For almost four decades SDS has been for me a way of life. The volunteers I have had the pleasure of working with for almost three decades are those I remember with great fondness, particularly during the early years. I applaud the many athletes who contributed to the rich history and success of SDS over fifty years. Outstanding volunteers like Bob Mitchell, Mary Urquhart, David Thomson, Jean Stone, Chris Cohen and Colin Rains helped to develop and sustain my passion for disability sport. I have been privileged to work with exceptional professionals like Ken Hutchison, Derek Casey, Liz Dendy, Paul Bush, Bob Price, Louise Martin, Sheila Dobie, Fiona Reid, Eddie McConnell, Gavin MacLeod, Mary Alison, Heather Lowden, Lawrie Randak, Tracey McCillen, Archie Cameron and many others whose commitment to inclusive sport has been obvious and long lasting.

I thank Jean Stone, Jacqueline Lynn, Heather Lowden, Maureen Brickley and Paul Noble who acted as “readers” during the writing of the history and Norma Buchanan for administrative support at important stages. This great organisation has gone through significant changes in its efforts to keep pace with the “fast flowing river” that is international disability sport. I have identified different stages in the SDS history and then tried to describe the major issues, people and projects that best exemplify each period. Success should be measured by more than the medals won at Paralympic Games and therefore I have tried to present additional important indicators for readers to consider.

Richard Brickley MBE Scottish Disability Sport 1975 – 2013

CONTENTS

Pre 1962

1962 - 1975 The Early Years

1975 - 1984 From Health and Rehabilitation to Sport

1984 -1990 Success Breeds Success

1991 - 1996 Barcelona to Atlanta

1997 - 2000 Changing with the Times

2001 - 2004 Sydney to Athens

2005 - 2008 Athens to Beijing

2009 - 2012 Towards London 2012

2012 The Greatest Games Ever?

2012 The SDS Hall of Fame

Final thoughts

Pre 1962

Television documentaries and dramas screened before and during the 2012 London Paralympic Games left us in no doubt about the role played by Sir Ludwig Guttmann in the development of national and international disability sport. In the 50's Dr Guttmann used sport as a rehabilitation tool in the personal programmes of spinal cord injured patients at Stoke Mandeville Hospital in Aylesbury. The hospital then hosted a modest Sports Day in 1948 to coincide with the Opening of the Olympic Games in London. A team of patients from Stoke Mandeville and the Star and Garter Home in Richmond participated in the first of what became an annual event. In the 50's, teams from Edenhall Hospital in Musselburgh, the Thistle Foundation in Edinburgh and the Miners Rehabilitation Centre in Uddingston regularly took part. From 1958, as the number of participants steadily increased, it was decided to hold two Events; the National Stoke Mandeville Games followed a month later by the International Stoke Mandeville Games.

The Annual National Stoke Mandeville Games were held in June from 1958 until 2002, and thereafter athletes and players had access to sport specific National Championships. The International Stoke Mandeville Games were held during the last week in July until 1995, with the exception of Paralympic years. In 1959 it was announced at the International Stoke Mandeville Games that the 1960 event would be held in Rome, the host city for the 1960 Olympic Games. While in Rome the Scottish members of the GB Team learned that Australia was considering hosting Commonwealth Paraplegic Games. In just over a decade disability sport had grown from a modest sports day to International Games, with Dr Ludwig Guttmann as the driving force.

Over 50 years ago a group of ex-service patients from Edenhall Hospital formed the Scottish Paraplegic Association (later to become Spinal Injuries Scotland) to enable Scotland to accept an invitation from Dr George Bedbrook from Australia to compete in the First Commonwealth Paraplegic Games in Perth, Western Australia in 1962. The first meeting was held at Edenhall Hospital and the first Chairman was tetraplegic Douglas Jordan. The first Hon Sec was Tommy Wann ex Scots Guards who had served in North Africa. Members met every Wednesday, as they also did at the Miners Rehabilitation

Centre, Uddingston near Glasgow. From these two groups the Scottish team was formed.

In 1961 the First Scottish Paraplegic Games were organised in Edinburgh. The SPA Sports Committee continued to organise annual Games until 1981 when it was decided to join forces with the Scottish Sports Association for the Disabled (SSAD). From 1963 the recognised spinal unit in Scotland was based at Edenhall Hospital, Musselburgh, on the East coast and the majority of patients were ex-servicemen. There was also provision for patients at Killearn Hospital outside Glasgow in the West. Initially acute admissions were hospitalised in Ward 20, Edinburgh Royal Infirmary under the Consultant of Neurosurgery, Professor Norman Dott. They were then transferred to Edenhall Hospital where Mr Walter Kerr, FRCS was in charge of the rehabilitation programme. By 1964 Branches of the SPA in the East, based at Edenhall Hospital, and the West, based at the Miners Rehabilitation Centre in Uddingston, had been formed.

1962 – 1975 The Early Years

Following her attendance at the National Stoke Mandeville Games in the summer of 1962, SDS Vice President Jean Stone wrote to the Secretary of State to ask for “recognition of the Welfare and Sporting Activities of the disabled” in Scotland. Jean was writing in her capacity as Secretary of the Scottish Paraplegic Association (SPA) and with support from the founding father of disability sport, Sir Ludwig Guttmann. Jean managed to arrange a meeting with representatives from the Scottish Education Department and Scottish Home and Health Department in the autumn of 1962 as a first stage to establishing a sports organisation in Scotland that was representative of all impairment groups. The favoured approach at the time was to establish a Scottish Branch of the British Sports Association for the Disabled (BSAD) and this was the outcome of the inaugural meeting attended by 18 representatives from 15 organisations concerned with the welfare of disabled people, at the Simon Square Centre in Edinburgh on Monday 24th June 1963.

Robin Brown from the Thistle Foundation took on secretarial duties and with encouragement from Sir Ludwig Guttmann, the current SDS Hon President, Consultant Neurosurgeon Phillip Harris was appointed as first Chairman. The

objects of the Association included “the encouragement of sporting activities among the disabled and the provision of suitable facilities so that every disabled person shall be able to take part in sporting activities within a reasonable distance of his own home.” The BSAD Scottish Branch started out with Regional Committees in Glasgow and Edinburgh but by 1964 there were links with Fife, Dundee and Aberdeen. The BSAD Scottish Branch listed its priority sports as basketball, archery, dartchery, table tennis, billiards, javelin, club, discus, shot, weightlifting, swimming, bowls, football and wheelchair slalom.

The First Commonwealth Paraplegic Games were held in Perth, Western Australia in 1962 and the Second Commonwealth Paraplegic Games, in Kingston, Jamaica in 1966. On examining the records of the time it is impossible not to be impressed by the massive effort that went in to fundraising for training and travel and the number of volunteers that were required to support Scottish teams travelling overseas. In 1963 the National Stoke Mandeville Games were held at Dreghorn Barracks in Edinburgh and also in the 60's a Scotland v England wheelchair basketball competition was staged in front of the bandstand in Princes Street Gardens during the Edinburgh International Festival, attracting spectators from home and overseas. Strong successful Scottish teams competed annually in the National Stoke Mandeville Games and Scotland was always represented in significant numbers in the GB Team for the International Stoke Mandeville Games. By 1966 the Scottish Paraplegic Association was sending 20 members to the Stoke Mandeville Games by air with appropriate numbers of support staff.

At the AGM of the Scottish Sports Association for the Disabled (SSAD) in 1965 it was reported that Tony Chapman, senior coach from Scottish Athletics with links to the Scottish Council of Physical Recreation, intended to organise a weekend at Inverclyde where “coaches for the able – bodied would be given some information and instruction regarding coaching the disabled”. At the same meeting, Dr Browning, the Vice Chairman, informed members that the Scottish School of Physical Education (SSPE) at Jordanhill College was planning to host the first ever national sports day for disabled people. I was privileged to enrol as an undergraduate at the SSPE in the same month as that event, but sadly just missed out from being involved. Progressive thinking and most

importantly key actions by those influencing the development of disability sport during those early years. In the archives of the Association the post event report reads as follows: **“The first BSAD Scottish Sports Day was held at Jordanhill College of Education on 4th September 1965. Entries had been received from seventy-seven competitors from Edinburgh, Glasgow, Auckinleck, Largs, Fife and Lanarkshire. The weather at daybreak was very disappointing and this fact was probably responsible for a number of competitors not turning up. However, as the morning progressed, the weather improved and nearly fifty competitors enjoyed an excellent day's sport. The opening ceremony was performed by Baillie McCann, who took a keen interest in all that was going on. An excellent meal had been prepared by the College Catering department and all competitors were given lunch through the generosity of the Glasgow Committee of the British Red Cross. Archery, Table Tennis and Swimming took place in the morning, while in the afternoon there were Field Events, Wheelchair and Football Slaloms and the 50 yard Walk and Run. A few showers did not manage to disrupt the timetable and the prize giving ceremony took place as planned at 5.30 pm when the prizes were presented by the Patron, Sir Alec Douglas-Hume KT. Sincere thanks are extended to the Principal and Staff of the Jordanhill College of Education, the Officials from the various organisations, who acted as judges, to the Red Cross and to many others who made the day such a successful and happy one.”**

Subsequent Sports Days were held in Edinburgh on 22nd June 1968 and on 23rd June 1969 in Glasgow. Following the success of the First Scottish Sports Day a productive meeting had been held with the Minister of Sport to emphasise that “the disabled should be kept in mind when new sports centres were being planned”. Fees were set at £5.00 and the first Association glossy leaflet of the time identified 31 organisations in membership. The Scottish Education Department had provided a grant of £124 for administration and the Honorary Auditor G.G. Ruffle confirmed £302 in the bank at the start of the new financial year.

In 1963 Selwyn Goldsmith of the Royal Institute of British Architects produced a Technical Digest entitled “Designing for the Disabled” and the Scottish Branch embraced the content and sentiment of the Digest to further the cause

of disabled sports people. In the archives of the Association there is an excellent unsigned paper produced by the Scottish Branch highlighting the specific access requirements of disabled people for water and land based sports. Once again those early pioneers were proactive in encouraging inclusion through sport.

By 1968 lack of funding had become an issue. The Scottish Education Department grant remained at £120 but there was great excitement as the 1970 Commonwealth Paraplegic Games planned for Edinburgh drew nearer. Scotland's first sports centre at Bellahouston Park in Glasgow encouraged inclusivity and it was reported that the Chairman had engaged with the architects of Meadowbank and the Royal Commonwealth Pool to ensure the east followed the example of the west. The Thistle Foundation was well established as an example of a disability sports hub and the Scottish Paraplegic Association (SPA) continued to promote and develop wheelchair sports and produce athletes of excellence.

In 1969 a Scottish audit was carried out of member organisations, to identify activities currently practiced and those that might be included on a "wish list". The October multi disabled sports meeting included archery, table tennis, snooker, bowls, track and field, slalom, volleyball, swimming and "pony riding competitions". BSAD had taken the decision to change the status of the Scottish Branch to a "member national organisation" and request an annual membership fee of £20. Following a lively exchange of communications, a Special Meeting was called for Monday 3rd August 1970 at 17.00 hrs. in the Simon Square Centre in Edinburgh to change the name of the Association to the **Scottish Sports Association for the Disabled (SSAD)**, amend the constitution and create an independent Association for Scotland. Jean Stone and others had campaigned vigorously for Scottish autonomy and finally their efforts had paid off.

With the SSAD now fully constituted, attention was focussed on regionalisation, the formation of sports clubs and the appointment of an officer to carry out development work. New sports facilities were opening up around Scotland, including the Fife Institute of Physical and Recreational Education (FIPRE) in 1970 in the new town of Glenrothes with an ethos of inclusion in design, programming and management. The FIPRE played a very

significant role in the development of disability sport for the next four decades by hosting many of Scotland's inaugural sport specific National Championships and housing the first National Office of SSAD and SDS. Disability Sport in Scotland owes much to Fife Regional Council and Fife Council for over 40 years of interest and support and the FIPRE Principal Jim Penman in particular who led by example from 1970 through to 2000. Bishopbriggs Sports Centre and the Magnum Centre in Irvine were other centres where SSAD had a presence through time and offered local athletes the opportunity to learn new skills and prepare for competitions. The "champions" of the early years were fully committed to full time employment in areas other than sport and by 1970 it was clear a professional Development Officer was required.

In January 1972 the Scottish Sports Council (SSC) ("whose terms of reference included sport for the disabled") was established by Royal Charter. SSAD volunteers quickly recognised the importance of quality engagement with SSC officers and this process began immediately. Ken Hutchison Chief Executive of the Scottish Council for Physical Recreation (SCPR) became the first CEO of the Scottish Sports Council (SSC). Ken was a keen supporter of the SPA and SSAD. In 1972 Joan Scruton, the BSAD administrator, attended an SSAD Executive Committee meeting in Edinburgh and the status of SSAD within BSAD was fully debated. It was subsequently agreed that SSAD would withdraw its membership of BSAD and seek observer status only on the BSAD Executive Committee. Recognition for SSAD as the national agency for disability sport in Scotland was now complete.

Executive Committee member Linford Tatham of the SCPR produced a "Future Developments" paper for SSAD addressing the current SSAD position, proposed new structure, aims, role of the Executive Committee, development of local Associations, finance and future actions. Mary Urquhart, and Iain Baillie joined the EC around this time and were destined to play an important role in the SSAD over the next few years. At the AGM in April 1972 the new constitution of SSAD was approved and the relationship with BSAD was settled but not necessarily to the satisfaction of all parties. There was then lively debate within the EC on whether the SSAD should link with the Scottish Council of Social Service (SCSS) or the Scottish Sports Council (SSC). On 27th February 1973 Chairman Phillip Harris wrote to Ross Flockhart Director of the

SCSS to explore the possibility of SSAD accessing essential administrative support. SSAD, with 36 member organisations had limited development funds available and new sources of funding were critical. The SSC was now the source of grant aid as opposed to the SED and if SSAD had any chance of rising to new challenges then additional personnel and extra funds would have to be found. By the summer of 1973 a memorandum had been drawn up between the SCSS and SSAD resulting in the SCSS playing a more active role in the administration of SSAD and SSAD becoming the Physical Recreation Panel of the SCSS.

On 13th March 1974 the revised constitution was adopted to reflect the changes introduced during the previous years. The identity of SSAD was confirmed and an annual programme of events was in place, but not an international pathway for all members. Arising from the memorandum drawn up with the SCSS, a development plan had been introduced. The constitution was redrafted, subsequently approved, and budgets prepared and signed off. Nan Chapman (nee Smith) of the Scottish Sports Council was the SSAD liaison officer at the time. The scene was set for SSAD to advance and develop its recently established partnership with the SCSS but at the same time embrace all that the Scottish Sports Council would offer as the national agency for sport.

1975 – 1984 from Health and Rehabilitation to Sport.

15 people attended the AGM of the Scottish Sports Association for the Disabled (SSAD) in Claremont Crescent Edinburgh on December 4th 1975. Mr Philip Harris was in the chair and the AGM doubled up as the first meeting of the Sport and Recreation Panel of the Scottish Council on Disability. Ian Baillie was the Hon Secretary and Robin Brown the Hon Treasurer. The year past was described as one of transition and the first under the new constitution. The first SSAD Development Plan had been submitted and considered by the SSC but instead of offering SDS a three year grant to employ a Development Officer as originally intended, the SSC had offered to employ the officer and locate the post within SSC headquarters in St Colme Street in Edinburgh. This decision brought SSAD and SSC together in close partnership for the first time and formed the basis of cooperative working which exists to the present day.

Mary Urquhart, Director of Leisure and Recreation in Fife, was elected Chairman and Bob Mitchell Vice Chairman. Mary was subsequently appointed to the Scottish Sports Council in 1976 and in time became Chair. I left a Lecturer's post at the University of Glasgow in 1975 to join the Management Team at the Fife Sports Institute and was "encouraged" by Mary Urquhart to attend the 1975 SSAD AGM. That particular evening changed my whole life and introduced me to an organisation that would play a major part in my leisure time for almost forty years. I was elected to the Executive Committee in the new role of assistant to the Hon Secretary and struck up a personal and professional relationship with Mary, Bob and Jean Stone which to this day I cherish.

The new EC set about working with the SSC to recruit an appropriate person to be employed as the first SSAD Development Officer. The duties of the officer were described in the information sheet for applicants as the formation of sports clubs, the creation of sports organisations to cater specifically for disabled people, the organisation of courses, the dissemination of information, liaising with Local Authorities and the presentation of periodic reports. The AGM of 1975 was very significant in the history of the governing body of disability sport in Scotland. The personnel in key positions no longer had a background in health and welfare but were experienced in physical activity including sport.

In 1976, EC member Jean Stone MBE was the long serving liaison person with the BSAD, a role she fulfilled for SSAD through to the early 80s. As Hon Vice President of SDS, Jean remains involved to this day in international disability sport through the International Paralympic Committee (IPC) and a key link for SDS with Stoke Mandeville Stadium and the organisations based in Aylesbury. EC member Margaret Taylor from the SCSS provided a link with the hugely influential Disabled Living Foundation. SSAD had 47 member organisations and was producing and disseminating newsletters through the secretariat and reaching out to athletes and potential new member organisations around Scotland.

In 1976 the SSAD EC met four times and at the May meeting the new Development Officer (DO) Ron Stuart was introduced to members. Fact finding, an organisations survey, background study of SSAD and events visits

became the priorities for the DO during the early months. The 1976 Development Plan was written with input from all relevant parties and promptly adopted. The new SSAD EC declared its intention to provide more competitions for disabled sports people in Scotland. Bob Mitchell and I met with the schools governing body of swimming in 1976 and established a successful partnership between the Scottish Schools Swimming Association and SSAD that led to the staging of the First National Schools gala based on the new SSSA/SSAD time banding system. To strengthen the partnership I served on the SSSA Executive Committee for many years and was introduced to EC members such as Jean Smith and Charlie Raeburn who became great supporters of SSAD. A similar partnership with the Scottish Wheelchair Dance Association led to joint hosting of the Scottish Wheelchair Dance Championships. These events plus the SSAD Scottish Table Tennis Championships were held at the Fife Sports Institute in 1976 with support from Fife Regional Council.

The 1976 AGM of SSAD was held in September at the Dunfermline College of Physical Education, Cramond, with 23 members in attendance including a number of Paralympians from the 1976 Games. I was elected honorary secretary and athlete member David Thomson was elected honorary treasurer as Iain Baillie and Robin Brown stood down after years of distinguished service. The break with the early “champions” was now complete as the SSAD completed its transformation to a sports organisation led by sports people. SSAD became an Associate Member of the Standing Conference of Sport and EC member Stuart MacKenzie in particular, started to forge links with Scotland’s Governing Bodies of Sport.

By 1976 clubs and activity sessions were springing up all over the country and one of the most successful was the evening Activity Session at Dunfermline College of PE. New sports centres were playing their part in creating discrete multi sports sessions and in some areas inclusive sport specific sessions were starting to appear. SSAD introduced a sub-committee structure that addressed the key priority areas of development, communication, finance and national events. EC members had lead roles on all committees. Over the next five years the sub-committee structure was modified periodically to reflect the progress made by SSAD in areas such as sports technical, governance and the specific

need for development programmes for members with a learning disability and members with a physical or sensory impairment. On the national events front, table tennis, junior and senior swimming, lawn bowls and angling were now well established. On September 8th 1979, due to a Lothian and Borders Police initiative, the first Scottish Sports Day for athletes with a learning disability was held at Ingliston with 320 participants. Police and Scottish Local Authority representatives made up the organising committee. Eventually this event became the SSAD Scottish Track and Field Championships for athletes with a learning disability and for years was sponsored by EDS.

With the Scottish Schools Swimming Association (SSSA) as the lead agency, the first Scottish Junior physically disabled swim team headed to Stoke Mandeville in 1977, recorded few successes but paved the way for the many Scottish Junior teams that would excel in the team competition at Darlington and Sheffield over the next two decades. The Scottish disability angling team competed in the BSAD Championships in 1979, in preparation for Scotland hosting the First Disability Angling Home International in 1980. Before the end of the decade, the SSSA and partner SSAD, had developed swimming links with the North of England Schools to set up home and away competitive swimming meets based on the SSAD time banding system pioneered in Scotland.

With SSAD Vice Chairman Bob Mitchell as the lead, the Scottish Police College at Tulliallan became the venue for junior and senior training weekends in partnership with the Scottish Spina Bifida Association and Scottish Paraplegic Association. A number of Scotland's most successful physically disabled athletes of the 80s and 90s were introduced to sports by top Scottish Governing Body coaches at Tulliallan. Participants arrived on Friday evening and departed after high tea on Sunday. Throughout Saturday and Sunday they were engaged in eight quality Scottish Governing Body coach led sport specific sessions. A key outcome of every Tulliallan weekend was that participants with commitment or perceived potential were linked to a local coach led session in their own community.

In 1977 the SSAD grant from the SSC was £750 and around 35 member organisations paid £10 for membership. Branches were up and running in Lothian, Fife, Grampian, Glasgow, Borders and Cunninghame and the first SSAD office was established at the Fife Sports Institute, working base for myself as

the Hon Secretary. SSAD negotiated a grant from the Manpower Services Commission to provide the Vice Chairman and Hon Secretary with admin support in Fife and Glasgow. Excellent new learning resources became available during this period including the films “Not Just a Spectator” and “Able to Fish” plus the Disabled Living Foundation internationally renowned guide on sports for people with a learning disability, titled “Give Us a Chance.” This resource was supported by a video which included best practice in Scotland. SSAD and the SSC were producing excellent resources for Branches and clubs on topics such as the formation of a club, governance, fund raising and communication.

By the early 80’s, SSAD had an additional presence in Central, Dundee, Highland, Monklands, Dumfries and Galloway and Moray. Some Local Authorities were investing in local disability sports development officers and Dunfermline College of PE in particular was contributing considerably to the learning of teachers and significant others in the area of disability sport. Sheila Dobie moved from the Amateur Swimming Association to Cramond and made a significant contribution to education and training as a college staff member and SSAD volunteer. Through time she was joined by John de Courcy and together they contributed considerably to the education of many undergraduate PE teachers and others. The DCPE/SSAD Joint Certificate in Sport and Recreation for the Disabled was innovative and ground breaking and offered quality learning to many students from diverse professional and volunteer backgrounds. The course was run throughout Scotland and during its time was always oversubscribed. SSAD communicated with its members through regular newsletters and by the start of the decade Special Olympics had a presence in the UK and the UK Sports Association for People with a Learning Disability was up and running with SSAD as a key player.

1981 was designated as the international Year of Disabled People by the Four Sports Councils in the UK and this event could not have arrived at a more appropriate time for SSAD. The joint campaign was “to encourage more disabled people to participate in sport and physical recreation” and was run in conjunction with the appropriate national sports association for disabled people. The main aims were awareness raising, encouraging participation, the integration of disabled people into mainstream sport and the involvement of

disabled people in the running of disability sport. Support resources such the “Ideas for Action” and “How to Contact Disabled People” booklets were circulated extensively to great effect and I thoroughly enjoyed producing the first of many SSAD Year Books. SSAD and the SSC successfully encouraged a number of Scottish Governing Bodies of Sport to engage with disabled sports people as new participants and athletes and players with performance potential. When capital grants were awarded to clubs, inclusive facility access was a pre-condition of the award.

In 1981, Sylvia Sandeman was the first disabled sports person to be appointed to the Scottish Sports Council by the secretary of State for Scotland. The SSC hosted a major four day international conference on disability sport at Stirling University and Dunfermline College of PE hosted a National In-Service Conference titled the “Function of Movement in Remediation and Integration”. SSAD played a major part in each of these outstanding international events to mark the International Year of Disabled People (IYDP). The SSC offered significant grants to Local Authorities to promote IYDP projects and Fife Regional Council hosted the First National Carpet Bowls Championships at the Lochgelly Centre and the First Fife Games in Glenrothes. In later years the Fife Games were separated into the Scottish Track and Field, outdoor Archery and Cross Country Championships. Grants were also awarded to set up Highland SADP, excellent accessible angling facilities in the Borders, a wheelchair Trim Track in Cunninghame and new accessible changing facilities at Caird Park stadium in Dundee.

SSAD accepted an invitation from BSAD to send a junior team to the First International Children’s Games for physically disabled and blind athletes in Gateshead in 1981 and I was privileged to lead that team as manager, with Sheila Dobie as my number two. Twelve 14 – 16 year old Scots finished fourth in the team competition of twenty participating nations with the same number of gold medals as the USA in third place. With only 11 swimmers Scotland had more gold medals than any other nation and ended the swimming meet with double gold medal wins in the boys and girls medley relay. The young Scots won gold in boy’s archery and silver in girl’s archery and made a significant impression in track and field. Several team members, including Scotland’s most successful ever blind swimmer, Mary Ann Low from Arbroath, went on to

represent Team GB at the Paralympic Games in New York three years later. The Games in Gateshead were the first occasion that an SSAD prepared junior team had represented Scotland in an international event. The 1981 model would be repeated throughout the 80s and 90s with considerable success. The exceptional success of the young Scots inspired those involved in disability sport at the time to try and ensure that as many Scots as possible were offered the opportunity to challenge for GB Team places for the 1984 Paralympic Games.

Building on the success of the swim meets with the North of England Schools and inter area meets within Scotland, the SSSA and SSAD hosted the First Junior Home International (sadly without Wales) for swimmers with a physical or visual impairment based on the SSAD classification system of time banding. The meet was held at the Fife Sports Institute with the swimmers accommodated at Tulliallan. The same classification system was repeated to great effect internationally in future years, as disability swimming in Scotland grew more popular and stronger. The many successful innovative junior swimming projects created the foundations of so many of the successes experienced by SSAD members across all sports in later years. By 1981 disability sport had a significant presence in Scottish and British sport. From here on it was about improving the quality and quantity of opportunities, SSAD and its constituent Branches could provide for existing and potential members.

In 1982, I was appointed Team Manager and charged by SSAD with the task of coordinating the involvement of the Scottish team of 55 athletes and 15 support staff in the First GB Special Olympics Summer Games in Kirby, Liverpool. Team Scotland was selected from results recorded by SSAD members in the ever expanding national events programme. Team Scotland was awarded the UK Special Olympics Trophy as the team that best upheld the traditions and principles of Special Olympics. Team Scotland won 59 gold and 64 silver and bronze medals mainly in swimming and athletics. The men however won the volleyball and football competitions with the women finishing runners up in netball. SSAD raised £12,500 and 60 sponsors or financial supporters were associated with the team. This particular event was hugely significant in the development of sports for athletes and players with a learning disability in Scotland. SSAD was thereafter invited to nominate 6 Scots

for the SO World Games in Baton Rouge the following year. Doug Williamson and the late Sue McKiernan were the individuals from England who coordinated the swimming and athletics competitions respectively and their skills and abilities resulted in a very special occasion in Liverpool for all participants. Each of these massively talented individuals became a great friend to SDS members in subsequent years.

It would be remiss of me not to develop this theme further by paying tribute to the many friends and partners south of the border who over the years helped to develop disability sport in Scotland and offer advice, support and inspiration to those of us involved in SSAD. During the 70s and 80s, Kay Evans at the Disabled Living Foundation (DLF), encouraged me to travel to London three times a year and contribute to the DLF Physical Recreation Panel. The Panel offered SSAD the opportunity to contribute to so many brilliant learning resources that were ahead of their time and ensure that Scotland had a presence in the development of inclusive physical activity, including sport. The Panel also offered me the opportunity to work with the hugely influential Liz Dendy from the UK Sports Council. Liz had such an influence on disability sport in the UK and internationally and it was Liz who introduced me to the Cerebral Palsy International Sport and Recreation Association (CPISRA). I was privileged to serve on the Sports Advisory Group of CPISRA from 1985 through to 2000 and for most of the time as secretary. These were the development years of international sport for athletes and players with cerebral palsy, traumatic brain injury or stroke and many UK volunteers played significant roles and none more so than Liz Dendy, who became CPISRA President. Liz was instrumental in arranging for me to present at the Council of Europe in 1983 on the work we were promoting in Scotland on competitive sport in particular for athletes and players with a learning disability. As this record progresses I shall attempt to introduce other SDS friends and partners from Home Country Associations who played their part in our impressive history.

In 1981 Greenock Otters celebrated their Silver Jubilee. To mark the occasion the club decided to host an inter club swimming match. Five other clubs from the area participated and so successful was the event that the decision was taken to repeat it annually. The Strathclyde Federation of Swimming Clubs for Disabled People was formed from this one project. The Federation remit was

to develop swimming, coordinate education and training, select teams for national galas and encourage and assist the setting up of new clubs. The late Jean Martin and Bob Mitchell were the key drivers behind the Federation during the early years, along with representatives from constituent clubs such as Fiona Toal and more recently Robin Walker and Irene Lochrin. Within no time at all twelve clubs had joined, 100 volunteers had successfully gained the Preliminary Teacher of Disabled Swimmers Award and Federation swimmers were making their mark in Scottish and British events. Bob also set up the Temple Swimming Club in Glasgow and along with Irene Lochrin turned it into one of the most successful discrete swimming clubs for disabled people in the country. From this strong swimming base the Glasgow V Edinburgh gala emerged in 1981, with the magnificent Glasgow University Athletic Union Trophy and BNOC Relay Cup as the team prizes. Within a couple of years Fife, Tayside and Grampian areas had joined and the event became known as the highly popular Inter Region Swimming Gala.

The SSAD involvement in Paralympic sport began in the years leading up to the 1984 Games in New York and Stoke Mandeville. Until the early 80s, SSAD involvement had been limited. Any history of this Association would be incomplete without acknowledging the great Scots who put our nation on the international map between 1964 and 1980. Val Robertson excelled in Tokyo in 1964, Israel in 1968 and Toronto in 1976 and remains to this day Scotland's most accomplished all round wheelchair female athlete. Barbara Howie was a Paralympian in 1972, 1976 and 1980 and can comfortably claim the title of Scotland's most successful wheelchair track athlete. Jim Muirhead and Willie McLeod were multi medallists in swimming and athletics respectively and excelled in the Games between 1976 and 1984. These great blind sportsmen established performances and set records that are unlikely to be surpassed. The Great Isabel Newstead (Barr), the first Scottish disabled athlete to be inducted into the Scottish Hall of Fame, won three gold medals in her first Games in 1980 and was a regular in Team GB through until Athens in 2004. In historical terms SSAD was a key player in the preparations of high performance Scots for the Games of 1984 but the Scottish Paraplegic Association and Scottish Blind Sports were the driving force behind the successes up to and including the Games in Arnhem in 1980.

In the lead up to the Paralympic Games of 1984, SSAD was in a good place in terms of governance and the development of local, national and international competition opportunities for children, athletes and players with a physical, sensory or learning disability. The preceding paragraphs have provided a snapshot of some of the major successes of this period but this in no way does justice to the many athletes and coaches who contributed so much to this very important period in disability sport in Scotland.

The late Mary Urquhart bid farewell as Chairman at the AGM of 1982 and was warmly congratulated for the massive role she had played in SSAD during the previous seven foundation years. Vice Chairman Bob Mitchell became Chairman and champion sailor Sylvia Sandeman was elected Vice Chairman. Athlete David Thomson continued as Hon Treasurer and athlete Bill Fenwick came on board as Hon Secretary. Sheila Dobie headed up education and I concentrated on the ever expanding area of national events. Jean Stone retained the very important link with BSAD and the international community. The strands of sport for athletes with a physical disability and sport for athletes with a learning disability continued to be developed under Sheila and Sylvia respectively. The Committee for Angling for Disabled People (CPAD) was growing in strength each year and the significant role played by CPAD members Tom and Stuart MacKenzie, plus Mike Tudor, in Scottish sport cannot be over emphasised.

As 1983 drew to a close, Branch representatives Alastair Kidd, David Beddingfield, Brenda Moir, Eileen Hyndman, David Morgan and Ernie Guild and others were playing an active role in the EC. SSAD had formed strong links with Scottish agencies concerned with different impairment groups including the Scottish Council for Spastics, the Scottish Society for the Mentally Handicapped and the Scottish Spina Bifida Association. This resulted in EC involvement for representatives from these organisations including Mary Aitken, Hugh Stewart and David Leggat, among others.

No history of this period would be complete without reference to the special relationship that was developing between SSAD and the Scottish Council for Spastics (SCS) - later to become Capability Scotland - in the lead up to the Games of 1984. Wheelchair Dancing had brought the two organisations together in the 70s but the 5th CPISRA International Cerebral Palsy Games in

Denmark in July 1982 was the start of a special relationship that would have a massive effect on Scottish involvement in the Paralympic Games in New York. The 4th CPISRA Games had been successfully staged in Edinburgh in 1978 and it was clear then that it would not be too long before athletes with cerebral palsy, head injury or stroke would be included in the Paralympic movement. The International Paralympic Committee of the time identified 1984 as the critical year to the delight of CPISRA member nations all over the world. When the Scottish Team returned from Denmark with four silver and four bronze medals, the Director of the SCS, the late Commander Archie Cameron, approached SSAD for advice on coaching and preparing the Scottish CP athletes for New York in 1984. SSAD was encouraged to identify new eligible athletes from within its ranks and prepare them for Team GB consideration. This was the first time SSAD had introduced Talent Identification and how successful and effective it was.

The letter that was sent by Archie Cameron to Mary Urquhart on 23rd August 1982 changed the lives of many Scottish athletes, players and coaches who went on to play a significant role in the development and success of CP sports locally, nationally and internationally over the next 30 years. Starting with Jean Stone and Commander Cameron, Scotland's influence in CPISRA, ISMGF and the wider IPC community would grow in the ensuing years. SCS staff, including Mary Aitken, Jim Thomson and John de Courcy worked closely with SSAD personnel to identify, prepare and nominate high performance athletes and players for the GB Team for the 1984 Games. I had the privilege of acting as the SSAD lead on developing the partnership and this led to my selection as a coach for Team GB in New York, along with Jim, John and Mary. The Scottish Council for Spastics/SSAD partnership was instrumental in Scotland becoming a major force in international disability sport from 1984 onwards.

In the lead up to 1984 the Scottish Paraplegic Association continued to play a prominent role in supporting performance wheelchair athletes with aspirations of Paralympic selection and a similar role was fulfilled by the representative bodies of blind and partially sighted performers. SSAD, as a pan disability organisation with a responsibility for athletes and players with a physical, sensory or learning disability of all levels of ability, had a role to play with all performance disabled sports people and this opportunity was grasped

enthusiastically. This was particularly evident with Scotland's leading sports people who were members of the British Les Autres and British Amputee Sports Associations. BLASA and BASA members were eligible to be part of Team GB in New York and in the early 80s Scotland had a number of high performance contenders for Paralympic places. John Grant, Brenda Moir, Wilma Lawrie, Andrew Brennan, Paul Noble, Ernie Guild, David McCrae and Bill Fenwick were just some of the great athletes who represented SSAD with distinction as athletes and also played important roles within the Association on so many fronts. Many of those listed realised their dream and received the call up from the selectors for Team GB in 1984. The role of SSAD in their career development was considerable.

Sylvia Sandeman had been an SSAD champion in so many ways but resigned from her post as SSAD Vice Chairman early in 1984 and I was privileged to take over the role as Bob Mitchell's number two. Apart from her governance roles and pioneering work with the Scottish Sports Council, Sylvia championed the cause of sailing and was responsible for encouraging so many Challenger boats to be located around the country. The Challenger was considered at the time a most accessible and safe craft, offering many disabled people the opportunity to sail. The SSAD involvement in the Challenger initiative was long lasting and effective.

All attention was focussed on New York and Aylesbury where Scotland's leading athletes, players and coaches would assemble for the Paralympic Games that would transform disability sport in Scotland for ever. Originally the world's leading wheelchair athletes were bound for the USA but last minute problems with the event organisation necessitated a switch to Stoke Mandeville Stadium, Buckinghamshire. The Games would also mark the beginning of a Paralympic period when Scotland's high performance athletes with a disability would achieve representative honours and medal successes far and beyond all expectations.

1984 – 1990 Success Breeds Success

The organisation of the GB Team for the Paralympic Games of 1984 was the responsibility of several different organisations. The British Paraplegic Sports Society (BPSS) was responsible for the athletes engaged in wheelchair sports

events, the Spastics Society led the team coordinating arrangements for athletes and players with cerebral palsy, the British Les Autres and Amputee Sports Associations looked after their members and blind athletes related to the British Association for Sport and Recreation for the Blind (BASRAB). Despite the obvious significant challenges that this framework presented, the 1983 lead up to the Games and the early part of 1984 went relatively smoothly. The relevant Scottish organisations concerned with each of the different impairment groups and SSAD worked together to ensure that the involvement of Scottish athletes and coaches in this historic event was going to be memorable and this is exactly how it turned out. Being the first Paralympic Games involvement of athletes and players with cerebral palsy and “les autres”, there were many issues that required to be addressed. The role played by Scottish Council for Spastics staff in particular was hugely significant and their cooperative working with SSAD critical to the success of the project. In 1984 Commander Archie Cameron was President of the International Coordinating Committee of Sports for the Disabled (ICC) forerunner of the IPC. Many of us remember with great fondness how proud he was standing beside President Ronald Reagan as so many Scottish members of Team GB marched into the stadium for the Opening Ceremony of the 1984 Paralympic Games in New York.

The Games of 1984 were referred to as the International Games for the Disabled and the parallel event planned for Illinois, the V11 World Wheelchair Games. As late as January 1984 it was clear that there were problems with the funding and staging of the latter and they were swiftly relocated to Stoke Mandeville Stadium, Aylesbury. The Paralympic Games of 1984 were held in two venues, involved 45 nations and Team GB finished second in the medals table with 217 (G66,S76,B75) medals, behind the USA with 233 (G86,S74,B73). Scots excelled in each location. In Aylesbury, Kenny Cairns MBE and Isabel Newsted MBE (nee Barr), won fifteen medals in swimming and athletics of which seven were gold. In New York, Colin Keay, Aileen Harper, Ann Swann, Linda Fyffe, Carol Johnstone, Gordon Robertson and Gerry McConnell won a total of twenty medals of which thirteen were gold in the events for athletes with cerebral palsy. Mary Ann Lowe, Jim Muirhead and Kelly Carroll won ten medals in blind swimming and Wilma Lawrie with two gold and two silver medals in swimming and was the outstanding Scot in Les Autres sports. Jim

Buchanan's archery silver and bronze medals were special and Scots winning fourteen of the thirty one gold medals won by GB athletes in cerebral palsy sport highly significant. These results were just reward for the hard work put in by many athletes, players and volunteers throughout the previous ten years. In 1984 Scotland had many fine senior performance athletes and a junior development programme in place that would continue to identify performance athletes and players for international sport for the next twenty years.

The results from the 1984 Games and post Games euphoria led to so many new developments in disability sport in Scotland. SSAD received notice that Nottingham was the venue for the First World Games for Disabled Youth in 1986 and because the Children's Games in Gateshead in 1981 had such a significant positive impact on Scotland's nominations for 1984, every effort was made to identify talented young sports people for Team GB. Eight young Scots were nominated for the 1986 Games following extensive trials coordinated by SSAD. Youth development in the 80s was an SSAD priority. The Games in Nottingham offered no opportunity for Scotland to enter as an independent nation and this of course was hugely disappointing. Over the next four years, a number of us vigorously and successfully challenged for a Scottish entry to the World Youth Games in Miami in 1989.

As indicated earlier I shall now take time to identify some of the colleagues in England who assisted and supported the SSAD planning and preparations for New York. Colin Rains and Douglas Williamson from Nottingham Trent University were support coach colleagues in athletics and swimming in Team GB and were massively helpful before and during the Games. Howard Bailey from the Spastics Society was "Mr Boccia" and the man who brought enormous respectability and professionalism to the sport and paved the way for the international developments we enjoy at the present time. Bob Fisher from Bristol led the GB 7 - a - side soccer revival, following an average showing in New York, and at every stage considered the views of Scotland. Chris Cohen was the lead athletics official in London 2012 but it was during the 80s that Chris first became a great support to Scottish athletes and volunteers. All of these fine men became friends and colleagues in international sport after 1984 and played very significant roles in advancing our disability sports knowledge base in Scotland.

The success of Team Scotland, coordinated by SSAD, at the First UK Summer Special Olympic Games in Liverpool in 1982 encouraged SSAD officers and significant others to campaign for Regional entries to future Summer and Invitation Games. This was successfully negotiated early in the 80s and Regional Teams successfully participated in the Games on the Isle of Man, Brighton, Leicester and all the Games thereafter. Ian Shaw and Gordon McCormack were my Joint Assistant Team Managers in Liverpool and following the Games their interest in the Special Olympics movement was greatly increased. Ian from Grampian was the first volunteer to be selected by SSAD to support Scottish athletes at an international Special Olympics Games overseas and the first real passionate devotee of the movement in Scotland. In time most Scottish regions affiliated to Special Olympics GB with different levels of membership. In some Scottish areas, SO became a member organisation of the local SSAD Branch and in others, all sports for athletes and players with a learning disability are organised under the banner of Special Olympics. SOGB, Special Olympics Scotland and SSAD/SDS have successfully worked together and more often in partnership for over 30 years and the beneficiaries have been Scots of all levels of ability with a learning disability.

Inter Area swimming galas within Scotland, galas involving junior swimmers from south of the border and the national programme of six national galas, established Scotland by the end of the 80s as a very successful all round disability swimming nation. The performances of Scots in international junior swimming, GB Championships and the significant presence of swimmers in Team GB for three decades are evidence of the success of the programme. The very positive relationship that was always evident during this period between the Scottish Schools Swimming Association (SSSA), SSAD and Scottish Swimming was key to this success. So many talented young Scots started out in swimming and moved to other sports. Without this very positive swimming experience this may not have happened. Track and field may be the “mother of all sports” but in Scotland learn to swim programmes, discrete swimming sessions/clubs and swimming teachers were present in abundance throughout the 80s and 90s in particular, and contributed so much to increasing levels of participation. During this period there were many more PE teachers with direct involvement with children and young people with a disability and often in tandem with physiotherapists. Youngsters with a disability of Primary age in

particular were more physically active and consequently levels of participation were higher. All sports benefitted and this was reflected in the level of success of Scottish teams and thereafter the number of high performance Scots who gained Paralympic Games selection.

One organisation that has dropped off the radar in recent years must be acknowledged in this short report of Scotland's proud and impressive disability swimming history. Scotland's junior disability swimming programme evolved through the channels of the Scottish Schools Swimming Association and I was proud to hold a position on the Executive Committee as the representative of the Special Education sector. SSSA and SSAD became strong partners during the 70s and 80s and the SSSA network was utilised to bring the recently created SSAD system of time banded classification to the attention of schools throughout Scotland. The partnership created within a few years a comprehensive local, national and international programme of junior swimming opportunities fully funded by the Stars Organisation for Spastics Scotland. SOS Scotland "Stars" such as Larry Marshall and the late great rugby international Gordon Brown were instrumental in ensuring the programme was fully funded. This included full kit and travel to the British Junior Championships. SSSA office bearers Charlie Raeburn and Jean Smith offered the structure and support for the junior swimming development plan to succeed. The annual inclusion of selected events for Scotland's leading junior swimmers with a learning disability in the mainstream Schools Scottish Championships at the Royal Commonwealth Pool and a joint venture involving young disabled and non - disabled swimmers in the European Schools team event in Lisbon were two of the many successes of the partnership.

With an independent Scotland entry to CPISRA events world-wide, the Scottish Council for Spastics (Capability) took full advantage of the opportunities on offer, to capitalise on the successes of New York and prepare for Seoul in 1988. The results of Team Scotland at the CPISRA European Track and Field championships in 1985 and CPISRA World Championships in 1986 were exceptional. Performance progress continued into the 90s as Scotland took full advantage of the CPISRA sport specific, multi-sport Robin Hood and Sherwood Games to prepare future generations of athletes with cerebral palsy, head injury or stroke for pan disability IPC engagement. SSAD recognised early on

that the largest community of potential sports people with a physical impairment are those with cerebral palsy and partnership working with the SCS by the mid-80s was well established. SSAD and SCS personnel continued to play an active role in CPISRA internationally on many fronts, carrying on the tradition established by the late Archie Cameron. Scotland is held in high esteem by the international family of CPISRA, due in many ways to the achievements of Scottish sportsmen and women and professional input from Scottish volunteers.

There were few changes in the personnel involved in the governance of SSAD during the 80s. I was privileged to serve as Vice Chairman to Bob Mitchell and athletes David Thomson and Bill Fenwick occupied the key office bearer positions of treasurer and secretary respectively. Ron Stuart remained the SSAD Development Officer and SSAD links with the Scottish Sports Council were stronger than ever. A constitutional review was established by the Chairman and the new constitution adopted at the AGM of 1987. In the same year Jim Thomson was elected to the EC as a representative of the member organisations, beginning a long association that ran until 2012. Jim served in several SSAD/SDS roles including Chairman, and for many years represented SSAD and SDS at the British Paralympic Association. Following the success of the Games in 1984, Chairman Bob Mitchell had the idea of raising the profile of disability sport in Scotland by acknowledging the 25th birthday of SSAD with a Silver Jubilee Festival in 1987.

Margaret MacPhee joined SSAD as part time administrator in late 1982 and the Silver Jubilee Festival was Margaret's greatest challenge as an SSAD employee. During her time in post, Margaret totally transformed SSAD administrative practices and procedures to a standard worthy of an ambitious Scottish Governing Body of Sport. Over eighteen years Margaret challenged and improved how SSAD conducted business and introduced many of the systems and national event formats that still operate to day. SSAD, and more recently Scottish Disability Sport (SDS) has been very fortunate to attract top quality Administrators. Cynthia Clare made a massive contribution to SDS during her time as the first full time Administrator and Company Secretary and set up the new SDS Head Office at Caledonia House. Norma Buchanan joined the SDS Fife Team in 2000 with the specific responsibility for events, finance and supporting

myself as Vice - Chairman and subsequently Chairman. Through time Ailien Pallot took over as Finance Manager and ensured that the Association was fit for purpose in all aspects of financial affairs. Norma's contribution to SDS has been equally immense and highlights how fortunate SSAD has been to attract top quality committed administrators year after year. The most recent arrival in Head Office is Caroline Lyon who follows in the same mould as the others.

The Silver Jubilee Festival was a challenge for all of us charged with the responsibility of bringing the Bob Mitchell dream to reality. The SDS archives contain a letter from Bob dated 6th July, inviting fifteen people to a meeting at Crownpoint Stadium on August 14th to discuss the 1987 Festival. The Festival was scheduled to run for eight days in late August and early September in Glasgow and on each day there would be a Scottish, British or International event staged in venues throughout the city. Archery, athletics, cross-country, bowls, basketball, fencing, football, swimming, table tennis and wheelchair dancing were the activities identified on that initial letter. The vision was to involve athletes and players with a physical, sensory or learning disability and showcase the very best in disability sport at the time. Key supporters were Strathclyde Regional Council, the Glasgow Sports Promotion Council, the National Playing Fields Association and the Stars Organisation for Spastics Scotland. So meticulous was Bob as the lead for this hugely ambitious project that he recommended the establishment of a Festival company with six members and himself as the first chairman. This was to ensure that each member had limited liability. By the summer of 1986 the programme of fourteen events had been agreed and invitations extended to appropriate parties. Sub committees were created and 1300 disabled athletes and players were expected to participate. The Duke of Edinburgh agreed to be Patron.

I was privileged to act as Chairman of the strong sports Sub Committee. I had fourteen individual event convenors plus input from many of Scotland's Governing Bodies of Sport. The Festival schedule included three SSAD National events, lawn bowls, table tennis and athletics. International events included the European Wheelchair Fencing Championships, Scotland against Ireland Deaf Football International, Scotland v England CP athletics and Boccia Challenge, First Four Nations Internationals for athletes and swimmers with a learning disability in conjunction with the UKSA, an International for Junior

Swimmers with a physical or visual impairment in conjunction with the Schools Swimming Associations, International Wheelchair Basketball Match and an International Wheelchair Dance Festival. A Sitting Volleyball Tournament, Scottish Fly fishing Challenge Match and British Championships for Visually Impaired Golfers rounded off the incredible diverse programme of events.

Hugely ambitious, massively demanding in resources and personnel, but thanks to a large number of very committed people, the project became a reality and put SSAD and its members well and truly on the sporting map at home and overseas. The target funding figure of around 130K was realised with a considerable amount of shrewd planning. Disabled sports people travelled to Glasgow from as far afield as the USA, Hong Kong, Canada and throughout Europe to celebrate 25 years of SSAD. They experienced great Scottish hospitality and all agreed that SSAD and its partners were more than capable of organising top quality sports events. The Organising Team was challenged on the final Festival day and passed the test with flying colours when they had to manually evacuate the Hospitality Inn of over one hundred wheelchair users when the fire alarm went off towards the end of the International Wheelchair Dance Festival. The Festival marked 25 years of SSAD but at the same time brought some of the world's leading sportsmen and women to Glasgow and helped with the preparations of Scotland's potential Paralympians for Seoul in 1988.

Twenty nine Scottish athletes were eventually selected for the GB team for the Paralympic Games in 1988. Over four thousand competitors from sixty one nations took part and for the first time Paralympians accessed the same stadia and were supported by the same officials as the Olympians of 1988. Team GB met at Stoke Mandeville and travelled from London to Seoul via Anchorage, Alaska. In each direction, a demanding journey for athletes and support staff alike. For some of us it was a journey of moving and handling in the most confined of spaces. I vividly recall an early evening of panic when Jim Thomson and I had to bribe local garage mechanics to release acid for batteries for power wheelchairs. Acid was not allowed on aircraft in those days and the sealed battery had yet to become the norm as opposed to the exception. Sadly we also spilled excess acid on our track suits which did not go down well with the management team. For all of us Seoul was a steep learning curve.

These were the first Games when all impairment groups were together within the same team. Paul Noble, Colin Keay, Kerry Taylor, Angela McDowell and Isabel Newstead (nee Barr) won a total of twenty five medals of which eighteen were either gold or silver. Apart from Isabel, all thirteen of the Scottish medallists in Team GB were considered products of the Scottish system with SSAD at the heart of the action. The Scottish Paralympians of 1988 went on to win the BBC Scotland Team of the Year award. Those of us who travelled to South Korea as coaches were fiercely proud of the Scottish contribution to Team GB.

In October 1987, representatives from Scotland's Local Authorities, mainly Social Work Departments, met in Glasgow to form the Scottish Coordinating Committee – Sport for People with Mental Handicap. Gordon McCormack was appointed the first convenor, with the organisation of the National Track and Field Championships at Meadowbank a key responsibility. Gordon was then invited to join the SSAD General Purposes Sub Committee to represent sports for members with a learning disability. Through this sub-committee, new Regional personnel were introduced to the movement and many played a significant part in the development of sport for athletes and players with a learning disability during the ensuing years - Janice Eaglesham, Ian Mirfin, David Hammond, Avryl Elder, Elspeth Watson and Angus Cameron to name but a few.

In 1989 the Second Four Nations Swimming and Athletics Championships for athletes with a learning disability were held in Wigan and Team Scotland won three of the four team trophies. Scotland, with thirty participants, was one of nineteen nations at the First INAS FMH World Championships in Sweden, finishing second behind Australia on track and fourth overall in swimming. In 1989 Scotland successfully participated in the Robin Hood Games in Nottingham with the planning and organisation being coordinated by SSAD key partner, the Scottish Council for Spastics (Capability). In 1989 the Third UK Special Olympics were held in Leicester and teams from Highland, Tayside, Fife, Central, Lothian, Grampian and Strathclyde took part. With the Committee for the Promotion of Angling for Disabled People (CPAD) as the lead body, SSAD members continued their successful involvement in the Home International Fly Fishing annual circuit with great success. Invitations were arriving fast and

furious for SSAD members to compete in international competitions. The pathways that were absent in the early years of SDS were starting to appear by the late 80s.

One very significant event in 1989 had a significant long lasting impact on the role of SSAD as a major force in disability sport at home and overseas. SSAD successfully argued for inclusion in the Second World Youth Games in Miami as an independent Scottish Team and not as part of Great Britain. The performance of the selected twenty seven physically disabled and visually impaired 13 – 18 year olds more than justified this decision. 125 first places from a total of 135 medals and in only three months 40K was raised to support the team. From the junior team of '89 Caroline Baird, Iain Matthew, Paul Johnson, Kerry Taylor, Anne Woffinden, Tommy Hunter, Karen Lewis and Alan McGregor went on to represent Great Britain in at least one Paralympic Games and all were multi medallists. In addition, Gary Humes was selected for the Para-sport swimming events at the Commonwealth Games in Canada. Five of the support staff were also selected by Paralympics GB as coaches. For team coaches Jacqueline Lynn, Jen Quinton, Gordon Quinton, Jim Thomson and Judy Black in particular these Games marked a watershed in their career development with SSAD and subsequently led to a long and fruitful involvement with SSAD/SDS and its members. Other support staff such as Ricky McMahon, Richard Osborne and Val Thomson, who had made a massive contribution to junior development in the 70s and 80s, witnessed many of their young charges perform extraordinarily well on the international stage in the USA.

Managing that Scottish Team of great athletes and coaches was the proudest moment in my career as a volunteer with SSAD/SDS. Stories from Miami are often shared when athletes and coaches get together to reminisce about the past and the “glorious 80s” in particular. Quadruple amputee Tommy Hunter from Portlethen bought a Micky Mouse soft toy at the Magic Kingdom that was bigger than himself. Mickey became a challenge on the journey home because the soft toy required its own aircraft seat. Swimmer Iain Matthew set a world record for Space Mountain rides by spending his Disney day out in the “disabled person’s priority queue” and managing over twenty consecutive rides. Having a first class hotel in the centre of Miami for the duration of the

Games made us all realise that movies and TV series were entirely accurate about this vibrant American city that never sleeps. The experiences we were able to offer collectively to our young team members remains to this day unsurpassed. A remarkable success story for one very successful Scottish disability sports team. For all of us who were present it was a very special occasion. The Miami experience was financed entirely from fund raising and was a very fitting end to an exceptionally busy and successful decade in the history of SSAD. For many of us the Miami project was the single event that clearly demonstrated and confirmed the considerable qualities, skills and abilities of Scottish athletes and support staff.

The success of the Silver Jubilee Festival, and a more than passing interest in Special Olympics in Strathclyde Regional Council prompted a successful bid for the 1990 European Special Olympics to be held in Glasgow at a projected cost of £1.5 million. The prospect of another major disability sports event in the city so soon after the Festival inspired considerable interest and enthusiasm within the community of athletes and players with a learning disability in particular. Not surprisingly the Games were delivered successfully and enjoyed by the large number of Scots who participated. Gordon McCormack and the other members of the organising team, including representatives of many of Scotland's Governing Bodies of Sport, must be congratulated on the role they played in delivering a memorable European Special Olympics Games. 455 Scots from 9 Scottish Regions were housed at St Andrews College and participated in 10 pin bowling, cycling, swimming, athletics, gymnastics, basketball, football, carpet bowls, table tennis, powerlifting and equestrian sports. The role of Strathclyde Regional Council in the success of the Games cannot be underestimated and even the sun shone on Glasgow for the seven days of the Games. The European Games, like the Miami Games, offered Scotland the opportunity to call upon the services of a very committed team of quality support staff.

In July 1990, Scottish athletes and swimmers headed off to the World Championships and Games for the Disabled in Assen as part of the Scottish CP team or members of Team GB. The Games were the major pan disability international sport event between Seoul '88 and Barcelona '92. The British Paralympic Association (BPA) was formed in 1989 and one of its first

responsibilities was to prepare and support Team England at the Miami Games in 1989. This was followed up by coordinating the involvement of Team GB in the Assen Games in 1990. The Netherlands Games were an opportunity for Scottish support staff hoping to be involved in the Paralympic Games of 1992 to gain valuable international experience and several were offered the opportunity, performing of course to a very high standard. It was also a key competitive opportunity for aspiring Paralympians and similarly several Scots took full advantage. 21 athletics medals were won by Scots and among the gold medallists were Kerry Taylor, Colin Keay, and Anne Woffinden. Not surprisingly Scottish swimmers excelled in the pool with a medals tally of 25 including gold medals for Alan McGregor, Paul Johnston, Kenny Cairns, Adam Morley, Paul Noble and Anna Tizzard. Jim Thomson led the Scottish CP Team and was proud and delighted that “little” Scotland with only 17 competitors had finished 20th out of 46 participating nations, winning 35 medals and setting four world records.

By the end of the decade Chairman Bob Mitchell was proud to report that Scottish athletes and support staff had performed magnificently all over the world and more children, athletes and players than ever were competing in the ever expanding SSAD events programme. SSAD was proud of its partnerships with Schools Sports Associations and Scotland’s Governing Bodies of Sport in delivering discrete and inclusive events and training opportunities. Almost all of Scotland’s Local Authorities had embraced the ethos of IYDP and newly appointed disability sport officers were taking up posts throughout the country.

SSAD held its First Conference in 1990 and 38 delegates attended the AGM of the same year. A Special General Meeting was held to consider the outstanding Minister’s Report “Building on Ability”. Conference delegates voted to introduce a separate Division within SSAD for sport for athletes and players with physical/sensory impairments and a parallel Division for those with learning disabilities. Lawrie Randak and Eddie McConnell became the new Scottish Sports Council liaison officers and the Association’s first Development Officer Ron Stuart moved on. SSAD had a reputation for identifying “smart” funding sources and by 1990 strong ties were established with many of Scotland’s Local Authorities, Post Office Counters staff, the BPA Trust Fund,

British Telecom, Stars Organisation for Spastics Scotland, National Playing Fields Association, Electronic Data Systems (EDS), Scottish Sports Aid Foundation and many others. The first SSAD office was well established at the Fife Sports Institute with support from Fife Regional Council and successful negotiations had taken place with Swimathon '91 and Cycling Challenge '91 for SSAD to be recognised as a major recipient charity. SSAD was in a very good place as the 80s came to an end but the excitement of a new decade and the expectation of a Paralympic Games in Barcelona had everybody in the SSAD family buzzing.

1991 – 1996 Barcelona to Atlanta

“Any organisation that does not respond to change is lacking in ambition but change for the sake of change is equally unrewarding.” This was a quote from the Chairman in the foreword of the 1991 year book. The SSAD Executive Committee of 1991 recognised that if the Association was committed to meeting the needs of **all** members then changes in priorities, process and practice required to be introduced. Ensuring as many sports as possible were made available to athletes and players from all impairment groups was identified as a key priority. SSAD had to involve more quality volunteers with key sports skills to assist athlete members and the Branch network had to be expanded and where appropriate strengthened. The proven practice of increasing competition opportunities was to be continued and links with Scotland’s Governing Bodies of Sport, particularly in the area of education and training, were to be further explored. The sports development challenges of increasing participation, developing performance programmes and supporting high performance athletes were for the first time appreciated and acted upon. The introduction of coach/volunteer recruitment, deployment initiatives and increased training opportunities confirmed commitment to all three sports development areas. Squad training across all sports would be introduced as soon as quality coaches could be identified. SSAD would do all that it could to raise its profile and further improve communication with members and partners by building on the success of the first conference in 1990. During the 70s and 80s Scotland enjoyed considerable success in international sport and those many successes would form the basis for further expansion throughout the 90s.

By 1991 Branches were up and running in Central, Cunninghame, Dundee, Fife, Glasgow, Highland, Lothian, Lanarkshire West, Moray, Monklands, and the North East of Scotland. Local officers such as Hazel Dean, Jacqueline Lynn, Bill Farquhar, Alistair Kidd, Jen Quinton and Alex Stuart offered great expertise and local knowledge to SSAD on developing sport at local level. Bob and I were returned as Chairman and Vice Chairman respectively and the hard working David Thomson continued to serve the Association as Treasurer. Jim Thomson was appointed convenor of the Division for athletes with a physical or sensory impairment and Angus Cameron appointed convenor of the Division for athletes with a learning disability. Athletes David McRae, Martin Lee, Paul Noble, Mary Ann Low, Gwyn Jones, George Keith, Val Robertson and Zena Latchman played their part in developing specific sports or opportunities for specific impairment groups as part of the Division for physical or sensory impaired athletes and players. Four representatives from each Division came together with the SSAD office bearers and SSC staff members Lawrie Randak and Eddie McConnell as members of the new SSAD Policy and Resources Committee.

Paul Burrows of the BSAD was invited to Scotland to assist SSAD with the development of “awareness training initiatives” and this resulted in a series of very positive outcomes. SSAD and the SSC identified two tutors from Scotland to join a National Coaching Foundation tutor training course and shortly after they started to deliver the NCF How to Coach Disabled People in Sport course. In 1991 SSAD established its first one day course, offering a half day specifically on sport for athletes and players with a physical or sensory impairment and a half day on sports for athletes and players with a learning disability. The course provided practical involvement with athletes with a learning disability, theory sessions and an introduction to specific sports for athletes with a physical disability. The first course was held at the Fife Sports Institute and subsequent courses held at the National Sports Centre at Inverclyde, tutored by Richard Brickley and Jacqueline Lynn with support from David McCrae. SSAD also engaged with Scottish Athletics and other Scottish Governing Bodies to offer sport specific modules within mainstream coaching awards. For the first time the Association was playing a significant role in education and training in addition to supporting partner initiatives. SSAD was also committed to directing potential coaches and volunteers to Scottish Governing Body award

programmes. In 1991 SSAD was involved in coach education initiatives with the governing bodies of athletics, canoeing, archery, angling, gymnastics, table tennis, orienteering, swimming, sailing, football, basketball, boccia, shooting and cycling. SSAD organised its first classification course at the Inverkeithing HS and later in the year the first Central Council for Physical Recreation (CCPR) Sports Leaders course with an emphasis on participants with a learning disability at the Fife Sports Institute.

Running in parallel throughout the year was a notable increase in the number and variety of participant training opportunities. The TSB School of Sport for the first time provided eight places for Scotland's leading young physically disabled swimmers. SSAD for the first time offered a multi-sport training weekend at Inverclyde with support from BT for Scotland's leading young physically disabled sports people with appropriate teams of quality coaches in attendance. The training weekend at Inverclyde was an extension to the already established Tulliallan weekends that had been running since the 70s. One wonderful memory of that weekend was the Friday evening outstanding indoor orienteering session organised by Tom Renfrew from the Scottish School of PE for the youngsters, many of whom had severe mobility difficulties. The Branches in the East of Scotland combined to run a Sports Development Day at the Fife Sports Institute and involved an excellent team of SGB coaches and the leading athletes and players in the Branches at the time. Because SSAD now had access to a number of top quality, highly respected Paralympic standard volunteer coaches, members were offered a stimulating, memorable experience on every occasion. SSAD was able to coordinate these many new initiatives plus the well-established events programme through one part time administrator based in the Fife Sports Institute.

Football coaching was provided at Inverclyde for the leading players with cerebral palsy and monthly athletics and swimming sessions were held in Glenrothes, Grangemouth and Glasgow for Scotland's aspiring representative athletes and players with a disability. Athlete Gwyn Jones from Carnock and thereafter the late Mike Broderick were instrumental in the development of disability archery and by 1991 there were established wheelchair road races in Alloa, Glenrothes, Vale of Leven and Moray with the Glenrothes event becoming a British Grand Prix race after only one year. George Keith became

involved in organising a national table tennis league and a boccia league was in the pipeline. Scots were travelling south to join up with GB squads in preparation for the Paralympic Games in Barcelona and the Games for athletes with a learning disability in Madrid. Levels of participation in disability sport were at their highest in the early 90s and SSAD volunteers in particular were devoting huge amounts of time to supporting members in their quest for success in sport. Throughout the 90s Scottish athletes with cerebral palsy headed south to the Nottinghamshire School of Sport for yet another training opportunity.

In 1991 I researched, prepared and introduced yet another SSAD classification system for the sports of lawn bowls, carpet bowls, table tennis and snooker which is still used for SSAD National events. The time and distance athletics classification system introduced at the Fife Games in 1981 was modified for the First Scottish Track and Field Championships for athletes with a physical or visual impairment held in Fife on the first Saturday in June 1991. The Scottish Junior Swim team won 150 medals including 90 gold at the 1991 British Championships in Darlington. Scotland's junior swimmers also won two relay titles and the team trophy for the third successive year. The senior swimmers lost the team title by only four points, demonstrating clearly the strength of Scottish disability swimming at the time. In the same year Zena Latchman (snooker), David Heddle (bowls) and Sandy Gregory (archery) achieved the highest accolade in their sport by being named player of the British Championships in their respective sports. Elspeth Brown was leading the development of tandem cycling internationally and Ian Mirfin and Janice Eaglesham set up the Red Star athletics and Sports club at the Crownpoint Track in Glasgow to address the problem of lack of track and field opportunities for potential disabled athletes in the West of Scotland. Pete Wyman had an input to the Red Star club and the Grand Prix Series and it did not take long before the club had built up a team of quality coaches. Athlete members very quickly made their mark in national track and field events. This development and the Strathclyde Federation of Swimming Clubs contributed considerably to increasing participation and developing performance in the sports of athletics and swimming in the West of Scotland.

Scotland as a force in international boccia began in the mid-80s when Anne Woffinden won the BC2 singles title at the World Championships in Belgium and Team Scotland pushed world champions Portugal all the way in the team final. BC4 players had not yet been introduced to international boccia in the early 90s. The Scottish Cerebral Palsy Sports Group was the driving force behind the Scottish boccia success and in 1991 Team Scotland headed off to Coimbra in Portugal for the First Boccia World Cup. Seven players plus a team of dedicated support staff made the trip with the Scots producing four of the twelve finalist's places. Anne Woffinden, James Maxwell and Carol Johnstone lost in the final to the best team in the world at the time, Portugal, in a repeat of the 1986 final. Duncan Irvine reached the BC3 final and added silver to the Team Scotland total. Scotland finished runners up to Portugal in the Team competition and almost repeated the outstanding result of the team in Gits in Belgium five years earlier. Scottish boccia was up with there with the best in the world during this period and Anne Woffinden and Carol Johnstone were arguably the world's leading women players in the BC2 and BC1 classes respectively. I was privileged to be an international classifier at the World Championships in Coimbra and I observed with enormous pride as the Scots supported by coaches of the quality of Jacqueline Lynn, Jim Thomson, Thom Scott and others take on and defeat many of the leading nations in world boccia.

One week prior to the British Junior Swimming Championships in Darlington we learned of the death of the great Peter Stanton, Paralympian and coach at the Port Glasgow Otters. So many swimmers from that club had been coached, inspired and mentored by Peter, including Paralympians Maggi McEleny, Kenny Cairns, Iain Gowans and Isabel Newstead. Eddie McLuskie took over from Peter and similarly inspired many generations of disabled swimmers. Eddie has gone on to create his own part in the folklore of the club by being an inspirational coach of international repute. In 1991 SSAD also lost Jim Wilson who was Scotland's first quality physically disabled carpet bowler and to this day we have a trophy dedicated to the quiet man from the Central Branch. Jim won the title at the first championships held at the Lochgelly Centre in Fife and successfully defended it a year later. He was easily recognised by his flat cap, even indoors, and his two handed delivery. Master tactician, fierce competitor,

perfect gentleman and one of the first SSAD ambulant performance bowlers to make an impact in the sport.

Fourteen Scots were selected for the 1991 European Swimming Championships held in the Olympic Pool one year before the Barcelona Paralympic Games. Kenny Cairns and Willie McQueen set world records and Paul Noble and Mary Ann Low were multi medallists. Jim Anderson was a medallist in his first GB international event and Iain Matthew and Paul Johnston picked up relay medals. Several other Scots who took part recorded personal best times and set themselves up for the Paralympic Games the following year. This was my final selection as a GB coaching staff member, preferring thereafter to concentrate on furthering my ambitions as an international classifier. At the European Championships I was teamed with fellow coach Pat Bennett OBE, who became a great friend not only to me but everybody connected with disability swimming in Scotland as an officer of the British Sports Association for the Disabled (BSAD). Sadly Pat had many major health challenges towards the end of her career but during her time in post she was a massive influence on so many of the good things we experienced at that time in disability swimming. Leading the GB team was the late Carol Bradley OBE from the BSAD who similarly was a great friend to Scotland and all of us involved in disability swimming. Carol and Pat were based in the North of England and it was through them I was able to establish junior disability swim meets in the Borders, Fife and Darlington via our respective Schools Swimming Associations. Those meets involved swimmers with a physical, sensory and learning disability and were critical to the development of young Scottish swimmers. They paved the way for the many successes Scotland enjoyed throughout the 80s, 90s and beyond.

For many Scottish athletes and staff, the Paralympic Games in Barcelona were the best to date and for some the most memorable ever. The village was special and the stadia outstanding. Spanish people turned out in significant numbers to support all competitors and Scots won 23 of the 123 medals won by Team GB. Great Britain finished third in the medals table behind Germany and winners USA. 3,044 competitors from 84 countries competed in 15 sports. Of the 32 Scots who took part, 13 won medals. World records were set in swimming by Tommy Hunter and Paul Noble and Paralympic records set by

Iain Matthew and Willie McQueen. Caroline Baird was the other Scot to win gold on the track. Tommy and Paul won a total of seven medals between them and Jim Anderson and Alan McGregor had impressive Games with three silver and three bronze medals respectively in the S2 swimming class. While Scotland's physically disabled and visually impaired athletes were competing against the world's best in Barcelona a parallel event for athletes with a learning disability was being staged in Madrid. In the Year Book of SSAD at the time Janice Eaglesham expressed her disappointment that the Madrid event was inferior to the Barcelona Games and that Great Britain's leading athletes with a learning disability lost out. She did however pay tribute to the many fine performances of Scottish members of Team GB.

With Barcelona and Madrid behind it was important that SSAD confirmed its commitment to disability sport at all levels of the sports development continuum, and not exclusively high performance. This sentiment was as always appropriately articulated by AR Mitchell OBE at the AGM. Recognition of Bob's many years of endeavour and commitment were recognised by the Prince of Wales in June of 1993 and celebrated throughout the Association by athletes, coaches, parents and volunteers alike. The Award was particularly pleasing to those of us who had campaigned for so long for recognition for the "great man" and what better tribute than the award of OBE. The SSAD commitment to participants of all levels of ability with a physical, sensory or learning disability remained the key priority and the well tried and tested sports development model of "broad base to peak of the pyramid" as the way forward for continued success in international sport. Tribute was paid to those who "coordinate grassroots activities from week to week" and the Branch reports prepared by Jennifer Quinton (Perth and Kinross), Hazel Dean (Central), Malcolm McPhail (Cunningham), Richard Brickley (Fife), Alistair Kidd (Highland), Bill Cameron (Lanarkshire West) and Jim Thomson/Val Thomson (Lothian) clearly demonstrated there was a lot going on under the SSAD banner throughout Scotland. With Ian Mirfin and Pete Wyman as the driving force behind the Scottish Athletes/SSAD Grand prix series, new athletes with different impairments emerged and by 1993 Scotland had a significant number of wheelchair racers competing in events all over the country. Ross Low and Karen Lewis were new athletes to emerge during this period following successful careers in swimming. They joined Danny Furey from Dundee who

had been one of the world's leading wheelchair foot pushers and Paralympic medallist in Seoul during the 80s.

At the AGM it was reported that additional funding had been identified to support the development of Branches across the four areas of awareness, leadership, grass roots initiatives and communication. More of Scotland's Governing Bodies of Sport were being encouraged to work with SSAD to develop opportunities for disabled athletes and players. The SSAD/Scottish Swimming model of partnership working was highlighted as the one that works and continues to produce results. SSAD was working with the Scottish Sports Council to produce an awareness training package that would pull together in one resource all that was required to further disability sports development. SSAD had eleven Branches in membership and Jim Thomson became the new Vice Chairman with me moving to a new post of Honorary Liaison Officer. Jacqueline Lynn and Gordon McCormack headed up the Divisions for physically disabled, sensory impaired members plus those with a learning disability, David Thomson continued to serve as Treasurer and Eddie McConnell remained the SSC Liaison Officer.

Scotland won the British Snooker title, demonstrating the breadth of our athlete skill base, with Matt Duffy, Paul Flannigan and Billy Allan in particular producing top class performances. David Heddle, John Robertson and Val Robertson were the outstanding bowlers at the National Championships in Glasgow and David went on to be voted the player of the tournament at the British championships in Scarborough in the same year. Glasgow won the Provost Team Trophy with Fife and North East runners up at the National Table Tennis Championships. Interest in table tennis continued to grow due to the continued enthusiasm of George Keith to promote the Sunday League in Glenrothes.

Bob Mitchell signed off from office at the AGM of 1993 due to ill health and Jim Thomson and Gordon McCormack were elected Chairman and Vice Chairman respectively. Jacqueline Lynn and Janice Eaglesham were elected to head up the two Divisions. Long serving David Thomson remained as Treasurer and I retained the post of Hon Liaison Officer. The report of the year past referred to 16 National Championships being offered to athletes and players with a physical or sensory impairment and 12 for athletes and players with a

learning disability. Eight Scottish teams had headed south to British Championships with resultant success. The relationship between SSAD and the BSAD had never been stronger. The Fourth Home Countries Swimming and Athletics Championships resulted in a convincing win for the Scots in swimming and a runners-up spot to England in athletics.

Moves to appoint a full time Development Officer with “Minister’s money” were put on hold as the SSC produced a sports Plan entitled “Ready, Willing and Able”. The Plan laid out ways in which 35K of available funding might be spent to improve the four strands of work identified by SSAD in its submission to the Scottish Office. Following discussion and debate between SSAD and the SSC, the priorities for RWA were agreed as Branch Development, National Governing Body Projects and an Awareness Training Package. Shortly after, applications for grants were welcomed from appropriate agencies under the relevant strands of the scheme. Reconstruction was taking place within the UK Sports Councils and the likely appearance of an English Sports Council and UK Sports Commission. The significance for Scotland was the creation of the English Federation for Disability Sport and an English Sports Association for people with a mental handicap (learning disability). SSAD continued to play an active role in the UK organisations established to bring Home Country Associations around the table to discuss and debate topics of mutual interest.

In 1976 the Scottish Schools Swimming Association had taken on the responsibility for swimming for pupils with special needs. As previously reported I was appointed national convener with a place on the SSSA Executive Committee with a link to local representatives in every area of Scotland. In 1993, over fifteen years of planning, preparation and delivery came to fruition in the most successful junior swimming year to date. The highlight was the Rotary International Junior Swimming Match held over two days in Glasgow and Ayr in May. The Scottish time banding system was put to the test internationally and passed with flying colours. Rotary International funded half the costs with SSAD funding the remainder by hard graft fund-raising. Kyle and Carrick District Council and the Stars Organisation for Spastics Scotland were the other key players. Teams from the USA, Netherlands, Ireland and all the Home Countries participated in two full days of swimming competition at Ayr Baths and the result was in doubt until the final two races on the final day of

competition. This event did an enormous amount to strengthen even further the bond that already existed between the swimmers and coaches involved in junior disability swimming in the Home Nations.

At the 1993 Scottish Junior Championships held over two days at Whitburn and Grangemouth the Scottish Swimming Awards Trophies were presented to Iain Matthew, Lara Ferguson and Tracey Wiscombe all of whom went on to medal in subsequent Paralympic Games. The RBS Scottish Schools Swimming Championships again included two invitation events for Scotland's leading junior swimmers with a learning disability, selected from the results at the Whitburn gala. I was proud to once again lead the Scottish junior swim team south to Darlington for the 1994 BT BSAD British Championships and secure a ninth team title in a row. A feature of that 1994 Scottish team was the inclusion of seven visually impaired swimmers. The first BT/BSAD Long Course Championships were held at Ponds Forge in October 1993 and six junior Scots were selected for the senior Scottish team. The winning Scottish team at the Fourth Four Nations in Wales in 1993 included many junior Scottish swimmers and similarly many juniors travelled with their Regional teams to the Fourth Special Olympics Summer Games in Sheffield in the same year. The SSSA competition structure helped also to identify junior swimmers for the Scottish team that successfully competed in the Robin Hood Games for athletes and players with cerebral palsy, head injury or stroke in the summer of 1993. A great junior swimming year based on a programme led by the SSSA junior committee with support from many partners including SSAD, SSAD Branches and Scottish Swimming.

In 1993 the inaugural general meeting of the Scottish Disabled Sailors Association (SDSA) was held along with a very successful seminar at Strathclyde Loch. Chairman Elliot Paterson was the top Scottish helm and member of the GB Team that competed in the World Championships for disabled sailors in the USA. The Association affiliated to RYA Scotland and enjoyed advice from national coach John Jameson. Eric Chesher was the driving force behind the SDSA and the Scottish Open Challenger Championships held each year in June the main event organised by SDSA members.

The Scottish Sports Aid Foundation became a major partner of SSAD in 1992 and by 1993 ten SSAD high performance athletes were receiving significant grants. Of the ten recipients five became Paralympians. By 1994 wheelchair racing was more popular than ever and a Pro Am golf tournament was held in Troon by the Troon 41 Club that raised 7K for SSAD and seven of Scotland's most enthusiastic athletes at the time. John Tunnah and David Reynolds of the National Playing Fields Association adopted SSAD as a key charity and over a decade the Association benefitted from enormous NPFA support for events, conferences and performance athlete development.

SSAD organised another successful weekend conference in February of 1993 at Inverclyde which ended with SSC liaison officer Eddie McConnell playing a Bob Dylan track to remind delegates that "times they are a-changing". The Conference programme was as always thought provoking and also the Dylan track. In response to Eddie's challenge, we incorporated the track title in the new SSAD Development Plan "Changing with the Times" and the Association newsletter, "The Changing Times". Once again I prepared a post Conference Report and it is interesting to note that 20 years later the concerns of the 1993 Conference delegates are still relevant in the 50th Anniversary Year.

In 1993 Ian Mirfin was the lead for football and he and others were forging strong links with the education team at the Scottish FA. More coaches were being trained with specific knowledge of the needs of players with a disability. Dundee hosted the National 11 a side competition and Aberdeen the National 5s. SSAD produced a football video in conjunction with the Scottish FA to promote disability football. Craig Brown, the Scottish team Manager at the time and current SDS Patron, played the lead role on video scripting. Royal Mail injected money into disability football through the RWA scheme.

Janice Eaglesham was the convenor of the 15th EDS-SCICON Track and Field championships for athletes with a learning disability with over 400 athletes from Scottish area Branches participating. With Jacqueline Lynn as convenor, SSAD hosted the 1993 British Snooker Championships in Stirling and Scottish players once again excelled. Mike Tudor of CPAD reported a record entry of 50 anglers for the Fly Fishing Championships of 1994 at the Lake of Menteith. I took on the role again as convenor of the Fourth Scottish athletics, Cross Country and Archery Championships at the Fife Sports Institute with a strong

entry of home Scots and guests from south of the border. The Lawn Bowls and Carpet Bowls National Championships were held in Aberdeen and Perth respectively and had nine individual singles sections for junior and senior bowlers with a physical, visual or learning disability with well over 100 qualifiers from Branch tournaments. In 1993 across many sports there was growth and almost total Branch involvement.

For the first time in 1994 there were para – sport swimmers, athletes and bowlers in the Scottish team for the Commonwealth Games in Victoria, Canada. Three physically disabled swimmers, one wheelchair athlete and two visually impaired bowlers qualified to represent Scotland in what was described as the first “inclusive” Scottish team. Scottish Sports Council staff member Lawrie Randak ensured that throughout the process of planning and preparation the requirements of SSAD members were fully addressed. As the SSAD liaison representative I was fully involved in camps, briefings, coaches meetings etc. in the lead up to the Games. The Commonwealth Games Council Management Group, coaches and athlete team members at the time must be congratulated on the manner in which they adopted and embraced the “inclusive” team model. This model was adopted and further developed for subsequent Commonwealth Games Teams and continues to serve Team Scotland well in the run up to the Games in Glasgow in 2014. As an important aside, visually impaired bowlers Lawson Brand and Aileen Fraser from Fife won gold and bronze medals respectively in lawn bowls singles in Canada.

The Scottish Schools Sports Association invited SDS to nominate swimmers and athletes for the 1994 European Schools Games in Lisbon. Charlie Raeburn was the lead for the Scottish Team and specifically this inclusive junior initiative. SDS identified a strong squad of juniors to travel to Portugal and as with other SDS junior international occasions, the Lisbon project was an outstanding success. SDS had well established junior athletics and swimming competitions on which to base selections. David Sellar, a very committed supporter of disability athletics in Fife led the athletics squad that included four junior wheelchair users. Among the many junior swimmers who experienced their first international competition in Lisbon was future Paralympian Andrew Lindsay who went on to record ten years of undefeated 100 metre international backstroke swims.

Forty-one Scottish athletes were selected for Team GB in nine sports for the Paralympic Games in Atlanta in 1996. Those of us who were fortunate to be there would not rate these Games among the most memorable but for SSAD there was a record number of selected Scots and support staff in the GB team (16%). For different reasons, 1988 and 1992 were landmark Games but Atlanta had many challenges with transport, accommodation and lack of spectator numbers. Atlanta was the Games that heralded the inclusion of the sixth, and so far, final impairment group - athletes with learning disability – for a short period at least. Equestrian, sailing and wheelchair rugby were added to the programme. Almost half the Scots selected were swimmers, confirming the strength of disability swimming in Scotland at the time. Team GB finished fourth in the medals table and Scots won a total of 25 medals. Stephen Payton had his finest hour on the track with three gold medals and his sprinter colleague Caroline Baird brought home yet another Paralympic gold to add to her collection. In swimming Jim Anderson and Tracy Wiscombe won two gold medals each and Maggi McEleny contributed a total of seven medals herself, one of which was gold. The silver medal won by the late David Heddle in lawn bowls was a very special achievement for arguably the greatest ever Scottish disabled bowler and the man who raised the standard of the sport in Scotland to a level where we can proudly boast being a major world force. Athletes and swimmers won all the other Scottish medals in 1996.

1997 – 2000 Changing with the Times

In December of 1997 in the offices of the Scottish Sports Council in Edinburgh, a meeting of the SSAD interim management group was held. This proved to be a highly significant occasion and would help pave the way for yet another “new beginning” for SSAD. The meeting was attended by fourteen individuals, including four officers from the Scottish Sports Council, and all the key SSAD volunteers of the time. The agenda included an evaluation of the Ready Willing and Able Scheme and discussions about future sponsorship programmes for SDS. Other topics discussed included the introduction of a challenge programme, grant aid and support for national and international events, going forward. The 1997/98 period proved to be a hugely important twelve months in the history of SSAD/SDS.

Heather Lowden had come on board as the new SSAD/SDS liaison officer and Fraser Walker took over as the SDS Lottery liaison. The dynamic and influential David McCrae was moving on to a seconded post with the UK Sports Council Lottery Unit and Gavin Macleod became the new Team Sport Scotland contact for SSAD. David's influence on Scottish sport as an international volleyball player and Team GB captain was considerable and had established him as a disability sport role model as well as an excellent Scottish Sports Council officer. The interim management group had a significant number of UK political issues to deal with and the way forward for SDS centred around the "Ready Willing and Able" programme and the Strategic Plan "Changing with the Times". In the lead up to the AGM of 1998 the interim management group agreed to a name change and the introduction of a new logo. Jacqueline Lynn continued to play a significant role in sports development and Jen Quinton headed up local development. Heather Lowden and Gavin Macleod became valuable fresh assets to SSAD in their new roles and the scene was set for a "new beginning" at the AGM in September at Upper Springlands in Perth.

Tim Pickles was the consultant appointed by the Scottish Sports Council to guide SSAD through the process of developing the Plan and consulting with all relevant parties. It was the opinion of those involved at the time that Tim did a brilliant job and the final Plan was exactly what was required at the time by SSAD. "Changing with the Times" offered disability Sport in Scotland a clear direction and the chance to introduce changes that were in the best interests of all parties concerned. A lengthy period of consultation and debate had not only resulted in the production of a well-structured document but a change of Governing Body name and logo. SSAD was no more and Scottish Disability Sport (SDS) emerged as the new body. The "Next Generation" seminar at Tulliallan Castle was planned to coincide with the launch of the visionary strategic plan and the new name and logo. The programme on the day was well received and the seminar well attended by Scottish Governing Body representatives in particular. A subsequent SDS evaluation and planning seminar at the Windlestrae Hotel, Kinross, provided another opportunity to focus on the future and identify key seminar outcomes.

An audit of existing Branches was carried out through the SDS Office at the Fife Sports Institute. The views of athletes, parents, coaches and administrators

were sought in an effort to deliver services that would meet the needs of all sections of the SDS community. The introduction of sports specific co-ordinators with programme development finance was a major new initiative of the year. A sports co-ordinator's remit was prepared and sports specific development plans written and introduced. Links with Scotland's Governing Bodies of Sport were mandatory and development opportunities addressed the needs of young people, women and individuals with high support needs.

I was privileged to be invited to write the Resource Guide, plus sports specific leaflets, and towards the end of the year a Branch Resource pack containing an abundance of printed material on disability sport was circulated. "The Changing Times" hit the streets for the first time and a modern promotional leaflet. The first SDS contacts list was introduced circulated and the now well established SDS calendar of events given a higher profile. SDS officers spent time and money upgrading the SDS IT systems, standardising medals and for the first time embarked on a modest merchandising programme. To further education and training priorities SDS forged links with Sportscotland's coaching unit. Tutors were identified and trained to deliver the generic and sports specific training programmes. Appropriate tutor trainers were also identified to advance the SportSability initiative.

Partnerships with Scotland's Governing Bodies of Sport have always been a priority for SDS. Towards the end of the 90s, the Scottish Institute of Sport, Scottish Swimming and Scottish Athletics were providing Scotland's top ten international disabled athletes and swimmers with the same high level services as their mainstream peers. This major new initiative greatly enhanced the potential of Scotland's leading high performance athletes and players with a disability to excel on the world stage.

At the AGM I was elected Chairman of SDS with Jim Thomson as Vice-Chairman and David Thomson as Treasurer. The three committee conveners appointed were Jacqui Lynn, Jen Quinton and Jan King. SDS also had access to the skills and abilities of sportscotland officers Gavin Macleod and Heather Lowden plus Paul Noble as the athlete representative. A strong, talented and committed team emerged to take the "refreshed" SDS through into the new decade. Jan King from Forth Valley, with a strong marketing background, offered many new

skills to the Association. Jacqueline Lynn as convener of sports development brought her vast knowledge and experience to the table and made significant progress in the areas of participation, performance, events, coach education and development. Jacqueline introduced a targeted approach to sports specific development. Some of her key successes were partnership initiatives with the Scottish Coaching Unit, Scotland's Governing Bodies of Sport, National Coaching Foundation, the introduction of a Sports Scholarship programme and creation of a coach database. During the year SDS reported on thirty days of national events covering a total of 18 sports, 25 days of British events, representative teams at international level and athletes and staff from Scotland being present at European, World and IPC Championships.

With Gavin Macleod in post as Team Sport Scotland co-ordinator for disability sport, SDS enjoyed considerable progress in the areas of local development, sports development, financial support for national events and the proliferation of the SportSability programme, including training and the distribution of quality equipment. The Ready Willing and Able for Sport programme was co-ordinated by Gavin and delivered throughout Scotland. The local development committee led by convener Jennifer Quinton improved links with Association Branches and made considerable progress in analysing data from a recently distributed Branch questionnaires. Jennifer and her team encouraged and improved Branch interaction and co-operation which was hugely appreciated by all relevant parties. The new Branch information guide included an abundance of printed resources which were tactically distributed and extensively used during this period of renewed interest in local development.

The year 2000 marked the end of a quadrennium and the midpoint of the four year cycle of the Association's development plan "Changing with the Times". Val Wright joined SDS as a part time administrator in the Fife Office for a short period to provide much needed additional admin support. The Association lost the services of administrator Margaret McPhee, after 18 years of outstanding service, and confirmed the appointment of Norma Buchanan who came on board as a temporary part-time administrator in Fife and remains with the Association to the present day. In July of the same year Cynthia Clare joined SDS as the first full-time administrator based in the new transitional office at Caledonia House in Edinburgh. At the same time Cynthia was joined by the

Association's first Development Officer, Karen Lewis, one of GB's leading wheelchair athletes at the time and an individual who had personally experienced the SDS pathway to success. SDS was indeed fortunate to secure the services of Cynthia and Norma at a critical time of change in the Association's history locally, nationally and internationally. Cynthia played a hugely important part in establishing the present SDS office in Caledonia House. Norma and Cynthia worked closely together during this period of transition in working practices and supported the office bearers and volunteers in every way possible. SDS moved from 0.5 to 2.5 staff members in a short period but with support and guidance from Sportscotland officers.

In my annual address as Chairman, I confirmed that the focus of the Association during recent years had been on meeting the needs of all members but in particular young people with a disability. Great progress had been made in the development of partnerships and this would be a continual priority. I paid tribute to the 14 sports specific co-ordinators who were responsible for developing specific sports and referred to their considerable skills and level of commitment. The importance of having strong Branches at local level was key to the future success of the organisation and in the year past Branch numbers had grown from 14 to 15. In excess of 20 management committee and sub-committee meetings were held in addition to quarterly meetings with specific Scottish and British Governing Bodies of Sport. I highlighted the commitment SDS had enjoyed from elected volunteers and the wise counsel that had been available to SDS from so many Sportscotland officers, in particular, Heather Lowden, Gavin Macleod, Jon Doig, Moira Timmins, Fraser Walker and the staff of the Scottish Institute of Sport.

The Association made a major commitment to improving communication and launched its first website in 2000. I was offered and accepted the opportunity to be the editor, a role I thoroughly enjoyed until handing over to new staff member Rob Claridge in 2012. Interestingly it was Rob who introduced me to sportfocus when he was a Sportscotland officer back in in 2000 and what a smart call that was. The quarterly newsletter continued to grow in quality and content. Attention was directed to raising the profile of specific performance athletes and national events through Royal Mail and the Sportscotland press offices. In Paralympic year there was as always an increase in interest in

disability sport and every opportunity was taken to capitalise on this short term media interest. SDS continued to experience success with its national events programme which as always was professionally run by volunteers and SDS admin staff with support from Scotland's Local Authorities. The Association was involved with four residential weekends offering opportunities to junior and senior members in sports as wide ranging as rock climbing and shinty, goalball and football, abseiling and angling. The partnership projects and programmes with Scotland's Governing Bodies of Sport were many and varied and offered many new opportunities to SDS members.

The Royal Mail "Ready Willing and Able" programme continued to offer so much to Scottish sport for disabled people. The numerous BT projects and programmes were both innovative and all-embracing and contributed so much to the development of swimming and athletics in particular. Lloyds TSB joined the ranks of SDS partners by supporting the Development Officer post. EDS sponsorship moved into its eleventh year and the staff of Post Office Counters continued to support a volunteer initiative launched by the late Brian Dolan from the Post Office in Kirkcaldy. Financial support offered by Scotland's Local Authorities in support of the annual report was typical of the relationship enjoyed with local people working at local level – this nationwide support continues to the present day.

At the AGM of 2000, SDS launched the First SDS National Awards and for the second year delivered a more elaborate and appropriate AGM evening in keeping with the occasion. The Association recognised leading athletes and key volunteers who had contributed to SDS during the previous twelve months and also throughout the 70s, 80s and 90s. At the AGM of 1999, the Chairman was proud to introduce the Honorary President, two Honorary Vice-Presidents and Patron Craig Brown for the first and only AGM occasion. At the 2000 AGM members bid farewell to Alan Alstead who as Chief Executive of Sportscotland had supported the Association in so many ways during his time with the national agency. SDS also mourned the passing of Commander Archie Cameron who contributed so much to Scottish and world sport for disabled people and in particular athletes and players with cerebral palsy, head injury or stroke. It was acknowledged that 25 Scots had been selected for Team GB for Sydney 2000 and the thoughts of all present were with them as they headed

down under. It is worth noting that the development of the SDS AGM and Awards Evening would not have happened so quickly and professionally without the support of Eliza Watson from Sportscotland in her role as an SDS volunteer.

During 2000 Gavin Macleod was able to report that Royal Mail had agreed to extend their sponsorship of the programme for a further year and there was enthusiasm to engage employees in national and local volunteering programmes. On the theme of local development, new Branches had been launched in Angus, Scottish Borders and South Ayrshire and discussions were well underway in Dumfries and Galloway to form a development group. Shinty coaching sessions had been introduced on Festival day in partnership with the Camanachd Association and disability golf development days were offered at the National Golf Centre in North East Fife. An outdoor adventure weekend held at Glenmore Lodge, in partnership with the Mountaineering Council for Scotland, was another example of the innovative schemes that were being set up year after year.

In partnership with the Youth Sport Trust and The Camelot Foundation, the SportSability programme was introduced to schools in 10 of Scotland's Local Authorities. The programme provided bags of equipment, resource guides and training for teachers to enhance their delivery of the PE curriculum to young people with high support needs. The Youth Sport Club Development Programme enabled Sportscotland to work closely with three SDS local Branches to develop sustainable opportunities for young people with a disability. Funding had been accessed by Angus, Perth and Kinross and South Ayrshire to set up schools sports clubs. The BAA Millennium Youth Games involved young people with a disability and the three Scottish Games in Aberdeen, Edinburgh and Glasgow included young swimmers and footballers with a disability in their programmes in preparation for the UK finals in Southampton. SDS and Sportscotland developed an in-service disability sports training module aimed at visiting physical education specialists and mainstream teachers covering issues such as terminology, classification, inclusion, structures and adaptation, etc. The Annual BP Amoco National Junior Festival of Sport was held at the Bells Sports Centre in Perth and proved a huge success, offering youngsters experiences in sports such as archery,

angling, shinty, basketball, tennis, football, boccia and table tennis. SDS junior swimmers and footballers also attended the BP Amoco National Performance Camp at the Scottish National Sports Centre in Inverclyde over the Easter weekend.

There were as always significant sports specific achievements in addition to the significant number of Scots in Team GB for Sydney. Paul Bush, the CEO of Scottish Swimming offered myself and the SDS Swimming Coordinators an opportunity to input to the design and programme for the National Swimming Academy at Stirling, consolidating the very strong relationship that continued to develop between SDS and Scottish Swimming. SDS owes so much to CEO Paul Bush who in his time with Scottish Swimming encouraged and instigated many partnership projects involving the two governing bodies.

The first ever pan disability Scottish team competed at the Nordic Open in 2000 with Jen Quinton as the lead. SDS swim teams completed a decade of Scottish senior and junior team wins at the British Championships by winning numerous British team titles. Long course squad training sessions and 16 short course squad sessions were held during the year. Basketball for players with a learning disability took a significant step forward when it was included alongside the mainstream national league teams in Edinburgh, Falkirk and Glasgow with Bill Cameron as the lead volunteer. A national committee was established to develop football for players with a physical disability with Jacqueline Lynn and Dave Lawrie as the lead volunteers. A plan was written for the strand of football for players with a learning disability with Elaine McKenna acting as the coordinator.

In archery, John Murray from Sanquhar won the World title in New Zealand and Scots performed exceptionally well yet again at the British Championships. In 2000 the Fly Fishing International was successfully hosted by Scotland at the Lake of Menteith and the Association had a significant input to the design and financing of the National Training Centre at Loch Leven. In boccia three Scottish players were introduced to the British squad, two Scots won British titles and a junior squad was established. Seven Scots were selected for the Team GB athletics squad for Sydney 2000 and the second national athletics training weekend was held at the National Sports Centre at Inverclyde. National squad training days were held throughout the year and for the first

time Scots were involved in the French National Championships. Athletes with a disability were included in the Bank of Scotland squad for the first time and the highlight of the year was Allan Stuart winning gold, silver and bronze at the World Championships for athletes with a learning disability in Seville. At the instigation of Ian Mirfin and Janice Eaglesham, Tim Millikan from the University of Illinois came across to Scotland to work with coaches and athletes and SDS had huge input to the very successful BT Athletics programme. In table tennis and cross country SDS continued to develop opportunities for individual athletes and teams throughout the year. At this point in the SDS history it must be remembered that we had 1.5 administration staff, one Development Officer and an enormous number of very committed volunteers.

Of the twenty five Scots who travelled to Sydney for the 2000 Paralympic Games, fifteen returned with medals and four representatives set world records. Thirty two medals in total were won by Scottish members of Team GB and more than half the total by the swimming contingent. The Scots involved in track and field won ten medals and the remainder were won in the sports of shooting and equestrian. The stars of Sydney were Caroline Baird with two gold and one silver medal on the track and Kay Gebbie with two gold and one bronze in equestrian sport. The Port Glasgow Otters pair of Maggi McEleny and Kenny Cairns won a total of seven medals of which two were gold and Andrew Lindsay and Isabel Newstead won the final gold medals in swimming and shooting respectively. Jim Anderson was in great form in the pool with three silvers and Stephen Payton won two silvers and two bronze medals to register another outstanding Paralympic performance. The silver medal won by Allan Stuart on the track in the T20 class and the silver and two bronzes won by Tracy Wiscombe in the S14 class in the pool were special, and the last occasion athletes with a learning disability competed in Paralympic sport until the Games in London in 2012. Other Sydney medallists were Lara Ferguson, Paul Noble, Janice Lawton, Pauline Latto and Paul Johnston. The results recorded by the Scottish members of Team GB in Australia were exceptional. Games performances and standards had improved and risen dramatically from the Games in Atlanta, four years previously. One highlight of the Games in Sydney was the selection of Scotland's greatest swimmer, Maggi McEleny to proudly carry the Union Jack at the head of the GB Team. Not surprisingly her coach and long-time friend Eddie McLuskey was not far behind.

2001 - 2004 Sydney to Athens

By 2001 SDS had entered its final year of the four year development plan “Changing with the Times”. The small group of SDS office bearers and the Sportscotland liaison officer involved in the planning process set about producing a plan that would guide the Association from 2003 through to 2006. Jacqueline Lynn would once again play a lead role. SDS was now well established administratively with a head office at Caledonia House and an office in Fife at the Fife Sports Institute. The Development Officer had settled in and the Association was working efficiently and effectively between the two locations. The management committee met on 10 occasions in Edinburgh in 2001 and as always there were additional meetings to address sports development, local development, marketing and communication.

SDS continued its positive engagement with key partners Scottish Swimming, Scottish Athletics, Scottish FA and the Scottish Institute of Sport plus the recently established Area Institutes of Sport. There was a reported marked increase in the SDS volunteer base and Corporate Governance and Equity were identified as priority issues. The website was now well established and the Association could boast 17 Branches in membership with the most recent additions being the Western Isles and Dumfries and Galloway at opposite ends of the country. The calendar of events was as always full and SDS had started to introduce a programme of seminars and courses on the Safeguarding of Children in sport. The recently established junior database was starting to become a useful development tool and a full programme of junior training and junior residential experiences were added to the national calendar, in keeping with the commitment made in the Association’s Development Plan.

Some of the other highlights of the year were the BP National Mini Games Festival, the BP Performance Camp and the first BP Summer Sports Camp. 18 Disability Awareness sessions and 26 workshops and seminars were held over the year. 17 SDS members were supported by the Scottish Institute of Sport and 10 by the Area Institute of Sport. SDS hosted 25 national events in 13 sports. SDS established an athlete’s committee and Maggi McEleny, Kenny Cairns and Caroline Baird were recipients of the award of MBE. Paul Noble was elected to the IPC swimming committee and this started a significant period of a great Scottish Paralympian playing a major role in international disability

swimming. 30 SDS members participated in 32 major international events at home and overseas and eight new partnerships were established with major Scottish bodies concerned with disability and/or sport. The SDS/Royal Mail “Ready Willing and Able for Sport” partnership won two national awards in 2001 and the Lloyds TSB Foundation Scotland became a major financial supporter of SDS. SDS personnel were working closely with the Commonwealth Games Council for Scotland in preparation for the Games in Manchester in 2002.

By the end of the year, “Changing with the Times 2”, 2002-2006 was available and ready for implementation. At the AGM I paid tribute to those involved in creating the document, following the largest consultative exercise ever undertaken by SDS. The Plan was written specifically to shape the work of SDS over the next quadrennium but the concern remained that without increased financial resources many of the ambitious plans would have to be shelved. The administrative bases in both Fife and Edinburgh continued to prosper and the SAGE accounting system was introduced to take account of the complex and ever increasing financial transactions of the Association. Karen Lewis, the Association’s first Development Officer, had decided to move on and Jane Ferguson from Australia came into post for a short period. Jane had to return home at short notice and Claire Mands, a graduate, who had spent some time on placement with SDS, was appointed as Project Officer to continue and further develop the work initiated by Karen and Jane.

The Annual Branch Conference was held in Perth with support from the International Year of Volunteers 2001, small grants scheme. The Conference offered an ideal opportunity for final consultation with members on the Development Plan. With Gavin Macleod at the helm, the Ready, Willing and Able for Sport programme continued to be a major driver of the Association’s development work. As yet another year passed, SDS paid tribute to the support it continued to receive from Scotland’s Local Authorities for SDS Branches and the National events programme specifically.

2002 was yet another year when athlete members excelled internationally and by far the most memorable was the gold medal won by the EAD men’s triple at the Commonwealth Games in Manchester and the very specific role played by Bob Dick as the Scotland Bowls Team Manager. David Heddle, Fraserburgh,

John Robertson, Tranent and Ivan Prior, Glasgow were the Scots who won the gold medal. Another year highlight was the World Championships bronze medal won by Scotland's wheelchair curling team in Switzerland. The contribution made by Kate Caithness of the Royal Caledonian Curling Club (RCCC) in the development of wheelchair curling nationally and internationally has been immeasurable and to this day she is a driving force behind the sport within the IPC. The role played by the RCCC and SDS in the development of disability curling has been a major achievement in the histories of the respective Governing Bodies. Rounding off the year was the performance by Allan Stewart in setting a world record and winning gold medals at the INAS European Athletics Championships in Hungary and also his gold medal triumph over 400 metres at the Scottish Athletics National Championships.

The Commonwealth Games in Manchester in 2002 were a very special occasion for the eight disabled sports people who were selected to represent Scotland in the sports of swimming and lawn bowls. From day one Louise Martin, Paul Bush, Jon Doig and Alan Alstead of the Bank of Scotland Scottish team were determined that the Scottish experience before and during the Games would be fully inclusive. SDS personnel met regularly with key CGCS staff during the lead up period and offered advice where appropriate. The outcome was a fully inclusive experience for athletes and support staff alike and a hugely successful gold medal outcome.

As the breadth of SDS activities expanded, the financial responsibilities of the volunteer officers and staff increased dramatically. David Thomson remained at the centre of the financial unit as Treasurer, ably assisted by Norma Buchanan in the Fife office, plus Bob Mitchell as SDS President and myself as Chairman. SDS was well supported by Mary Allan of the Finance Team of sportscotland plus the Association's auditors at Geoghegan and Co., Mike Crerar and Pippa Borthwick. The appointment of a Finance Manager was considered a priority and resources had to be found to make this happen.

I was nominated and subsequently appointed to the National Physical Activity Task Force in my role as a senior officer of Fife Council with the brief of "championing" children, young people and adults with a disability and promoting inclusion through physical activity, including sport. All of us on the Task Force are proud of the final report and the contribution it has made to

changing the physical activity behaviours of numerous communities throughout Scotland. Thanks to the interest taken by Chairman John Beattie and the Scottish Government Task Force Lead Mary Allison, the needs of children, young people and adults with a disability were considered at all stages in the development of the final report.

The New Opportunities Fund, PE in Sport initiative for 5-16 year olds offered resources to a number of local areas to introduce innovative schemes and projects. In the Fife Branch of SDS we successfully submitted an application, resulting in three years of funding and officer time to develop numerous new activity sessions for juniors, many of which have survived to the present day. The Flying Start programme co-ordinated by Ian McGregor of Scottish Swimming included swimmers with a disability and was an outstanding model of good practice at the time. Jen Quinton and her team of Flying Start coaches took full advantage of what Scottish Swimming was offering through this programme. The Summer Camp, area and national sports festivals, sports specific junior programmes were all geared to open up opportunities for “little people” to make a “big impact” in the movement going forward.

Leading Scottish volunteers continued to play a major role in national and international sport and in 2002, Scotland had a team of outstanding athlete ambassadors who promoted the movement to great effect all over the world. SDS had special relationships with officers from sportscotland and would single out Moira Timmins in the Coaching Unit, Fraser Walker in Lottery, Catherine Goodfellow in Governing Body support, Derek Lawrie in printing and design, Eliza Watson in marketing and Torquil Macleod in commercial development for special mention. Gavin Macleod and Heather Lowden continued to advise, and be available when required, to support SDS volunteers, coaches and athlete members. These officers and those within the Scottish and Area Institutes of Sport and the National Sports Centre at Inverclyde were immense during this time of exceptional growth within the SDS.

At the AGM, as SDS Chairman, I highlighted the achievements of the high performance athletes during the year past but issued a strong warning about the perceived lack of investment in new participation opportunities and the Association’s failure to identify a significant number of performers with Paralympic potential. I warned that if SDS is to continue as a major force in

British and international sport there was a need to identify new funding sources to support the Development Plan. Without sufficient investment, the already over stretched volunteer force would be unable to keep pace with the rest of GB and the developing nations of the world. Not enough Branches were committing to identifying new athletes and players with talent and in some areas of the country there were insufficient opportunities to train and compete. It was clear around this time that the support available to existing and potential performance athletes varied enormously across Scotland and unless this situation was addressed, quality Paralympic performances by Scots in 2008 and 2012 and beyond would be difficult.

This was a period of impressive athlete achievement. Murray Dingwall from Aberdeenshire set five national records at the Scottish Championships for swimmers with a learning disability. Matt Duffy from Glasgow continued his reign as the leading wheelchair snooker player in Great Britain. Kenny Herriot recorded the first podium finish by a Scottish wheelchair athlete at the marathon in Thailand. Allan Stuart and Laura Kinder won three golds, one silver and set one world record at the INAS European Championships in Hungary. Stephen Payton won two silvers, Pauline Latto one silver and Karen Lewis won one bronze at the IPC World Athletics Championships in Lille France. Anne Woffinden, Aberdeenshire won silver in the BC2 class at the World Boccia Championships in Portugal. Scottish footballers with a learning disability travelled to France for matches against France, Belgium and Poland. The Scottish boccia team finished behind Great Britain and ahead of England and Ireland in the international event prior to the World Championships.

In another year of performance athlete progress, SDS hosted the first Scottish Pool Championships in conjunction with the Scottish Pool Association. Scottish swimmers with a disability accessed the full range of training facilities at the National Swimming Academy in Stirling for the first time. The Scottish disability swimming team competed at the Nordic Open in 2002. 27 young Scottish 12-18 year olds attended the Summer Camp at Inverclyde and SDS hosted 35 national events and members were involved in 12 international events in 16 sports, almost one per week. SDS appointed six new voluntary sport specific co-ordinators. Scotland 'Wild Cats' wheelchair rugby team competed in the second division of the national league for the first time.

The 40th anniversary year of SDS was arguably the most important in the history of the Association. SDS appointed its Chief Executive Officer, Gavin Macleod, with support from an Endowment Fund set up by the Scottish Executive. The Scottish Executive awarded SDS £600,000 to be administered through the Scottish Physical Recreation Trust. Claire Morrison was appointed the National Development Officer with support from Lloyds TSB Foundation for Scotland and sportscotland. The Association became a Company Limited by Guarantee with its own Memorandum and Articles of Association incorporated on 24 March 2003. At the AGM, Presidents and Vice-Presidents who had such an input to the early years were present and duly recognised by all those in attendance. All of these significant changes to the Association occupied a huge amount of voluntary officer time but confirmed SDS commitment to the development of people and sports, governance, income generation and developing strategic alliances as outlined in the Development Plan 'Changing with the Times 2'. By 2003 the staff team had risen by one to 3.5.

A feature of the period was the success of a series of 'away days' that were held throughout the year for the SDS management committee members, staff and Sportscotland officers. These sessions offered an excellent opportunity for debate and action planning. Significant key policy papers emerged from these very valuable sessions. A further opportunity to shape policy was provided by the very successful National Conference 'Making it Happen'. 'Making it Happen' was well attended by delegates with disability sports backgrounds from all over Scotland and beyond.

Initiatives involving children and young people remained a priority. The Performance Camp and Junior Festival, plus the Junior Calendar of Events were just some of the new initiatives that were successfully promoted. Each of the SDS sports co-ordinators was charged with the responsibility of increasing junior levels of participation and the New Opportunities Fund resources for PE and sport provided an invaluable source of funding. SDS was awarded Junior Groups funding to support young sports people with potential in the sports of swimming, boccia, bowls and basketball. The impact of the new financial streams at a critical time for juniors certainly made a difference. SDS acknowledges the input and support it received from sportscotland officer Forbes Dunlop specifically during this period.

Fifteen voluntary sports specific co-ordinators were now in post working tirelessly to develop their sport at all levels of the sporting continuum. SDS said farewell to Donna Agnew who had been for many years a stalwart in the Aberdeen area. Into disability sports posts arrived Charlie Forbes in Highland, Colin Duthie in South Ayrshire and Jed Renilson in the Scottish Borders. Anthony Stickland of GB Swimming took over at the National Academy of Swimming in Stirling and immediately began working with Scotland's leading swimmers with a disability. Janice Eaglesham continued her involvement in athletics and forging links with the highly successful Bank of Scotland athletics squads. Early discussions had taken place between SDS and long standing partner the Scottish FA about the possibility of appointing a full-time development officer for disability football players. In this and many other partnership football initiatives Jim Fleeting was the key Scottish FA officer.

Invitation Games like the Ayrshire Special Games, Wishaw Games and Discovery Games in Dundee were now firmly established on the national calendar. The Fife Games established in 1981 had long since split into three National sport specific Championships. Power wheelchair soccer, shinty and local wheelchair curling initiatives were springing up nationwide as the widening opportunities programme expanded. For the first time, the National Championships for blind and physically disabled athletes had an IPC Technical Officer in attendance in the hope of opening up the event to Europe's leading athletes with a disability. SDS once again demonstrated its ability to host an international event when the first Home International Bowls Championship was staged at Maxwelltown Bowling Club in Dumfries. Many SDS athletes and support staff were involved in the successful GB team led by Gordon McCormack that participated in the World Special Olympics Games in Dublin.

Thanks to support from the Scottish Disabled Sports Trust, the SDS website continued to flourish as a major communication tool for the Association. Sixteen SportsAbility or Disability Awareness Training Days were held during the year involving 300-400 participants. Sports Coach UK courses were delivered by SDS personnel throughout the country. The SDS Sports, Ethics and Equity Pack had been finalised and had been piloted in a number of SDS Branches. SDS embarked on a proactive programme of engagement with the

Institutes of Higher and Further Education to influence undergraduate and postgraduate training.

After an eight year period, the Royal Mail sponsorship of the Ready Willing and Able Programme came to an end. The legacy of this programme would be long lasting. For the fourth year Lloyds TSB Foundation for Scotland supported the SDS National Development Officer post. SDS opened discussions with Capability Scotland to look at ways in which the two organisations could work more closely together to develop sport for participants with a disability. SDS is indebted to Alan Dickson, Chief Executive of Capability for his support with this initiative.

Thirty 12 to 18 year old Scots attended the BP Summer Sports Camp at the National Sports Centre in Inverclyde and the BP National Junior Festival was once again held in Perth. Jacqueline Lynn played a key role in the development of the Junior Festival over the years. For the second year the Flying Start programme led by Jen Quinton made a significant contribution to the development of disability swimming.

SDS performance athletes continued to serve the Association well. Allan Stuart won the AAA's under 23, 400 metres Championship and qualified for the European Under 23 Championships in Poland. Stephen Payton, Karen Lewis and Pauline Latta won six medals at the IPC European Athletics Championships in the Netherlands. Scottish bowlers Elaine Hunter, Val Robertson and David Heddle medalled at the South African Bowls Championships. Laura Kinder won three medals at the INAS World Indoor Athletics Championships in Poland.

At the AGM of 2004, in my Chairman's address I described the Board as the strongest in the history of the Association. The support I received from Vice-Chair, Jacqueline Lynn, was exemplary and David Thomson continued to police the Association's finances, a task he conscientiously had undertaken since the late 70s. Jen Quinton, Jim Thomson, Gordon McCormack, Katie Oman and athletes' representative Anna Tizzard all played their part in addition to the new CEO, Development Officer and sportscotland Liaison Officer, Heather Lowden. Cynthia Clare was the hugely efficient Company Secretary whose skills and abilities stretched further than the role of a professional administrator. With such a competent and committed Board the Association

was in a good place in 2004 and determined to address the key areas identified in 'Changing with the Times 2'.

The SDS sports specific volunteer co-ordinators were as always critical to the continued progress of SDS. Kate Caithness was focused on the inclusion of wheelchair curling in the Winter Paralympic Games in Torino in 2006, despite its relatively short history and limited number of playing nations. The "Quintons" continued their excellent work in swimming as they had for many years and they were ably assisted by Don McFarlane, Pat Agnew, Anna Tizzard and others. Janice Eaglesham, Ian Mirfin and John de Courcy fulfilled a similar function in track and field and in boccia Jacqueline Lynn and Jim Thomson were the lead personnel with Claire Morrison starting to take more than a passing interest. Lori Ure and Elaine McKenna committed years of service to football for players with a learning disability and Mary Martin was for years the lead for netball as well as a very strong Special Olympics Scotland secretary. 17 Branch co-ordinators were in post, providing a vital link between the officers of the Association and local activists. Renfrewshire was the latest addition to the fold, Andrinne Craig became the new Branch contact in Aberdeen and Donna Imrie slotted in comfortably in Forth Valley. Jen Quinton moved away from Perth and Kinross to take up a new role with Active Schools in Dundee City Council and SDS identified a new contact in Donna Mainland in Shetlands Islands Council.

Emma O'Callaghan joined Sportscotland as Development Manager for disability sport following Gavin's move to SDS Chief Executive Officer. SDS enjoyed an exceptional working relationship with the sports of athletics, curling and swimming and established even closer links with the Scottish Governing Bodies of football and basketball. Chief Executives, Paul Bush and David Joy departed from swimming and athletics respectively and SDS recognised that it had lost two great friends who had provided years of support and encouragement for disability sport.

In Education and Training, 14 Disability Awareness and SportsAbility training sessions were delivered by the SDS National Development Manager and the sportscotland Development Manager to 376 course participants. A further 21 Sports Coach UK courses were tutored by SDS personnel and attended by 154 course participants. A Professional Officers Group was established to bring

together local development officers from across country to inform, consult and debate issues relating to sport for children, athletes and players with a disability. The Dewar's Centre in Perth was the venue for the SDS Branch Conference, an event that was now firmly established on the national calendar.

New sources of funding were as always key to the future progress of SDS and during the year the Association and Capability Scotland signed a three year partnership agreement to support the National Development Officer post, various education and training initiatives and squad development. The Sportsman's Charity agreed to support SDS sports specific and grass roots developments and McDonalds Restaurants Ltd and Sportsmatch partnered SDS and Scottish Football to appoint a Disability Football Development Officer. UK Sport supported SDS through the modernisation programme to implement a Modern Leadership and Governance Programme.

In 2003/2004 the Association's Head Office moved officially from Fife to the offices of Sportscotland in Edinburgh. The Association will always be indebted to Fife Regional Council and Fife Council for 30 years plus of supporting the SSAD/SDS administrative base through a period of immense growth. Council officers Jim Penman and David Somerville were particularly influential in the success of the partnership. Association personnel spent a significant amount of time developing Policies and Procedures to guide the Association in the future. SDS was assisted by a number of Sportscotland appointed consultants in producing a whole series of policies and strategies covering everything from finance to human resources and information technology. SDS is indebted to Nicola Ross, Financial Consultant for the support offered to SDS to implement the Association's computer based Finance Management System. Jo Thyre was the HR Consultant who worked with the Association to implement an HR Strategy. SDS successfully negotiated a 'Fit for Purpose' Audit, conducted by AHL Limited through Sportscotland. SDS opened negotiations with RODAIR Systems to develop an IT strategy for the Association.

Internationally Scotland's wheelchair curlers returned from Switzerland as world champions by defeating the host nation in a thrilling final. Team members Frank Duffy, Michael McCreddie, Ken Dickson, Angie Malone and Jim Sellar were following in the footsteps of great mainstream Scottish curling

teams who had similarly excelled at world level. 11 Scottish bowlers contributed to a fine bowls performance at the IBD World Championships in Kuala Lumpur and Scotland's swimmers competed in both the French and Danish Open Championships and returned with 18 gold, 16 silver and three bronze medals and set two world records. Murray Dingwall and Rebecca Lee won five medals at the INAS World Swimming Championships in Hong Kong. Team Scotland won the Home Countries Wheelchair Bowls Championships in Belfast and Scottish swimmers won 29 gold medals at the Short Course Championships in Sheffield. David Heddle, now established as one of the world's leading bowlers, was awarded the MBE in the New Year's Honours list.

15 Scots were selected for Team GB for the Paralympic Games in Athens in 2004, the lowest representation since SSAD/SDS became involved in supporting high performance athletes. However more than half the Scots won medals. In winning four gold medals, the Games will go down in history as Jim Anderson's finest hour. Athens was the inaugural Games for Aileen McGlynn in tandem cycling and she marked the occasion with a gold and silver medal. Andrew Lindsay repeated his gold medal performance of Sydney and Isabel Newstead continued her remarkable record in Paralympic sport with another gold medal for shooting. Scotland's final gold medallist was the great Maggi McEleny who also won two silvers. Newcomer Mhairi Love won two silver medals and the experienced Kenny Cairns and Stephen Payton continued their run of international success with individual bronze medals. Great Britain finished behind China in the medals table with 94 medals including 35 golds. Scottish athletes contributed 15 to the overall GB total including eight gold medals, a very creditable performance. In Athens more athletes competed in more sports from more countries than ever before. It was clear to all who were present that performances had taken another significant leap forward. A 'wake-up call' had been issued to individual nations and potential Paralympians that Beijing in four year's time would be an even sterner test. The 42nd Annual General Meeting of the Association coincided with the final year of the National Development Plan 'Changing with the Times 2'. The plan had influenced the work of the Association in the previous four year period and the Association was well ahead with the creation of a plan that would lead the work of the Association for the following six years.

2005 – 2008 Athens to Beijing

In 2005 Scotland's wheelchair curlers created history by becoming the first nation to win back to back World Championships and remain undefeated in the process. Frank Duffy, Michael McCreddie, Angie Malone, Tom Killin and Ken Dickson defeated Denmark in a thrilling final to lift the title. The great news for the sport was that in 2006 wheelchair curling would have its full medal debut at the Winter Paralympic Games in Torino. Jacqueline Lynn led a young team of boccia players to the European Championships in Portugal, gaining vital international experience in the process. The following month Gavin Macleod led a Scottish team to Connecticut, USA, for the final CPISRA World Championships. The Scottish team returned with 33 medals of which 13 were gold. Notable successes in that Scottish team were recorded by swimmers Sean Fraser, Katie Haining and Jim Anderson. Katie sadly had to curtail her ambitions as an international swimmer because of injury but the others continued their success through to Beijing and beyond.

Kenny Herriot continued to record special performances in wheelchair racing by competing at the IPC European Championships in Finland and Rebecca Lee was the sole Scottish representative at the INAS World Championships in the Czech Republic. Scotland's performance disabled swimmers continued their incredible run of successes at British Championships. The 27 strong senior team recorded a second place finish in the team competition and the juniors went one better with a team trophy win, the first since 1999. Scotland's physically disabled bowlers travelled to Nottingham for the second in a series of Test Matches against England but on this occasion the Scots were defeated indoors, where they had excelled outdoors the previous year. Fresh from success in Athens, Jim Anderson was voted by the BBC Viewers and Listeners, Scotland's Sports Personality of the Year for 2004, ahead of mainstream sports stars such as Colin Montgomerie, Chris Hoy and Scott Harrison. In December Jim was awarded the Bill McGoveran Trophy, voted for by more than 500 members of the Sports Journalists Association, recognising his significant achievements in disability sport.

Between 2nd and 9th July Glasgow played host to the Special Olympics GB Summer National Games. 2500 athletes competed in 23 sports over eight days raising the profile of the sport for athletes with a learning disability in the

process and leaving a lasting legacy for the city. The Games were a huge success for the many Scottish athletes and players from throughout Scotland who participated and the second occasion that the city had hosted a major Special Olympics Games. Gordon McCormack and the local organising team again played a significant role in the delivery of these hugely successful Games and volunteers from Special Olympics Scotland, SDS and Scotland's Governing Bodies of Sport turned out in significant numbers to support the occasion.

Summer Sports Camp, Shinty Camp and BP Mini Games Festivals were features of the year and for the first time an athletics Development Camp was held at Grangemouth. Dame Tanni Grey Thompson supported this initiative much to the delight of the participants and coaches. Scotland's junior basketball players enjoyed their first tournament experience at the Richard Langhorn Trust Regional Championships and SDS was proud to continue partnership working with Clubgolf to bring new golf experiences to youngsters with a disability. The SDS Education and Training Programme received a boost during the year past as new courses were added to the programme with support from Capability Scotland. The new Inclusion Training Module for Teachers and Active Schools Co-ordinators was introduced and there was the opportunity to expand the SportSability programme throughout Scotland. This initiative was developed in conjunction with the Youth Sports Trust and it was hoped at the time that it would address many of the issues surrounding the inclusion of pupils with disabilities in mainstream physical education including sport. A total of 25 Disability Awareness and SportSability training courses were held plus a further 80 Sports Coach UK courses tutored by SDS personnel for 1,206 course participants.

SDS hosted its fourth Annual Branch Conference and organised two Professional Officers Group meetings offering sports development specialists the opportunity to network and share good practice. John Brodie, the SDS Volunteer Education and Training Adviser continued to lead developments in this area and for the first time the Association produced an Education and Training Strategy. At local level, SDS bid farewell to Jim McCluskie as the West Lothian Council Development Officer and welcomed Caroline Ness to Perth and Kinross. The Scottish Football Association partnership with SDS, McDonalds and Sportsmatch appointed Stuart Sharp as the first National Disability Officer

for disability football based at Hamden Park. This was a major new initiative in SDS Governing Body relationships. Stuart was charged with the responsibility of growing the game for all impairment groups and lead the Scottish CP football squad to forthcoming major international tournaments. In many ways this appointment was ground breaking and opened the way for similar appointments with other Scottish Governing Bodies of Sport.

Gill Borthwick joined the team of sportscotland officers supporting SDS at a time when increased investment was vital to the Association's continued development and commitment to meeting targets within the Development Plan. Sports specific performance plans were developed for all Strand 1 sports. These plans were critical to the success of the sports over the next six year period. In staffing terms Cynthia Clare had decided to retire from the post of Administrator in the Edinburgh Office but agreed to remain on board on a part time basis. Joanne Riordan joined the staff team as Cynthia's replacement and shortly after SDS was fortunate to recruit the services of Finance Manager Ailien Pallot. SDS also received funding to appoint a Performance Officer, based at the Head Office in Edinburgh. As Chairman, I had a strong Board comprising of Jacqueline Lynn as Vice-Chair, ably backed up by Treasurer David Thomson, Jen Quinton, Katie Oman, Gordon McCormack, Jim Thomson, Jed Renilson, Anna Tizzard and John Brodie. The ever present influential President, Bob Mitchell, was never far away and available when required. SDS staff attended five management training and personal development courses during 2004/2005.

At the inaugural Paralympic Cup in Manchester in May, not surprisingly Jim Anderson won medals in the pool and cyclist Aileen McGlynn was in gold medal form in the velodrome with sighted pilot Ellen Hunter. Andrew Lindsay and Mhairi Love enjoyed success as members of the Great Britain squad that competed in the South Africa Open Swimming Championships. Each swimmer returned with three gold medals and three South African Championships records. Andrew also set a world record for 200m backstroke at the German Open. Kenny Herriot recorded a British record time of 1:28.13 at the Padova Marathon in Italy.

The Scottish junior team had twenty four swimmers in Sheffield and Scottish athletes won thirteen gold, seven silver and two bronze medals at the British

Championships in Manchester. There were 34 participants at the Summer Sports Camp with 65 participants at the Shinty Camp. Mini-Games Festivals were held in Aberdeenshire, Edinburgh and Glasgow attracting 100 participants. Scottish athletes continued to benefit from the services of the Scottish and Area Institutes of Sports. Athletes with a disability from the sports of archery, athletics, cycling, swimming and wheelchair curling were now receiving support from SIS. SDS hosted 18 national championships involving 10 different sports during 2004/2005.

SDS made separate presentations to the Cross Party Committee for Sport and directly to Patricia Ferguson, MSP, Minister for Tourism, Culture and Sport. Katie Oman, the SDS Local Development Convener, played a vital role in the Professional Officers Group which was well established as a forum for discussion as well as being a medium for communication with Local Authority Officers. Another successful SDS Branch Conference was held at Dewar's Centre in Perth and the SDS Newsletter 'Changing with the Times' continued to act as a valuable resource and source of raising awareness of the many activities of SDS. The SDS Ethics and Equity Pack had been produced and rolled out to local Branches. SDS was now registered with CRBS and the Association was represented on the Scottish Governing Bodies Lead Officers Group.

In April 2006 the new SDS Strategic Plan 'Towards London and Beyond: 2006-2012' was launched. The plan focused on the four key areas of Developing the Sports, Education and Training, Governance and Communication with associated targets and agreed outcomes. Significant changes in the leadership of the Association came about at the AGM with the retirement of myself and Jacqueline Lynn as Chairman and Vice Chairman respectively. Together we had been a very successful partnership, assisting the Association to progress from an organisation led entirely by volunteers to an organisation with a strong staff team working in partnership with volunteers. I joined the Executive Committee of SSAD in 1975 and had been an office bearer for most of my term with SSAD/SDS. As well as playing a lead role in the establishment of the national events programme, I have always had a specific interest in education, sports development and classification. Both Jacqueline and I served our apprenticeship in Local Authority Sports Development, Education and Branch posts and supported numerous local, national and GB teams in major events all

over the world. Jacqueline's contribution to the Strategic planning process within SDS was immeasurable and long lasting. At the same time she led the development of boccia nationally and contributed hugely to the success of GB as an international power in the sport, culminating in a brilliant team performance in Beijing in 2008.

At the Winter Paralympic Games in Torino during the month of March, Scotland's World Championship winning rink was selected to represent Team GB. Six days of fierce competition culminated in an encounter with Canada in the final. Congratulations are duly recorded to the GB rink of Frank Duffy, Michael McCreadie, Tom Killin, Angie Malone and Ken Dickson on their magnificent silver medal performance. This was Team GB's first Winter Paralympic medal since 1994. The role played by Kate Caithness in the development of the sport of curling from national to international level was exceptional. The decision of Michael and Frank to stand down after the Games in Italy was a great blow to the sport. Michael, like Tom Killin was a Summer and Winter Games Paralympian, unique in our movement. Frank was a curler before his accident and brought his previous knowledge of the sport to the wheelchair game and used it to great effect. Michael had an in depth knowledge of wheelchair sports and was prepared to share his experiences with the developing curling unit. The success in Torino was the culmination of years of quality preparation by coaches and players alike and an ideal departure point for two great world curlers. Frank and Michael were among the first 20 inductees into the SDS Hall of Fame in 2012.

As well as the exceptional role played by Kate Caithness, the wheelchair curling development introduced SDS to a brilliant team of individuals in the Royal Caledonia Curling Club (RCCC) who helped shape the sport up to and including 2006 and beyond. Jane Sanderson offered a very high standard of coaching during the period 2002 to 2005 and set the standard in coaching excellence that has prevailed to the present day. Ena Stevenson left her mark on wheelchair curling particularly from 2002 to 2006, as an excellent team manager. Archie Bogie and Gavin MacLeod filled key support roles during a period where "steep learning curve" would be an appropriate term. The role played by the Kinross club in wheelchair curling development was exceptional. Tom Pendreigh stepped up to the lead coaching post in the autumn of 2005

and was Head Coach when Team GB won silver in Torino. Judy Mackenzie, Anne Macdougall and Kirsty Letton were instrumental in bringing international wheelchair curling to Scotland. In 2003, Scotland hosted a memorable invitation international at Braehead and two years later, Braehead was the venue for the 3rd World championships, with Scotland winning the gold medal. Judy, Anne and Kirsty were the key members of the team that delivered each of these exceptional events and raised the profile of Scotland as a top wheelchair curling nation. Dr Andrew Burt came on board early on in the development and has played a critical role in developing IPC classification procedures and practices for the sport.

Scottish archers David Cowieson and John Murray were part of the silver medal winning Great Britain team that competed at the IPC European Indoor Archery Championships. Scottish T20 athlete Allan Stuart won gold over 400m and a silver medal for 200m at the INAS World Athletics Championships in Canberra, Australia. Laura Kinder won two relay silver medals. Six Scots were included in the Great Britain team for the IPC World Championships in the Netherlands and Rebecca Lee won 9 medals including 6 gold at the INAS European Championships in Hungary. Andrew Lindsay continued to win 100m backstroke international titles in a run that began at the Atlanta Games in 1996. Aileen McGlynn once again excelled at the Paralympic World Cup in Manchester with gold and silver medals. West of Scotland brothers Stephen and Peter McGuire burst on to the performance boccia scene with gold and bronze medal successes in the BC4 class at the British Boccia Championships. Bernadette Leslie won a hard fought bronze medal in the BC2 class at the same event. All three players were selected to represent Great Britain at the World Championships in Brazil. Scotland's swimmers had another wonderful year at the British Senior and Junior Short and Long Course Championships in Sheffield.

The Strategic Plan emphasised a strong commitment to junior development and again there was a healthy turnout for the Summer Sports Camp and the seventh National First Shinty Camp for youngsters with a learning disability in Aviemore. Clubgolf in partnership with SDS continued to expand golf opportunities as more young people were introduced to the sport. Scotland's junior basketball players headed south again and the SDS Scottish Football

partnership was experiencing progress in junior development, particularly in the West of Scotland.

The Disability Inclusion Training programme developed in partnership with sportscotland and the Youth Sport Trust was launched in 2006 and was delivered to the Active Schools networks across Scotland. By March 2008 it was hoped that every Active Schools Co-ordinator in Scotland would receive training on how to include pupils with a disability in sport and physical activity. The SDS Education and Training Calendar, supported by Capability Scotland, continued to expand as more courses involving more leaders were held around the country. The 2006 Branch Conference was voted an outstanding success and the SDS Professional Officers Group continued to play a part in bringing like-minded professionals involved in disability sport together for education, training and sharing of ideas and best practice.

In 2006, SDS had 16 Branches covering most of Scotland. The Branch model remained the preferred SDS option for the coordination and development of disability sport within local communities. Throughout the history of SSAD/SDS, local SDS Branches have varied in strength and effectiveness and in 2006 the situation was no different. Strong and effective Branches had strong leadership, effective local partnerships, an annual calendar of events and weekly sports opportunities plus clear pathways for athletes and players from all impairment groups. Branches were expected to link to the SDS calendar of events and support emerging talented athletes and players during the early stages of the journey that may one day lead to Paralympic representation.

An exciting development in 2006 was the inclusion of disability sport in the Sport Central Regional Sports Partnership (CRSP). Lynne Glen was appointed to the post of Regional Sports Manager, with the task of co-ordinating disability sports development and providing support for mainstream sport, Local Authorities and the Forth Valley Branch. Laura Dodd took up post in Annandale and Eskdale and Andrew Smyth in West Lothian as local officers with the responsibility for disability sport. Local Branches continued to play their part in hosting local and supporting national competitions. SDS hosted 20 national championships in 2006 in 12 different sports throughout the country.

More exciting new initiatives were set up with Scotland's Governing Bodies of Sport and Stuart Sharp of the Scottish Football Association was beginning to make an impact in football locally, nationally and internationally. SDS began working with the Royal Caledonia Curling Club and Scottish Swimming to establish similar appointments to the successful Scottish FA post. Heather Lowden, Emma O'Callaghan and Gill Penfold were the three Sportscotland officers serving SDS exceptionally well in different specialist areas. Stewart Harris, a long standing supporter of SDS, was appointed to the post of Chief Executive Officer at Sportscotland. Throughout his career Stewart had taken more than an active interest in the work of SDS volunteers, athletes and players. Since the formation of the Scottish Sports Council, during the very early years of SSAD, disability sport has always received appropriate attention and respect from successive Chairpersons and Chief Officers, and this continues to the present day.

Aileen McGlynn was recognised for her achievements in international cycling by the award of MBE in the New Year's Honours List. The great Ann Woffinden, who had served the Association so well over many, many years as an athlete and boccia player, tied the knot but then sadly moved overseas to Denmark with her husband, the world's greatest BC1 player, Henrik Jorgensen. Ann Woffinden and Carol Johnstone were Scotland's most successful boccia players during this period and their record in European, Paralympic and World Championships was exceptional in classes that are fiercely competitive and involved male and female players. Teenager Ann, at the World Championships in Belgium in 1986, was in a class of her own as she broke the stranglehold of the great Portuguese players to lift the BC2 world singles title for the first time. Jacqueline Lynn and Jim Thomson were the driving forces behind the sport. Scottish boccia was enjoying an excellent spell in performance and development as interest in the sport was increasing all over the country. Scottish volunteer input to GB boccia development was considerable and effective during this period.

Maggi McEleny, Scotland's greatest female swimmer of all time retired from competitive swimming after a long and illustrious career. Maggi was selected to carry the GB Team flag at a Paralympic Games, was honoured by so many different organisations and respected by so many involved in mainstream and

disability sport all over the world. This exceptional woman is considered by many as the true embodiment of high performance disability sport. A great technician, fierce competitor and wonderful ambassador for local, national and international disability sport. Maggi proved in so many ways that barriers are there to be challenged and she did so very effectively. Maggi went on to coach at Port Glasgow Otters and during her competitive career she inspired so many other swimmers and coaches by her commitment and courage. In 2012 Maggi was the second great Scottish Paralympian to be inducted to the Scottish Hall of Fame on the same evening as Rhona Martin, Archie Gemmill and Ken Scotland.

In the same year, Kenny Cairns, another great swimmer from Port Glasgow Otters, was forced to stand down from international sport because of ill health. Like Maggi, Kenny was hugely successful and a multi medallist who earned respect wherever he competed. Each was a first pick for Team GB when they were at the height of their career. Kenny first competed in the Paralympic Games of 1984 and would probably have been in Beijing had he not had severe health problems in the two years prior to the Games. Before retirement Kenny Cairns set an astonishing three world records in freestyle 50m, 100m and 200m at the British Short Course Championships in October 2006. Both Maggi and Kenny would be the first to pay tribute to Port Glasgow Otters coaches Peter Stanton and Eddie McLuskey MBE who had been so much of an influence on their lives.

The sole SDS member of the Scottish Commonwealth Games team in Melbourne, Lara Ferguson, also announced her retirement after Athens in 2004. Lara similarly was a Paralympic medallist and a prolific pick for GB swim teams throughout the 90s leading up to 2004. Quiet, unassuming, hugely professional and a very popular team member, Lara still swims in Masters events and during her career held almost every national junior and senior women's open record. Perhaps we shall see Lara making a comeback for the Commonwealth Games in Glasgow in 2014? The coach, who played a significant part in her career and many other Fife Paralympians as members of Glenrothes ASC, was Eddie Campbell. Lara was greatly influenced by five times Paralympian Paul Noble who similarly attended Glenwood HS in Glenrothes and shared a passion for swimming and table tennis and the same swimming

coach. Paul medalled in every Games from New York to Sydney and held every Scottish men's open swimming record for over two decades. Paul was a fierce determined competitor who never missed a training session or ever let the team down. If he was swimming for his club, Fife, Scotland or Great Britain, Paul was equally committed. Paul now plays a significant role in Disability Sport Fife as Chairman and for SDS, Scottish and British Swimming as swimming statistician and commentator. Paul is also a media commentator who has worked for the BBC and Channel 4 and was on duty at the Paralympic Games in London in 2012.

Graham Cormack joined SDS as the first Performance Development Officer and I was appointed as an "Independent Consultant" on a part-time basis, following my decision to stand down as Chairman of the Association and retirement from Fife Council. The Management Board Members serving the Association were David Thomson, Katie Oman, Jim Thomson, Gordon McCormack, Jed Renilson, Anna Tizzard and John Brodie. Claire Morrison was well established in her position as National Development Officer and the Association's administrators were Joanne Riordan, Norma Buchanan and Cynthia Clare assisting with the web site and Board minutes. Ailien Pallot, the recently appointed Finance Manager had a work load that was developing by the day as the Association grew in size and complexity. Capability Scotland, Lloyds TSB Foundation for Scotland, Sportsman's Charity and Nationwide were identified as key sponsors for the year past.

The Scottish bowls squad competed in an International Test Series in Nottingham against Australia, England, Ireland, Israel, Korea and Wales. Scot Jim Anderson set a new record for 100m freestyle at the British Short Course Championships. Michael McCreadie and Tom Killin became Scotland's first athletes to win medals at both Summer and Winter Paralympic Games in 2006. The sixth Annual Summer Camp attracted 36 participants and 68 pupils attended the National First Shinty Camp. SDS performance sports people continued to benefit from the services provided by the Scottish and Area Institutes of Sport and SDS began working with Badminton Scotland to develop opportunities for players with disabilities.

The 2007 Annual General Meeting and 44th AGM of SDS signified the end of the first year of a new look Management Board. Board members Charlie

Forbes, Lauren MacTaggart, Eileen Ramsay and Millar Stoddart had completed their first year and Gordon McCormack and Jim Thomson as Chairman and Vice Chairman respectively were settling in well. Performance Development Manager Graham Cormack had decided to move on to the Camanachd Association to be replaced by Ruari Davidson and sadly Head Office Administrator Joanne Riordan returned to Ireland. Alan Dickson, CEO of Capability Scotland and a great supporter of SDS, was appointed to the Board of the International Paralympic Committee. Kate Caithness, the driving force behind wheelchair curling, was installed as the Vice-President of the World Curling Federation

At the IPC Swimming World Championships in Durban Jim Anderson continued his run of form with a world record in the S2, 50m freestyle plus silver medals in other events. Andrew Lindsay won his third consecutive S7, 100m backstroke world title and also had world record swims in the German Open Swimming Championships. Kenny Cairns completed an outstanding set of Scottish performances in South Africa with gold medals in the S3, 100m and 200m freestyle plus two additional medals. Libby Clegg competed in her first IPC World Athletics Championships in the Netherlands and won a silver medal in the T12, 200m and unfortunately because of a technical disqualification failed to complete the double over 100m. There was some consolation when she turned in world class runs at the VISA Paralympic World Cup. The experienced Stephen Payton produced another international medal winning performance with a bronze medal in the T38, 400m.

The reshaped Scottish rink travelled to the World Wheelchair Curling Championships in Sweden and won a bronze medal. Aileen McGlynn and pilot Ellen Hunter continued their impressive run in tandem cycling by winning double gold at the UCI / IPC World Cycling Championships in Switzerland and followed up with a repeat performance at the VISA Paralympic World Cup in Manchester. Laura Kinder was in the Czech Republic for the INAS European Indoor Athletics Championships and won gold and silver relay medals. Gordon Reid was a member of the Junior Wheelchair Tennis Team that claimed the first ever GB World Team Cup title. The late James Smith from Elgin was in outstanding form at the International Bowls Test Match when he won silver in a tournament that included some of the top players from as far away as

Australia and Korea. The Scottish CP Football Squad travelled to a Tournament in Denmark and finished in runners up spot and scored the most goals with impressive victories over Denmark, Finland and the Republic of Ireland.

The GB Wheelchair Curling Winter Paralympic silver medal winning team of Frank Duffy, Michael McCreadie, Tom Killin, Angie Malone and Ken Dickson were awarded the Glenfiddich Spirit of Scotland Sports Category Award. The Scottish players with cerebral palsy in the A and B football squads competed in the inaugural developmental Home Nations Championships and following three days of competition, each team was undefeated. 17 players travelled to the Four Nations Badminton Championships in Cardiff and returned with 7 gold and 11 silver medals. Scotland hosted the Home Nations Wheelchair Bowls Championships of 2007, winning the title and remaining undefeated throughout. The Scottish senior swim team recorded a third place at the British Championships and young Colette Martin travelled to Blackpool for the British Junior Athletics Championships and won 100m, 200m and 400m in T54 class. The inaugural Scottish Junior Athletics Championships were held at Grangemouth Stadium with an entry of 125 competitors from six SDS Branches. The seventh SDS Summer Camp was held at Inverclyde with 35 young athletes with a physical or sensory impairment participating and the eighth National First Shinty Camp attracted 58 youngsters with a learning disability from six different Local Authorities to Aviemore.

SDS introduced the SDS athletes Academy to bridge the gap between participation and performance and provide vital support to emerging athletes. SDS delivered 20 national events across nine sports and Scottish high performance athletes continued to benefit from the expertise available from the Scottish and Area Institutes of Sport. SDS enjoyed excellent relations with 21 of Scotland's Local Authorities and was proud to celebrate the special relationships it enjoyed with the Scottish governing bodies of athletics, badminton, boccia, football, shinty, wheelchair curling and wheelchair basketball in particular.

In Education and Training, 252 coaches and volunteers attended 13 courses and the SDS partnership with sportscotland and the Youth Sport Trust provided 28 courses to 350 participants on Disability Inclusion Training to the Active Schools Network in 28 Local Authorities. The first SDS performance

sport/classification workshop was delivered to the staff of the West of Scotland Institute of Sport in the first of a series to be rolled out across Scotland. SDS provided Disability Inclusion Training to 350 students attending the PGCE in Primary PE course at Glasgow University to assist with the inclusion of pupils with disabilities in mainstream PE and sport. The Active Schools Inclusion group, in partnership with sportscotland, continued to meet on a six monthly basis.

I was appointed the first chairman and Gavin Macleod a member of the UK Disability Coaching Leadership and Learning Group, established to advise the UK Coaching Framework on disability sport and the inclusion of children, athletes and players with a physical, sensory or learning disability. As a Scottish Governing Body, SDS played its part in the Coaching Network, contributed to the Annual UK Coaching Conference and undertook research with Local Authorities and Governing Bodies of Sport to promote inclusive coaching. SDS was represented at the Coaching Counts Conference and worked in partnership with several of Scotland's Governing Bodies of Sport to deliver new coach education workshops and short courses. For the first time in the Association's history, education and coaching were receiving the prominence and support expected of a vibrant Scottish Governing Body of Sport. 18 Sports Coach UK courses on coaching disabled sports people were organised during the year, attracting 277 participants.

SDS worked in partnership with Scottish Swimming and Scottish Athletics to advance the appointment of Disability Development Officers. sportscotland investment continued to support a part time staffing resource to develop and deliver an integrated coaching plan and provide support to Scotland's Governing Bodies of Sport on inclusive coaching. SDS Management Board members were involved in two training development days co-ordinated through the sportscotland Modern Sport Programme. SDS developed an Equity Policy and associated Equity Action Plan to ensure the Association's commitment to equity is delivered. A comprehensive equity audit across all areas of the Association was well under way in preparation for the SDS submission to attain the Equality Standard for Sport at Foundation Level. SDS produced a Volunteer pack in conjunction with sportscotland for use within the Branch network. SDS was one of the first Scottish Governing Bodies of

Sport to sign up to the 2006 Accord for the Protection of Children in Scottish Sport with Claire Morrison, the staff member playing the lead role.

A detailed operational plan and budget were produced to mirror the outcomes and targets of the SDS strategic plan 'Towards London and Beyond: 2006-2012' and SDS successfully completed the sportscotland 'Management Audit Review'. SDS updated its sport specific performance plans and new plans were formulated for the key sports of athletics, boccia, bowls, football, swimming and wheelchair curling. SDS took up a position on the UK Disability Sport CEO Group and the UK Disability Sport Performance Development Group. The sportscotland integrated investment programme continued to support the work of the Association at all levels and SDS was indebted to Capability Scotland, the Sportsman's Charity, the Lloyds TSB Foundation for Scotland, Nationwide, ECAS and Ladbrokes Charitable Trust and the Scottish Disabled Sports Trust for financially supporting SDS development programmes, events, squads and athletes during the year past.

The SDS website was upgraded and refreshed in conjunction with Sportfocus in 2007. Cynthia Clare handed over the role of "updater" to Steve Donnelly and I continued as editor. New systems were introduced that offered greater flexibility and potential to inform, educate and celebrate. Communications and Sponsorship Policies were introduced and the Professional Officers Group met on two occasions to debate, share and learn. The SDS newsletter, 'The Changing Times' continued to inform and raise awareness of the work of SDS and the bi-annual calendar of sports events and education and training calendar provided a focus for athletes, players, volunteers and coaches alike.

Athletes, volunteers, coaches and friends of SDS assembled at the Windlestrae Hotel in Kinross for the 45th Annual General Meeting of SDS in 2008. Scottish sport was still buzzing with the news that the host city for the 2014 Commonwealth Games would be Glasgow. Glasgow 2014 organisers had made an early commitment to increase the number of medal events within the Para-sports selected for the Games. SDS had been identified as a key partner in the Glasgow 2014 legacy consultation process with the Scottish Government, ensuring that there is a framework in place for Scotland to benefit from hosting the Games.

The Scottish CP football squad competed at the CPISRA World Championships in Brazil and achieved a sixth place finish. This included an outstanding win against Argentina in a penalty shoot-out and victory over the Republic of Ireland, whose track record in CP football is exceptional. Mark Robertson from Penicuik was awarded the Young Player of the Tournament. 13 Scottish bowlers led by Bob Dick and Michael McCreadie finished in third place in the World Teams Cup at the IBD World Bowls Championships in Australia. Ada Meikle won silver in singles and bronze in pairs with partner George Gourlay. Shirley Ann Harris, Alex Souden and Harry Harris won a team triples bronze medal.

A new world record was achieved by Allan Stuart at the INAS-FID World Athletics Championships. Allan and Laura Kinder were members of the GB team that competed in the INAS-FID World Athletics Championships in Brazil. Allan won gold in 200m with a new world record time of 21.45 seconds and a second gold medal in the 4x400m relay. Laura won two relay bronze medals. Allan was presented with the performance of the Championships. The same athletes enjoyed success at European Championships in Manchester with Allan winning two gold medals in the 200m and 400m. At the DSE Junior Athletics Championships in Blackpool, sprinters Colette Martin and Robert Ferrol won five medals of which three were gold. The 2008 UK School Games were held in Bath and Bristol and Scottish athletes and swimmers James Clegg, Erin Goldstraw, Stefan Hoggan, Arran Ritchie and Colette Martin were selected. The young Scots returned with one gold, one silver and four bronze medals.

Archer Kate Murray from the Borders made her international debut at the IPC World Championships in South Korea by winning silver and bronze medals in the women's recurve section. The Scottish wheelchair curling squad competed in Sursee, Switzerland at the World Wheelchair Curling Championships and finished in seventh place. The same team enjoyed a number of successes in Canada and USA in the same season. Kinross Ice Rink hosted the British Wheelchair Curling Championships and the Braehead rink of Michael McCreadie, Aileen Neilson, Tom Killin and Rosemary Lenton emerged as the champions. Aileen McGlynn set a world record in 3km pursuit to win gold at the Paralympic World Cup in Manchester with pilot Ellen Hunter. Aileen also scooped gold in the 1km tandem. Wheelchair tennis players Kevin Simpson and

Gordon Reid burst on to the international tennis scene with successes in Canada, USA and Europe.

Jim Anderson won double gold in Manchester in the S2 50m and 200m freestyle, four seconds ahead of his closest rival. Andrew Lindsay won silver in the same event in the S7 class 100m backstroke and fellow Fife swimmer Craig Rodgie competed in his first INAS-FID event at the European Swimming Championships in Poland. Craig won three gold medals setting a world record in the 4x200m relay, individual silver in the 100m backstroke and bronze in 100m freestyle. A squad of 16 boccia players headed to Canada for a competition in Montreal and Stephen and Peter McGuire were in outstanding form in the BC4 class with gold in pairs and silver and bronze respectively in singles. Scotland hosted the 2007 GB Boccia Championships in Glasgow with 30 competitors participating. Stephen McGuire won the BC4 category and brother Peter won bronze. Young Scot Joshua Rowe also won a surprise bronze. At the 2008 Championships there was a repeat performance by the McGuire brothers.

73 Scottish athletes with a learning disability were part of the 159 strong GB team that competed in the Special Olympics World Summer Games in Shanghai. Scottish athletes and players were represented in 17 sports and won an impressive 36 gold, 28 silver and 15 bronze medals. The Scottish Senior Swim Team competed at the British Senior Short Course Swimming Championships in Sheffield and won 23 gold, 24 silver and 16 bronze medals. Scotland finished overall third in the team event. The Nationwide British Junior Swimming Championships were held at Ponds Forge in Sheffield and the 17 strong Scottish team finished the Championships in fourth place with a total of 56 gold, 25 silver and 11 bronze medals.

Scotland's Senior and Futures CP football teams emerged undefeated at the University of Ulster, Belfast in the Home Nations CP Football Championships. The U18 Three Nations Football Tournament for players with a learning disability was staged at Inverclyde and the young Scots recorded a draw with Northern Ireland and a loss to the Republic of Ireland. A new National 7-a-Side Junior Football tournament was introduced by the Scottish FA to the calendar attracting 29 teams in the first year. SDS won the right to host the CPISRA

European Football Championships in 2010, and an organising committee was established.

Alan Oliver and Ryan McDonald represented Scotland at the European Disability Badminton Championships with Alan winning bronze in singles and silver in doubles. The Four Nations Badminton Tournament was held at Inverclyde in April, organised in partnership with BADMINTONscotland. 80 competitors from Scotland, England, Wales, the Republic of Ireland and Northern Ireland took part. The Scots won 19 titles and 10 runners up spots. Scots also enjoyed similar success at the Welsh Four Nations Championships winning 7 gold and 11 silver medals. 117 pupils from 10 schools attended the Disability Badminton Carnival supported by BADMINTONscotland coaches and students from Cardonald College.

66 youngsters from eight schools in Ayrshire, Angus, Perth, Highland, Argyll and Bute and the Scottish Borders took part in the National First Shinty Festival at the MacDonald Highland Resort, Aviemore. Park School from Kilmarnock emerged as victors in the tournament organised by the Camanachd Association. The 8th SDS Summer Sports Camp was held at the National Sports Centre in Inverclyde during July with 32 young athletes and players under 18 with physical or visual impairments receiving quality coaching.

SDS established an Academy Performance Group to assist the Performance Development Officer to make strategic decisions about SDS Academy Athletes. The Area Institute of Sport / SDS High Performance Group continued to meet during the year to review sports specific criteria and consider the selection of SDS athletes for the Area Institutes of Sport. A total of 18 SDS athletes from nine sports benefited from inclusion in Area Institute programmes in 2007/2008. During the same period, 25 SDS athletes from 7 sports benefitted from services provided by the Scottish Institute of Sport.

Once again SDS was able to offer 20 individual courses during the year covering a range of sports and attracting 212 students. The SDS Inclusion Training Programme, in partnership with sportscotland and the Youth Sport Trust, continued to thrive with 36 courses attracting in excess of 550 participants from Scotland's 32 Local Authorities. Disability Inclusion Training was delivered to 154 students in Higher and Further Education in educational

establishments across Scotland. SDS provided the West and East Area Institutes of Sport with workshops on performance sport and classification specifically. SDS continued to play a lead role in the UK Disability Sport Coaching Leadership and Learning Group which was now well established within the UK Coaching Network. SDS personnel delivered 28 Sports Coach UK courses to 353 participants during the year. SDS delivered an Equity Workshop to Scottish Governing Bodies of Sport going through the Equity Standard for Sport process. The workshop was hosted by sportscotland. SDS was successful in attaining Foundation level of the Equity Standard for Sport.

SDS was proud to launch its Annual Operational Plan with associated budget to coincide with the outcomes and targets of the strategic plan 'Towards London and Beyond: 2006-2012'. Sport Specific Performance Plans and Annual Action Plans were produced for the sports of athletics, boccia, bowls, football, swimming and wheelchair curling. Minimum Operating Requirements for governance and child protection were compiled and subsequently introduced to all 15 SDS Branches. Consultation roadshows were set up to support Branches and to assist with the implementation of the MOR. SDS produced an Action Plan for the Protection of Children and Adults at Risk. The plan dictated how SDS would achieve the outcomes contained in the 2006 Accord for the Protection of Children in Scottish Sport. SDS staff and volunteers had a considerable input to the sportscotland consultation process to develop a Scottish Facilities Design Digest. SDS produced an Equity Policy to ensure that the needs of Scottish communities with a disability are considered when developing programmes, services, procedures and policies

A total of 3,951 athletes (1383 women) from a total of 146 countries travelled to Beijing to compete in their respective sports. Five countries competed in the Paralympic Games for the first time....Burundi, Gabon, Georgia, Haiti and Montenegro. The 20 sports included archery, athletics, boccia, cycling, equestrian, football 5-a-Side, football 7-a-Side, goalball, judo, powerlifting, rowing, sailing, shooting, swimming, table tennis, sitting volleyball, wheelchair basketball, wheelchair fencing, wheelchair rugby and wheelchair tennis. Rowing was introduced to the Paralympic programme in Beijing and sports were held in venues in the Chinese capital, with the exception of sailing and

equestrian which were held in the cities of Qingdao and Hong Kong, respectively.

16 Scottish athletes and players were selected for Team GB in six sports for the Beijing Summer Paralympic Games and 11 Scots travelled as support coaches or support staff with Team GB. I was appointed as the IPC Chief Classifier for athletics following on from a short spell in the same role in Athens in 2004 and a year in post as the Head of Classification for IPC Athletics. Jim Thomson was attending his seventh successive Games in a GB support staff role and Jacqueline Lynn led the GB Boccia squad to a team gold medal in the major team event of the Paralympic Games boccia programme. The leading Scottish athlete at the Games was the outstanding Aileen McGlynn with two tandem cycling gold medals, magnificently supported by pilot Ellen Hunter. Jim Anderson added four medals to his impressive Paralympic collection but on this occasion there were none of the gold variety. Lothian youngsters Libby Clegg and Sean Fraser had spectacular introductions to Paralympic sport with silver and bronze medals respectively in the sports of athletics and swimming.

2 gold, 3 silver and 3 bronze medals were won by Scots in Beijing. China yet again topped the medals table with twice as many medals as Team GB in second place position. In Sydney China finished in sixth place and two Games later they were the dominant nation. World records continued to topple as standards continued to rise. Paralympic Games athlete and player performances are important to the nations of the world. Every four years more nations join the Paralympic family and new nations feature prominently on the medals table. Beijing 2008 created another step change in the development of the Paralympic movement and for many the most memorable Games to date.

At a time when disability sport was applauding its greatest athletes in Beijing, SDS mourned the loss of one of its greatest servants, Bob Mitchell OBE. Bob passed away in the nursing home where he spent the last few years of his life. He was forced to leave his beloved Mugdock to be cared for by others after many years of looking after individuals from many diverse communities. His skills and abilities as a teacher, accountant, manager, leader, advocate, mentor and friend were many and varied. He spent his long life inspiring others and adding so much to the quality of their lives.

Bob was the master of numbers and statistics. He was meticulous, incisive and the architect of the robust financial processes and procedures on which SDS was built. The retired senior tax inspector was in such demand from so many charities and he offered his services willingly and free. There has never been a more committed volunteer in disability sport. Nothing made him happier than to climb into a pool with a non-swimmer and within no time at all the individual would be swimming. His exceptional skills of persuasion would convince the most frightened non swimmer to let go and trust him. He was at his very best when working with the most severely disabled non swimmer.

Bob lived in Musselburgh at one time and his mother heard that some disabled swimmers were looking for a coach and volunteered his services. Bob arranged weekly sessions in the very cold Loretto School pool in the mid-sixties and the rest is swimming history. Those of us who were privileged to be part of the Tulliallan experience learned so much from him about managing events, enthusing athletes and most of all how to teach swimming. The great Kenny Cairns MBE and late Isabel Newstead MBE were just two of the Paralympians who flourished on his advice and direction. He inspired so many people of all ages and abilities to take up swimming and when required he would act as driver, carer, coach and event organiser.

Bob was passionate about swimming. Always a keen swimmer himself, he believed that the water offered everybody a chance of movement, challenge, competition, inclusion, fun and reward. Scottish Swimming acknowledged his massive contribution over many years and he was privileged to manage a Commonwealth Games swim team. Bob was the architect of the SDS time banding system for swimming classification that has served the Association until the present day and has been adopted by other nations. He established the Temple swimming club and as long as he was able, attended club nights as Jack of all trades. He was the brains behind the West of Scotland Federation of swim clubs and he played a very vital role in the establishment of the programme for national galas at a time when the typewriter and Gestetner were the tools of the trade and not the computer. He was an ace administrator, planner extraordinaire and a man always on a mission. He took full advantage of every second of his action packed life.

Bob's interest in teaching spinal cord injured athletes to swim began in Northern Ireland when he was posted to Belfast. On returning to Scotland he became involved with the Scottish Paraplegic Association and served that association for many many years in numerous capacities. He worked very closely with Jean Stone and together they made a more than significant contribution to the staging of the final Commonwealth Paraplegic Games in Edinburgh in the early 70's. While retaining a more than passing interest in the SPA Bob became involved as an officer of SDS – formerly SSAD - as vice chairman to the late Mary Urquhart MBE in 1975. Together they moved the Association forward rapidly and established an executive committee of sports minded people that secured funding to appoint the first SSAD development officer. The move away from an organisation with links to health and social welfare to one based on sports principles was highly significant and launched a new era for SDS. Mary set the standard for SDS governance as an experienced Local Authority senior officer and Bob laid down the guidelines for robust financial procedures as an expert financial professional. The rest of us listened, observed and learned but at the same time were allowed to bring to the table our own ideas on developing sports. The new SDS was up and running and not long after Bob took over the mantle of SDS chairman.

The International Year of Disabled People (IYDP) in 1981 and the Silver Jubilee of SDS in 1987 offered Bob the opportunity to demonstrate his incredible skills as an event organiser and finance manager. For both these major occasions a significant number of sports events were held in venues across the country and never over budget. His planning and preparation were exceptional and he worked long hours to ensure that everything ran smoothly and the maximum number of **ATHLETES** reaped the rewards of involvement. Money was always directed to sport and never on fringe services. He appreciated that north of the border NGBs had to squeeze the maximum from every pound that came its way and within SDS the pound was worth three when Bob was in charge. He was a perfectionist, never late for an appointment and always made time for anybody who had an interest in seeking his advice on any issue. For years he was the father figure within SDS and so many of the current athletes, officers and volunteers flourished under his guidance and stewardship. Dave Thomson, the SDS Treasurer was at his side for over 30 years and learned so much from him in his role as the custodian of SDS cash reserves.

Bob was respected throughout Scottish sport and during a lifetime of involvement he developed a substantial number of external partnerships that survive to this day. Negotiations with successive sportscotland officers were always well planned and cordial and paved the way for much of the substantial core funding that SDS enjoys at this time. I was privileged to sit in with Bob at many of these meetings and we never sat down without having shared at least four hours of meticulous planning. Every word was rehearsed and strategy agreed. He was a visionary leader and a great ambassador for the disability sports movement. He served on many working parties, committees and advisory bodies and would have been on many others if each week had 14 days instead of 7. He was in great demand but never far away when you needed him for advice. He was a great listener, a shrewd negotiator but most of all a warm human being. Evenings spent in his lounge at Mugdock, looking out over the lawn addressing current issues in disability sport are highlights of my career in disability sport. I am certain others who experienced the same will be similarly minded.

Bob was a humble man who always tried to stay out of the limelight. His mission was to create a strong organisation that offered quality sports opportunities to athletes of all levels of ability. He was more comfortable as a teacher or event organiser than the "dignatory" for SDS he was for many years. He was uneasy about the honours he received as a volunteer but he greatly appreciated that those with whom he worked thought so highly of him to take time to nominate. A Torch Trophy and OBE for voluntary work and ISO for professional service were the key honours that he so richly merited. He was thrilled at becoming the President of SDS and when he was fit enough to fulfil that role he did so with his usual high level of commitment. One of his final major tasks was to initiate the process for SDS to become a company limited by guarantee. As his health was starting to fail he continued to present medals at events all over the country. When he was unable to drive he engaged a driver and if he said he would be there he never let the organisers down. Ricky McMahon, a great SDS west of Scotland volunteer and father of Susan McMahon, one of Scotland's most talented all round wheelchair athletes, was often the driver. Ricky and Bob had a special relationship and worked together on many local projects including Temple swimming club and the Spina Bifida club at Bishopbriggs sports centre on Saturday mornings. Towards the end it

was clear he was distressed by full days on the pool side and the only reason he stood down was in case his health interrupted the smooth running of an event or club activities.

How can one fully do justice to the life of a wonderful human being in just a few paragraphs? I was asked to write about Bob while in the role of Chief Classifier for athletics at the Beijing Paralympic Games. I know I would not be as involved in disability sport had I not met Bob Mitchell. He inspired me, he guided me and he taught me so much about sport and related matters. Over his final years when I visited him in his "new home" as he always called it, we talked about the many good times we had together in so many different settings. We often discussed athletes whom he knew and influenced but most of the time I talked and he listened. A tear would often come to his eye but it was one of happiness and not sadness. He was a proud man. He was content with how he had led his life and I only wish his mother - a great influence in his life - had lived to share some of the major accolades that came his way after she passed away. The legacy of Bob Mitchell is the SDS of today and there can be no better tribute than that.

Four years after his death, the Scottish Disabled Sports Trust received a significant contribution from the estate of the late Bob Mitchell. Bob had set up the Trust following the SDS Silver Jubilee Festival to assist individuals and organisations involved in disability sport. Donations to the Trust come from different quarters and the Trustees have the responsibility of ensuring that long and short term donations are appropriately invested and allocated in line with the objectives of the Trust as a charitable body. During his final years Bob spoke to me regularly about his intention to leave funds to the Trust to be spent on projects, individuals and organisations that the Trustees know would receive the Mitchell seal of approval. I am proud to have been a Trustee for many years and along with administrator Paul Noble, Chairman Alan Mills and Janice Eaglesham, we shall ensure Bob's wishes are respected.

2009 marked the mid-point of the Strategic Plan 'Towards London and Beyond' and it was a period when SDS experienced record levels of investment. The major focus was the introduction of a new regional structure, the identification of talented athletes and players with potential and a strong commitment to invest in education and training. Chairman Gordon McCormack introduced four

new Board members, Andrinne Craig, Frank Duffy, Lynne Glen and Dave Rhoney to the team of 11. Under the Modern Sports Programme funded by sportscotland, three Board training sessions were successfully delivered. Following a major health scare Jed Renilson returned to active Board service. The staff team of Gavin Macleod, Claire Morrison, Ruari Davidson, Caroline Ellis, Ailien Pallot, Cynthia Clare and new Assistant Football Development Officer, Greig Taylor moved into more spacious surroundings at Caledonia House. The Association bid farewell to sportscotland officers Gill Penfold, Emma O'Callaghan and Eliza Watson and welcomed Heather Lowden back as Partnership Manager.

The implementation of the SDS Regional Manager structure was an exciting development for SDS. Regional Manager posts were planned for the East, Grampian and West regions (2) with an officer remit of talent identification and sports development. Posts were linked directly to the Glasgow 2014 Commonwealth Games and developing the next generation of high performance athletes and players with a disability. To mark its commitment to talent identification in 2009, SDS hosted three national Talent ID days in Stirling, Dundee and Glasgow to bring together athletes from different areas who until then were not involved in performance disability sport.

Over 200 delegates attended the National Conference entitled 'Challenge to Change' at the Edinburgh Conference Centre, Heriot Watt University. Sportscotland chair Louise Martin delivered an inspiring supportive address and the Keynote speaker was a great friend of SDS, Jon Morgan from the Federation of Disability Sport in Wales. Members and partners were encouraged to change and at the same time challenges affecting children and young people with a disability in accessing physical education and sport were highlighted. In response to this agenda, SDS in partnership with sportscotland, accelerated its delivery of disability inclusion training (DIT) to education staff across Scotland. In his Annual Report at the time, Gavin Macleod reported that traditionally strong partnerships were being threatened and shared values challenged because resources at local level were being squeezed. Many children and young people with physical, sensory or learning disabilities were being deprived of a quality inclusive experience in physical education and sport. The challenge for SDS and partners was to recognise and confront these

threats and attempt to introduce sustainable projects and programmes that would lead to increased participation in physical activity, including sport, by young people in particular.

In 2009 SDS hosted the 46th Annual General Meeting and Awards Evening and the venue was once again the Windlestrae Hotel in Kinross. There were 11 Scottish debutants in Team GB in Beijing and it was noted that Scottish representation in Team GB must increase for London 2012, if SDS was to meet the target set by sportscotland. All of the new Regional Manager posts would be linked to established SDS Branches and fifteen of those Branches were involved in implementing the Minimum Operating Requirements (MOR), ensuring best practice in governance, sports development and the safeguarding of children and vulnerable groups in sport. Sport specific performance plans were produced in conjunction with mainstream Governing Bodies of Sport, ensuring the best use of resources, manpower and expertise. In 2009 Scottish athletes and players continued to benefit from the Scottish and Area Institute of Sport networks.

The eight medals won by Scottish athletes at the Summer Paralympic Games were the highlight of the sporting year. Other achievements worthy of special mention were Peter and Stephen McGuire's gold medals at the European Boccia Championships in Portugal, the fourth place finish for Scotland's Blind Bowlers at the World Blind Bowls Championships and Michael McCreddie's Team Scotland securing fifth place at the World Wheelchair Curling Championships in Vancouver. At the 2009 INAS-FID Global Games in the Czech Republic, Allan Stuart won two individual golds and one silver medal, Craig Rodgie won two golds and one silver and Scott Walker won a cycling combined bronze. The Third International Bowls Test Match was held at the Beveridge Park, Kirkcaldy. 12 physically disabled and visually impaired bowlers competed against England in triples, pairs and singles and following two days of competition, Scotland won 43 to 21 and lead 2-1 in the series.

Kate Murray and John Murray competed at the World Archery Championships in the Czech Republic with John winning a silver medal in the compound team competition. Murray Elliot won bronze as part of Team GB that travelled to the USA to compete in the Arizona Cup. John Murray won gold as a member of the men's compound team and Kate Murray won bronze in the ladies recurve

team. At the BT Paralympic World Cup in Manchester, Jim Anderson won gold and Sean Fraser won bronze. Cyclist Aileen McGlynn with new tandem pilot Vicky Begg won double gold. Neil Fachie won double silver in the 1km time trial and sprint events in his first competitive outing as a cyclist. Libby Clegg won gold in the T12 100m. Gordon Reid had another successful year performing outstandingly well all over the world and confirming his status as GB and World Junior No. 1 in rankings published by the International Tennis Federation. Gordon and Kevin Simpson were selected to represent Team GB at the World Team Cup in Nottingham in July where GB finished in fifth overall.

Boccia players Stephen and Peter McGuire emerged winners of the BC4 class at the Czech International Championships. Jamie McCowan topped his group before losing out in the quarter finals. The Scottish CP Football squad travelled to the Danish Invitational Tournament and for the third time in five years were undefeated throughout the competition finishing in silver medal position, losing out to Holland on goal difference. Scottish CP footballers travelled to Finland for an international friendly. The GB and Scotland wheelchair curling teams travelled to the USA and Canada for international competitions. Scotland's blind bowlers travelled to Victoria, Australia to compete in the 2009 World Blind Bowls Championships and with a squad of 10 finished fourth overall. Harry Harris won a silver medal in the B2 section. The inaugural Kinross Wheelchair Curling International was held at Kinross Ice Rink with teams from Canada, Russia, Norway, Switzerland, England, Wales, Scotland and GB competing. The two Canadian teams contested the final.

The UK School Games were held in Wales during September and eight swimmers and one wheelchair athlete from Scotland were involved. The 2009 GB Special Olympics Olympics Summer Games were held in Leicester with over 2,700 athletes and 1,200 coaches and 1,500 volunteers participating. Eight Scottish regions entered around 800 athletes and 200 coaches to the Games. Angie Malone skipped her rink to a win at the British Open Wheelchair Curling Championships in Kinross. Scottish swimmers finished third in the team event at the British Senior Short Course Championships with 21 swimmers. SDS Academy athletes Colette Martin and Robert Ferrol travelled to Blackpool to compete in the DSE Junior Athletics Championships winning a total of six medals of which three were gold. Scotland under 19 footballers with a learning

disability travelled to Dublin for the Home Nations Championships and finished in silver medal position behind the Republic of Ireland. The Four Nations Badminton Tournament was held at Inverclyde with 80 players taking part. 15 of Scotland's junior swimmers competed at the British Championships and achieved a fifth place finish and won 11 individual gold medals.

SDS organised 17 national events, covering nine different sports and attracting 1,500 competitors. National squads trained and competed throughout the UK and overseas and SDS supported Scottish teams to compete in UK and international level competitions in athletics, badminton, boccia, bowls, football, swimming and wheelchair curling. A new partnership was established with the Spinal Injuries Unit at the Southern General Hospital and 38 youngsters with a physical or sensory impairment attended the well-established Summer Sports Camp at Inverclyde. SDS began work on the production of a promotional DVD to highlight the work of the Association.

600 participants attended education and training courses run by SDS. In education and training, a total of 15 Disability Awareness Training courses were held in conjunction with Scotland's Local Authorities and Governing Bodies attracting 256 participants. 15 SDS sports specific courses attended by 151 participants were held during the year on subjects as wide ranging as athletics and boccia, football and pool work, classification and badminton. Disability Inclusion Training was delivered to students and staff at Edinburgh University, Glasgow University, St Andrews University, Kilmarnock College and West Lothian College and attended by 200 students and staff. SDS was heavily involved in the UK Coaching Summit held in Glasgow with SDS personnel involved in workshops and panels on the subject of inclusion. SDS played a lead role in the creation of a Home Nations UK Disability Inclusion Training Course developed in partnership with the Home Nations disability sport partners, Sports Coach UK and Sports Leaders UK.

SDS continued to Chair the UK Disability Sport Coaching Learning and Leadership (UKDSCL&L) Group which aims to ensure that inclusion is a priority in sports coaching, learning and leadership. The Group aims to influence disability sports coaching, working in conjunction with Sports Coach UK. Members plan to ensure that the key principles of the UK Coaching Framework vision and the five strategic action areas are fully inclusive. SDS delivered a

short presentation on behalf of the Group to the UK Coaching Strategic Group in Glasgow. SDS provided a workshop at the Scottish Sports Development Conference in Aviemore on inclusive sports development. SDS personnel continued to be involved in delivering Sports Coach UK courses across Scotland and in 2009, 26 courses attracting 318 participants were held. SDS provided oral and written evidence to the Scottish Government's Pathways into Sport enquiry and was closely involved with the Glasgow 2014 Legacy – Sport Sub Group.

Since 2002, ninety-three of Scotland's greatest sportsmen and women have been inducted into the Scottish Sports Hall of Fame. The Scottish Sports Hall of Fame is currently located within the National Museum of Scotland in Edinburgh. In 2009 the late Isabel Newstead MBE was the first Scottish disabled athlete to be inducted into the Scottish Sports Hall of Fame but sadly Isabel had passed away and could not accept her honour. She was represented on the night by fellow Paralympian, Maggi McEleny. In the same year, outstanding tandem cyclist Aileen McGlynn and prolific swimmer medallist Jim Anderson were awarded OBEs in the New Year's Honours List and the Queen's Birthday Honours. 2009 was a special year for honouring great Scots.

SDS launched the popular Annual Sports Awards in 2000 with the introduction of the Fife Trophy awarded to the coach of the year, the Brian Dolan Memorial Trophy presented to the swimmer of the year, the Glasgow Trophy presented for service to sport and the Findlay Calder Trophy for the athlete of the year. Prestigious trophies were secured from donations to the National Association by the Fife and Glasgow Branches. The Brian Dolan Memorial Trophy was presented by the family of the late Brian Dolan, Postmaster in Kirkcaldy who had been at the centre of the Post Office Counters programme of support for disability athletics during the 90s. The great Findlay Calder was proud to be associated with SDS and a trophy in his name was introduced. The Angus Trophy and Capability Scotland Silver Salver were added later and funded by the agencies that carry their name. The Elspeth Watson Trophy was introduced in 2003 and named after a west of Scotland volunteer whose commitment to her local area was considerable. The Gordon Brown Trophy is presented to the athletes' athlete of the year and carries the name of the great Scottish rugby star, often identified as a role model for sportsmen and women across all

sports. Board member Anna Tizzard is responsible for coordinating the voting for this award each year. In 2002, SDS introduced the SDS Plaque, awarded to outstanding individuals from outside the organisation who have contributed significantly to the development of disability sport in Scotland. The SDS awards presentations are an important occasion in the SDS calendar year and many of Scotland's great coaches, volunteers, athletes and partners have been recognised during the 12 years they have been running.

2010 will be remembered for a year of significant change in both staff and Board personnel. Board member Lynne Glen resigned to take up a Regional post in Forth Valley and Andrinne Craig moved on to take up a Regional manager post in Aberdeen. Frank Duffy resigned from the Board to concentrate on wheelchair curling. Jed Renilson and Millar Stoddart announced their retirement from the Board after several years of input as the representatives from the Borders and South Lanarkshire respectively. The present Board reached the end of a two year term and Gordon McCormack, Jim Thomson, Dave Rhoney, Anna Tizzard, Charlie Forbes, Lauren Maclean and Eileen Ramsay were appointed for another term. New Directors Janice Eaglesham, Catherine Goodfellow, Tom McFarlane and Emma O'Callaghan were appointed to the Board for a two year period. Cynthia Claire continued to serve the Board as Company Secretary and Alison Pithie played a significant role as a Board trainer and HR advisor. The staff team had grown from nine to seventeen with Regional staff Lynne Glen, Gary Fraser, Becky Bisland, Lynn Allison, Andrinne Craig and Claire Bonner being appointed to posts around the country. In the National Office Claire Morrison was promoted to Pathways Manager, Russell Hogg joined the team as Participation Manager and Heather Lowden took up the newly created post of Coaching and Education Manager. Caroline Lyon became the Head Office Administrator and Norma Buchanan continued to serve the Association in the Fife Office on a part time basis. The CEO, Performance Manager Ruari Davidson and Finance Manager Ailien Pallot, completed the team at Caledonia House.

The all Scottish GB wheelchair curling team of Michael McCreadie, Tom Killin, Angie Malone, Aileen Neilson and Jim Sellar competed in the Winter Paralympic Games in Vancouver. Team GB completed the group stages with a 4-6 record but failed to qualify for the knockout out stages. The curlers were

supported throughout the Games by coaching staff Tom Pendreigh and Sheila Swan. Peter McGuire, Stephen McGuire, Jamie McCowan and Scott McCowan were selected for the World Boccia Championships in Lisbon and the team was led by Jim Thomson. Peter and Stephen secured a silver medal in the BC4 pairs competition and Stephen went on to win silver in the BC4 individual class. Aileen McGlynn and Neil Fachie were part of the British Cycling Team at the Para-Cycling Track World Championships in Manchester. Aileen retained her 1km Time Trial title in a world record time and also won bronze in the Pursuit. Neil made his international debut and had a fantastic Championships, winning gold in the Tandem Sprint and the 1km Time Trial, the latter in a new world record. Lauren Peffers was the only Scottish athlete to be part of the Team GB at the 2010 Deaflympics in Taipei, Taiwan. Lauren won silver medals in the 400m and 800m.

Jim Anderson and Sean Fraser competed in the IPC World Swimming Championships in Eindhoven in the Netherlands and returned with three bronze medals. At the IPC European Swimming Championships in Iceland, Scots Jim Anderson, Sean Fraser and Craig Rodgie were selected. Jim won one gold, two silvers and a bronze, Sean won relay gold and three bronzes and Craig in his international debut won gold. Scottish swimmers Jack McComish, Lucy Walkup and Euan Cheyne were part of the twelve strong GB Team that competed at the 10th European Deaf Swimming Championships in Dortmund. Jack won two bronze medals. 20 Scottish swimmers competed in the DSE Short Course Championships in Sheffield with Team Scotland finishing in fourth position. 13 of the 20 individual swimmers won individual gold medals during the weekend. The squad returned with 33 individual gold, 18 silver and 16 bronze medals.

The 2010 CPISRA Football 7-a-side European Championships were held in Glasgow with Russia, Ukraine, Holland, Spain, Denmark, Finland, England, Republic of Ireland, Australia and Scotland competing for the title. The Scottish FA was instrumental in the planning and co-ordination of the event and special tribute was paid to Ann Marie Arthur for her contribution to the success of the Championships. Ukraine won the title and Scotland finished in fifth place. The Scottish FA with SDS as a partner, and the City of Glasgow once again proved that they could host a major sporting international event.

Scotland's CP footballers finished in seventh place at the CP International Football Championships in Holland and finished the International Invitation Tournament in Largs undefeated. The tournament involved teams from Denmark, Holland, Northern Ireland and Finland. Scotland finished in bronze position at the U19 Home Nations Championships for players with a learning disability in Belfast. SDS in partnership with the Scottish FA established regional schools leagues across Scotland with 130 players involved in the first year. SDS in partnership with the Scottish FA successfully delivered eight Roadshows throughout Scotland, attracting more than 150 players with a range of different impairments. Stuart Sharp's arrival in post at the Scottish FA had transformed Scotland's disability football programme locally, nationally and internationally within a very short period of time.

Gordon Reid was selected by the Tennis Foundation to represent Great Britain in the 2010 Invacare World Team Cup in Turkey, finishing in fourth position. Gordon and fellow Scot Kevin Simpson had a busy year competing all over the world. Kevin had notable successes in singles and doubles in Israel and Crete and Gordon had victories in Australia, USA and Italy. Kate Murray and John Murray represented GB at the Para-Archery European Championships in France. John was part of the men's compound team that won silver and Kate won silver in the mixed recurve event.

The first French Badminton International was held in Toulouse and Alan Oliver, Conor MacFarlane and Niall Jarvie flew the Scottish flag. Alan Oliver won the gold in the men's singles and silver with Conor MacFarlane in the men's doubles. 100 players competed in the 2010 Four Nations Disability Badminton Championships hosted by BADMINTONscotland at Scotstoun Leisure Centre. Scottish players won 13 titles and 16 runners-up spots. The third Schools Disability Badminton Carnival was held at the Scotstoun Leisure Centre with 73 pupils from West of Scotland attending. Interest in disability badminton was growing throughout the country.

Libby Clegg and Sean Fraser competed at the BT Paralympic World Cup in Manchester winning gold and silver respectively in athletics and swimming. Nine Scottish athletes competed in the North West Open Championships in Manchester in April and returned with 11 gold medals and 10 silver medals. The Scottish athletics squad led by Ian Mirfin travelled to Blackpool for the DSE

Junior Athletics Championships with Robert Ferrol, Meggan Dawson-Farrell and Louise Brett winning medals.

The second Kinross Wheelchair Curling International was staged in October with Canada and Germany contesting the final. Michael McCreadie, Aileen Neilson, Tom Killin and Angie Malone won the British Open Wheelchair Curling Championships at Kinross Ice Rink. The Scottish physically disabled bowls team led by Bob Dick recorded their first away win in Nottingham in the Fourth Test Match between Scotland and England. Scotland now led the Series 3-1. Scotland's blind bowlers, led by Head Coach Ron McArthur, travelled to the UK UKVIB Home International Singles Championships in Gateshead. The sixteen strong Scottish squad recorded their best performance ever by winning 15 medals and the Team Cup. Sean Fraser won a magnificent silver medal in the S8 100m Freestyle for EAD athletes at the 2010 Delhi Commonwealth Games in a British record time.

Nine Scottish boccia players competed at the British Boccia Championships in Nottingham. Stephen McGuire won the BC4 title and Peter McGuire and Jamie McCowan contested the bronze medal match. Boccia players Joshua Rowe and Jamie Docherty were selected for the 2012 GB Fast Track Squad and Claire Morrison was introduced to the GB coaching team for the Fast Track process. Scotland's young boccia players finished second in the medals table at the DSE Junior Boccia competition in Sheffield. SDS and Table Tennis Scotland selected 10 players, through Talent ID days, to form a National Talent Squad. Following a series of training weekends led by Terry McLernon, two players Kevin McCormack and Connor Gordon travelled south and won bronze and silver medals at the UK Games.

Scotland's top athletes and players with a disability continued to receive excellent support from the sportscotland Institute of Sport. 32 athletes across 10 sports received on-going support during 2010. The SDS Athlete Academy continued to work with Scotland's most promising athletes. 13 athletes across five sports received support with a total of six new athletes inducted. Two athletes progressed from the Academy on to World Class programmes. A review and update of the SDS INAS / UKSA Eligibility Policies and Procedures with appropriate consultation and training was implemented in 2010.

The SDS Summer Sports Camp attracted 51 participants with a physical or visual impairment. A Paralympic Pathways Festival was co-ordinated by SDS in partnership with Glasgow City Council and sportscotland at Scotstoun Leisure Centre with 36 pupils attending. The 2010 National First Shinty Festival was held at Aviemore in partnership with the Camanachd Association. Seventy two 12-18 year olds with a learning disability took part. SDS delivered 19 National Championships in nine sports during the year past. The 2010 calendar involved the successful reinstatement of the National Senior Championships for Physically Disabled and Sensory Impaired Swimming Championships and also the Championships for Swimmers with a Learning Disability, following a year of absence. This had been a challenging period for everybody connected with performance disability swimming in Scotland. At one time the SDS/Scottish partnership Swimming model was the envy of other Home Nations but an unexpected reorganisation of roles and resignations of key volunteer personnel had disrupted the smooth running of the well-established annual programme of six national galas and squad training sessions. Post 2010 four of the six galas returned to the national calendar.

As always at the end of a year SDS paid tribute to partners who had made a significant contribution to the operation of the Association. Calum Wood, Liz Mendl, Bob Wylie and John Gheel were the sportscotland officers singled out for special mention and key financial supporters were identified as Capability Scotland, the Sportsman's Charity, Nationwide and the Scottish Disabled Sports Trust. At this point it would be appropriate to mention some of the local personnel who year after year are fully involved in the delivery of local services and often act as a generic or sports specific link with the SDS offices.

Individuals such as Graham Harvey, Helen Bruce, Darren Thomson, Norma Buchanan, Lesley Jones, Liz Boyd, Stephen Browning, Gordon Quinton, Laura Smith, Gordon Davenport, Anne Marie Cargill, Pat Agnew, Robin Walker, George Keith and Don McFarlane are just some of the key local personnel who have been vital to the continued prosperity of SDS. Throughout the year they or the Regional Managers offer the link between the Association Administrators and local networks.

The launch and implementation of the new UK Disability Inclusion Training Course, along with the establishment of the Disability Sport Coaching and

Education Group Scotland, were two examples of massive progress made in the area Coaching and Education at this time. Comprehensive participant and tutor resources were produced thanks to support from sponsors Typhoo. With the appointment of a new Coaching and Education Manager, SDS could proudly report that in year one, 800 individuals had attended education and training courses run by SDS staff and volunteers. SDS continued to play a significant role in the UK Disability Sport Coaching Learning and Leadership (UKDSCL&L) Group. In April 2010 the group produced a Recommendations and Goals paper which provided the underpinning principles and key areas for action on inclusion. I stood down as the Chairman of the group at the end of 2009 after being involved since its inception. Heather Lowden, the new Coaching and Education Manager, took on the lead role for Scotland ably assisted by Gavin MacLeod.

All of Scotland's DIT tutors received comprehensive training to support the delivery of the new UK DIT course. A quality assurance framework was introduced to assess and develop training and delivery. SDS began working with the University of Stirling to develop a 'Coaching Matters' programme to support coaches working with high performance athletes and players. SDS in conjunction with sportscotland assembled the inaugural Scottish Disability Coaching and Education Scotland group, bringing together key organisations in the field to consider priorities for action. 24 Disability Inclusion Training courses were held in conjunction with Scotland's Local Authorities and Governing Bodies involving 289 participants. In addition eight courses were co-ordinated as part of the SDS Education and Training Calendar involving 123 participants. SDS continued to contribute to the Glasgow University PGCE for all Primary School PE specialists. SDS delivered to 151 candidates to support teachers to be more inclusive within the PE curriculum. Disability Inclusion Training was delivered to students and staff at Edinburgh University, University of the West of Scotland and West Lothian College. Approximately, 53 students benefited from this training. 15 Sports Coach UK courses were delivered by SDS personnel to 133 participants.

SDS met with the Minister for Public Health and Sport, Shona Robison, to discuss issues affecting young people with disabilities when accessing PE in school sport. SDS presented at the Scottish Qualifications Authority Access to

PE Conference. SDS delivered a classification presentation at the European Athletics Coaches Conference as part of the UK Athletics team of sports speakers. SDS was invited by the Scottish Government to present at the Learning at Work Week. SDS delivered an Athletics Classification Workshop for UK Athletics Paralympic coaches in Manchester.

Sports specific action plans were produced for the sports of athletics, boccia, bowls, football and wheelchair curling. All five action plans reflected the targets identified through the current four year sports specific performance plans. An extended SDS Equity Group was established to address key issues in the SDS Audit for Foundation Level of the Standard. The key targets for the group in the year ahead were achieving the Preliminary Award of the Equality Standard and improving engagement with under-represented groups.

SDS updated and refreshed the Association's website in conjunction with sportfocus, taking advantage of advances in web technology. The new website, was launched at the 2010 AGM and the new SDS promotional DVDs prepared by an officer team led by Russell Hogg, were well on the way to being completed in association with Weeflee Productions. The DVDs have been used extensively as education and training tools and sit readily accessible to the public through the SDS website. SDS presented at the Scottish University Sports Conference in Aberdeen and the SDS Professional Officers Group and Active Schools Inclusion Group amalgamated for six monthly meetings. The sportscotland Good Practice Guide was launched, highlighting examples of best practice in inclusive physical education and sport. The SDS newsletter 'Changing with the Times' continued to be produced annually and SDS continued to create an updated Calendar of Events and monthly Education and Training Calendar. SDS continued to communicate with partners through the website and highlight International, National and Regional News on a daily basis.

Because of the forthcoming London Paralympic Games and Glasgow 2014 Commonwealth Games it was generally felt in 2011, there was never a better time to be involved in disability sport. 2011 brought to an end the Strategic Plan 'Towards London and Beyond 2006-2012' and it was time to review expected outcomes and reflect on progress made in the key areas of sports development, education and training, governance and communication.

Branches remained the main entry point into disability sport but as Local Authorities came under increasing financial pressure, creative and innovative schemes were being introduced by local activists to ensure Branch futures. SDS, like every Scottish Governing Body, was challenged by the sportscotland Scottish Governing Body Audit and Assurance programme and emerged with a clean bill of health. A restructuring of the Management Board provided a more strategic direction for the Association and a new Strategic Plan to take the Association up to 2017 was in the process of being developed and would be launched in 2012.

The 2011 Board led by Gordon McCormack and Jim Thomson included Dave Rhoney, Anna Tizzard, Charlie Forbes, Lauren Maclean, Eileen Ramsay, Janice Eaglesham, Emma O'Callaghan, Sandra Proudfoot, Catherine Goodfellow, Tom McFarlane and Company Secretary Cynthia Clare. At the 2011 Awards, SDS paid tribute to Jim Thomson as Coach of the Year for the major role he had played in performance boccia. Key sportscotland staff, Jo Bell, Liz Mendl and Bob Wylie were acknowledged for the essential support they provide for SDS and its members. John de Courcy appropriately received the Glasgow Trophy for services to sport, after over 30 years of service as a true volunteer to disabled athletes of all levels of ability. I first met John in the early 80s and had the privilege of being a coach with him at the Paralympic Games in New York in 1984. I have never met such a caring, honest, self – effacing, committed, energetic volunteer as John. John retired from his University post early in 2013 but he continues to support athletics and cross country developments as a local and national volunteer.

Also recognised at the 2011 Awards were outstanding athletes Lauren Peffers, Sean Fraser, Stephen McGuire, Neil Fachie and Jack McComish. What an impressive line-up of top sports people, all of whom went on to excel in their respective sports at international level. Andrew Niven of the Scottish FA was recognised for his contribution to disability sport, following in the footsteps of other great SDS supporters from the Scottish FA such as Jim Fleeting, Stuart Sharp, Craig Brown, Andy Gould etc. The winner of the Elspeth Watson Trophy was Colin McDonald from Scottish Swimming who with his wife and daughter had an enormous input to SDS swimming events in the West District for over two decades. Other experienced swimming officials such as Jack Snowdon and

the late Bernard Pirie from the East District plus Ramsay Morton from the West District have given years of service to disability swimming in Scotland at local and national level. It was a fitting tribute to officials from all over Scotland that one of their number was recognised at the 2011 SDS Awards.

The Scottish Bowls team led by Ruari Davidson and Bob Dick, with support from Ron McArthur, excelled in Pretoria at the 2011 IBD World Championships. Gold medals were won by Irene Edgar and Robert Conway (B2 Mixed Pairs), Kevin Wallace (B7/B8 Men's Singles), Maria Spencer (B4 Women's Singles), bronze medals were won by John Hughes (B7/B8 Men's Singles), Kevin Wallace and Michael Simpson (B7/B8 Pairs) and Shirley Ann Harris (B3 Women's Singles). The Scottish Team of Angie Malone, Aileen Neilson, Tom Killin, Gregor Ewan and Michael McKenzie won silver at the WCF World Wheelchair Curling Championships in Prague. The team was led by Sheila Swan and lost in the final to Canada by 7-3. Libby Clegg won 100m gold at the IPC World Athletics Championships in Christchurch and bronze in the 200m. Swimmers, Jim Anderson, Sean Fraser, Craig Rodgie, Scott Quin and Andrew Mullen competed for GB at the IPC European Championships in Berlin. S5 International debutant Andrew Mullen won silver in 50m butterfly and bronze in the 200m medley was the highlight of the event. Lauren Peffers won bronze at the European Deaf Athletics Championships in Turkey.

The Scottish CP football team finished sixth at the CPISRA 7-a-side Football World Championships in the Netherlands. Jo Pitt won team gold and an individual bronze in the Grade Two event at the Para Dressage World Championships in the USA. Five Scottish Boccia players competed at the Czech Open with Jamie McCowan winning gold and Stephen McGuire picking up bronze in the BC4 individual event. The GB Boccia Championships were held in Stirling and Scotland's Stephen McGuire, Jamie McCowan and Peter McGuire won gold, silver and bronze medals respectively in the BC4 competition. Young Joshua Rowe won a bronze medal in the BC2 competition. The Scottish Junior Boccia Squad competed at the DSE Junior Championships in Sheffield finishing in second place.

Scottish rower David Smith won gold as a member of the GB Mixed Adapted Coxed Fours at the World Cup in Munich. Libby Clegg and Sean Fraser medalled at the BT Paralympic World Cup in Manchester and Kirsty Wallace helped Team

GB to win the Women's Basketball gold medal. The Scottish U19 squad for players with a learning disability finished runners up behind the Republic of Ireland in the Four Nations Championships at Loughborough University. Alan Oliver won gold in the men's singles at the Spanish Para-badminton International Championships. Alan also picked up a silver medal in doubles. Steven Moodie, Connor McFarlane and Niall Jarvie travelled to Dortmund for the German Para-Badminton International Championships. Inverness based Moodie won gold in the STL3a Men's Singles event and a silver in the Men's Doubles. Gordon Reid was one of 11 players selected for the 2011 World Team Cup in South Africa. Scotland's leading wheelchair tennis players Gordon Reid and Kevin Simpson recorded successes in many events including the French Open, Polish Open, South African Open and Israel Open. Gordon Reid moved to a ranking of 12th and Kevin Simpson to 42nd.

Team GB had 157 athletes and 56 coaches competing at the 13th World Special Olympics Games in Athens, returning with 187 medals across 17 sports. The GB Team included 104 Scottish athletes and players who contributed 54 medals to the GB Team total. Neil Fachie won gold and silver at the Para-Cycling World Track Championships in Italy and Aileen McGlynn won silver in the 1km Time Trial. Karen Darke won two hand cycling silver medals at the Road World Cup in Australia. The Scottish Wheelchair Curling Squad competed in the Kinross International in October and finished third behind Norway and Switzerland. Scotland's junior swimmers competed at the British Junior Championships in Sheffield and finished in second place in the team competition. The outstanding juniors in that team were identified as Andrew Mullen, Jack McComish and Hope Gordon. The Scottish senior swimmers competed at the British Short Course Championships in Sheffield and finished fourth in the team event. Meggan Dawson-Farrell and Robert Ferrol excelled at the DSE Junior Athletics Championships in Blackpool. Meggan won five gold medals and was awarded athlete of the competition and Robert won gold in 400m and silvers in 100m and 200m.

Six members of the Scottish Disability Table Tennis Squad were invited to training with the GB Development Squad at the High Performance Centre in Sheffield. For the first time disability events were included in Table Tennis Scotland's National Championships. The leading Scots Kevin McCormack and

Conor Gordon travelled to Belgium with members of the Drumchapel Table Tennis Club for their first experience at international level. The sportscotland Institute of Sport in partnership with SDS launched the Gold4Glasgow Powerlifting Talent Search in an attempt to identify lifters for Glasgow 2014.

I was privileged to be appointed Chief IPC Athletics Classifier for the Welsh Track and Field Championships in Cardiff, maintaining my interest in international classification that started back in 1985. To date I have classified at every major IPC Athletics and CPISRA Championships at one time, including six Paralympic Games, and had the opportunity to classify on every continent. I have met some of the most amazing international athletes and classifiers from every corner of the world and many remain close friends to this day. At the 2012 Games in London I attended as a spectator only and it was such a thrill to observe so many great athletes in the stadium that I once had the privilege of classifying somewhere in the world. SDS created a Policy and Procedures Paper for the classification of athletes with a learning disability and established a partnership with Glasgow Caledonian University to classify blind and visually impaired performance athletes and players.

The new Scottish FA Schools Football League for players with a learning disability continued to grow. In 2011 there were 28 teams competing over five leagues. Abercorn School players were crowned national champions. The SDS Summer Camp was held at the National Sports Centre, Inverclyde, 37 young people attended. The recently appointed Regional Managers were starting to make a difference with projects like the Paralympic Pathways Festival in Glasgow that attracted 70 youngsters. A Regional Forum was established with representatives from 13 Local Authorities in the West of Scotland. Joint working between SDS Regional Managers and RDMs from Scottish Athletics and Scottish Swimming were a feature of 2011. Sport Specific Regional Development Plans for athletics, swimming and football were produced.

Leading athletes continued to receive support from the Sportscotland Institute of Sport - 36 athletes across 10 sports during 2010/2011. The SDS Athlete Academy had 18 athletes across five sports. Key partnerships continued to be developed with Scotland's Governing Bodies of Sport, including Scottish Athletics, The Royal Caledonia Curling Club, BADMINTONscotland, Basketball Scotland, JudoScotland and Scottish FA. SDS continued to co-ordinate 21

National Championships across eight sports. Two events added in the year were the Scottish Indoor Archery Championships for Physically Disabled Archers and further development of the Inter Area Bowls Test Match for bowlers with a Learning Disability. SDS continued to work with 19 of Scotland's Local Authorities.

Throughout 2010/2011, SDS continued to play an active role in the UK Disability Sport Coaching Learning and Leadership (UKDSCL&L) Group. The Group's strategic priorities for the inclusion of disabled people in and through coaching, learning and leadership in the UK were published and distributed to all partners. In Scotland the Disability Sport Coach and Education – Scotland Group was beginning to make an impact in Scottish sport as SDS was able to bring together key partners in the field to lead the strategic direction of inclusive coaching. Higher and Further Education, Scotland's Governing Bodies, the Scottish Sports Association, the Youth Sports Trust and Local Authorities are just some of the influential agencies working with SDS and Sportscotland to advance the principles of inclusive coaching, leadership and learning. At the same time SDS was working closely with Sportscotland to advance inclusion within the refreshed Coaching Scotland Framework that was launched in 2011.

For the first time SDS undertook a needs analysis with nine high performance coaches of disabled sportsmen and women across seven sports. Generic individual needs were identified and the outcome was a planned series of workshops appropriate to the coaches. SDS began working with Sportscotland's Coaching Matters programme to provide a series of workshops that focussed on research and best practice, psychology, talent ID and profiling and mentoring. The first High Performance Coaches Conference organised through Sportscotland's Coaching Matters programme was held at the University of Stirling with 28 delegates attending. SDS demonstrated how far it had come in the promotion of performance sport by supporting two of Scotland's high performance coaches, Jim Thomson and Stevie Duff, to attend a Coaching Conference in Canada.

In her short time on the staff team, the achievements of Heather Lowden were many and varied but none more so than the ground breaking progress made with the Scottish Qualifications Authority. Supported by Pam Scott at Skills

Active Scotland and the Scottish Qualifications Authority, SDS was able to successfully negotiate the placement of the UK Disability Inclusion Training course (UKDIT) on the Scottish Credit and Qualifications Framework at level 6. The UKDIT was also amended in line with the new legislation being introduced through the Equality Act and also the Curriculum for Excellence.

The annual Coaching and Education calendar was prepared, published and delivered. 14 generic, 15 sport specific and 34 UKDIT courses were delivered in the period 2010/2011 with 950 participants attending. The professional background of the attendees was diverse and included staff from Further and Higher Education, Local Authorities, leisure providers, coaching and volunteering, Scottish Governing Bodies and physiotherapy. A working module was developed with Paths for All, and a UKDIT cycling course delivered in conjunction with Cycling Scotland and Cycling Projects. UKDIT courses were developed in conjunction with Basketball Scotland and Judo Scotland and successfully delivered to Governing Body coaches during 2011. An inclusive coaching module was developed with UK Athletics and Scottish Athletics and SDS collaborated with Table Tennis Scotland, the English Table Tennis Association and Glasgow Life to introduce a disability table tennis module. SDS also worked with Bowls Scotland coaches to deliver the first national bowls workshop attended by coaches from disability bowls and the mainstream Governing Body. The Scottish FA continued to offer a programme of discrete modules and inclusive football courses and SDS was vigorous in its efforts to work with other Home Nations to develop a boccia Source Group and a UKCC level 1 boccia qualification. The energetic and enthusiastic Education and Coaching Manager continued to advance the quality of delivery of SDS tutors and support existing staff and volunteers in their professional development and learning.

The SDS Operational Plan for 2011/2012 was produced and submitted to Sportscotland for investment approval. The Plan was aligned to the outcomes and targets of the SDS Strategic Plan 'Towards London and Beyond: 2006-2012' and had also been used to support the development of the SDS staff programme. SDS went through a review undertaken by Moore Stephens as part of the Sportscotland Governing Body Audit and Assurance Programme.

On the basis of the audit work undertaken, reasonable assurance was provided on the effectiveness of the SDS governance and management framework.

SDS became a member of Cerebral Palsy International Sport and Recreation Association (CPISRA), taking over from Capability Scotland where retired CEO Alan Dickson and predecessors had played such an influential role within the IPC and international nations of CPISRA members. Scotland is understandably proud of the role it has played in the development of CPISRA, the international body responsible for athletes and players with cerebral palsy, traumatic brain injury or stroke. CPISRA roots lie in Scotland, with the late Commander Archie Cameron being the first President and major influence in its development, Bob Scott an early treasurer and Douglas MacGregor the first technical officer in the 70s and early 80s. I proudly served as the secretary of the CPISRA Sports Technical Advisory Group from 1985 through to Sydney 2000 and coordinated the rewrites and revision of four CPISRA Rules and Classification Manuals in conjunction with international experts from all over the world. These publications were the foundation of several sports specific rule books that still operate in 2012 and influence the classification system for CPISRA members that exists to the present day.

During my time as an SDS volunteer I was offered the opportunity to work with outstanding people in the UK like Liz Dendy from the Sports Council who became an outstanding CPISRA President. The late Colin Rains from Nottingham Trent University was Chairman of the CPISRA Sports Technical Group during my time as secretary and later in his career he became a brilliant President. Howard Bailey was the man who elevated boccia after 1984 from a secondary activity to one of the fastest growing Paralympic sports throughout the 80s and 90s. Doug Williamson shaped and influenced CPISRA swimming and the classification of CPISRA swimmers. Bob Fisher performed similar magic with seven a side football and the late Ann Trotman and Margaret Smith advocated passionately for CPISRA bowls. The influence of a small group of British experts on the international development of CP sports was massive and by the time we had developed partnerships with international experts such as Dr Ken Richter in the USA, Dr Aart Kruimer in the Netherlands and Lina Faria in Portugal our influence was worldwide. During the 80s and 90s in particular we delivered workshops throughout Europe, South America, Asia and Africa as the

hunger for knowledge of CPISRA sports and classification increased. In the early 90s we teamed up with lead athletics classifier Dr John Bourke from Australia and IPC Athletics Chairman Chris Cohen to bring CPISRA as an international movement and IPC Athletics together for the greater benefit of athletes. CPISRA was a late starter but the progress made between 1985 and 2004 in particular was immense and long lasting. The CPISRA Robin Hood Games organised by Colin Rains and his team at Nottingham Trent University every four years did so much to promote CPISRA sports internationally. Great times, superb memories and for many SDS athletes, players and coaches the first opportunity to compete in international disability sport. Sadly these opportunities no longer exist.

In partnership with appropriate Scottish Governing Bodies of Sport, sport specific Action Plans were produced for the sports of athletics, boccia, bowls, football and wheelchair curling. All five action plans reflected the targets identified in the four year Sport Specific Performance Plans of 2011. The roll out of the SDS Minimum Operating Requirements (MOR) for governance, child and vulnerable adult protection and sports development for all local Branches continued. One additional SDS Branch had fully met the MOR, bringing the total to five-Fife, Lothian, Forth Valley, Highland and Aberdeenshire. On-going support was being provided to all remaining Branches to enable them to achieve the MOR. I was again charged with the task of advancing the SDS position in equity standard. Following extensive evidence gathering and supported by Kristi Long and Norma Buchanan, SDS was awarded the Preliminary Level of the Equity Standard for Sport.

SDS worked in partnership with the Tennis Foundation, Tennis Scotland and Sportscotland to support the appointment of Andrew Raitt to the post of Disability Tennis Development Manager with Tennis Scotland. Andrew's impact in a short period has been significant. SDS was in membership and continued to be represented on the appropriate committees of Paralympics GB, GB Boccia, GB Disability Football Association and the UK Sports Association for People with Learning Disability (UKSA). SDS opened discussions with key partners in the Highland & Islands regarding the establishment of a part-time Regional Manager's post for the area. Discussion was also initiated with the Tayside & Fife Regional Partnership regarding the introduction of Regional

programmes in the area. SDS continued to meet the SportsScotland and the Commonwealth Games for Scotland staff through the Glasgow Mission 2014 process. The meetings provided an assessment of readiness for SDS athletes and coaches in relation to Glasgow 2014.

Funding was secured from the Robertson Trust to support the SDS Junior Development Programme. Funding was used to support the SDS Summer Sports Camp, Talent Identification Programmes and specific events. The Scottish Sports Aid Trust provided financial support to 16 SDS athletes and players across six sports in the last 12 months. SDS Vice-Chair and GB Boccia Coach, Jim Thomson, won SportsScotland's coach of the year for 2011 for his coaching of boccia at both Scottish and GB level. Lothian Swim Coach Pat Agnew was awarded a Torch Trophy in London following in the footsteps of many distinguished SDS volunteers who had been honoured by the Torch Trophy Trust in previous years.

Charlie Forbes was welcomed as the Regional Manager for the Highlands and Islands and Ruari Davidson moved from the post of Performance Manager to the 2014 Commonwealth Games Team. Greig Taylor moved on to take up a development post with Broxburn United Sports Club. Rob Claridge moved into the new post of Marketing and Commercial and brought his many years of experience with major agencies including SportsScotland and Glasgow 2014. The Board lost the services of Charlie Forbes, Lauren McLean and Emma O'Callaghan and Company Secretary Cynthia Clare who decided to retire after 14 years of outstanding service to the Association. Cynthia's role in company matters in particular has been massively important to the new position of SDS from Charity to Company. Vice-Chairman, Jim Thomson, stood down from the Board after serving the Association in a number of roles including Chairman and Vice-Chairman. Jim's contribution to the SSAD/SDS partnership with the Scottish CP Sports Group and the sport of boccia specifically was exceptional and highly significant to our development.

It is with the deepest regret in 2012 that SDS had to inform members and friends of the sad and unexpected loss of Stevie Duff. Stevie was a great coach, great motivator and the single individual who transformed the way in which wheelchair basketball was delivered in Scotland. Basketball was a major part of his life and he passed away while a staff member with Basketball Scotland.

Stevie was also the Assistant Coach to the GB Junior and Women's Teams and a wonderful supporter of SDS in its mission to bring the sport of basketball to players of all levels of ability. The Lothian Phoenix wheelchair basketball club was his passion and the name of Stevie Duff will continue to be associated with the club in years to come. It was a model of club development that will be replicated across sports. Part of Stevie's legacy will be the number of players he introduced to the sport and the quality of the players who passed through the club to representative honours. Loved and respected by all who knew him in Scotland and throughout the UK, Stevie left behind Shirley Ann and his three children.

I first met Russell Hogg when he was with Badminton Scotland and I was employed with SDS with a coaching remit. We met at a Coaching Network meeting in Inverclyde and I immediately warmed to him because as we all know he was that kind of person. At our first meeting I was impressed by his welcoming and friendly manner. We chatted initially about coaching but I quickly realised that he had a deep rooted affinity with disability sport. Little did I realise then that one day we would work together as colleagues in SDS.

Russell was with us for just over two years and I worked with him on a number of projects. His enthusiasm, professionalism, attention to detail were always evident. Russell was a good listener, a quick learner, a great coach and an individual who always wanted to produce a quality end product. It is so very sad that he had so little time with SDS and a large part of his time in post was interrupted by illness. Throughout our deliberations and negotiations he maintained a professionalism and courage that was exceptional. Russell was an officer of very high calibre and enormous resilience and strength of character. Russell was a really special man who touched the hearts of so many people in our movement in a very short space of time.

Russell was obviously intent on fulfilling his commitment to the Olympic Games and all of us were massively impressed by the manner in which he went about that task. Despite the many challenges he faced, he fulfilled all his commitments during the lead up and throughout the Games themselves. I understand he did a brilliant job and fulfilled his brief. Such an unbelievable achievement! Being at London 2012 was obviously massively important to him. To be able to work in an environment where he was within his comfort

zone and among the friends, opponents and fellow players who had been so much a part of his life obviously meant so much. It was the target he needed during those final weeks.

Russell was an amazing sports person and a legend in badminton. All of us interested in Scottish sport marvel at his achievements and those of us in disability sport who had the privilege and pleasure of working with him have learned so much from working with this very talented, high performance athlete. Russell had much to offer SDS members and in the short time he was with the organisation he contributed a great deal. Russell has definitely left his mark and he certainly made an impact and I for one regret not being able to work with him more closely on more projects. It was a pleasure to know Russell Hogg. It was a sad day post Games in 2012 when we all said farewell to one of Dunfermline and Fife's finest.

39 Scottish athletes and players benefited from services provided by the Sportscotland Institute of Sport including 10 new athletes and three new sports. The SDS Athlete Academy continued to work with Scotland's most promising athletes hoping to make the transition across to UK programmes. 15 athletes from five sports received support during 2012 and of the fifteen five athletes were selected for the first time.

The achievements of Scottish athletes and players across all sports and all impairment groups were impressive in the year leading up to the AGM of 2012. Aileen McGlynn and Neil Fachie were members of the GB Team that competed at the Para-Track World Championships in Los Angeles. Neil won silver in the 1km Time Trial and Aileen won silver medals in the 3km Pursuit and 1km Time Trial and Sprint respectively. Scottish pilots Craig MacLean and Fiona Duncan were also selected as part of the team.

Owen Miller and Robert Ferrol, Scotland's leading athletes with a learning disability, were selected for the INAS-FID Indoor World Championships. Owen won bronze in 800m and Robert gold in the 4x200m relay and silver in the 400m. Each of the athletes was involved in the Team GB 4x400m relay that won silver. Owen and Robert were also selected for Team GB for the INAS-FID European Athletics Championships in Sweden. Owen won individual gold in the 800m and bronze in the 1500m. Both athletes competed in the 4x100m

relay and won bronze. Libby Clegg won double gold in the T12 100m and 200m at the IPC European Championships in Holland. At the Paralympic World Cup in Manchester Libby and Stefanie were double medallists in the 100m and 200m. The Scottish Athletics Squad competed in Gateshead in the CP Grand Prix where the performances of Ross Paterson, Maria Lyle and Samantha Kinghorn were worthy of special mention. Gavin Drysdale and Kayleigh Haggio participated in the IWAS World Championships in Sharjah. The young athletes were multi medallists and set new world records in this developing sport.

Alan Oliver and Steven Moodie competed in Guatemala at the Para-Badminton World Championships. Alan won a silver medal in the standing Class 2 and Steven won gold in the STL3a Singles and Bronze in the STL3a Pairs. Alan, Steven and Niall Jarvie competed in the European Para-Badminton Championships in Dortmund. Alan won gold in the Standing Lower Class 3 singles and teamed up with Steven to win bronze in the mens doubles. Niall also won bronze in the mens doubles. Steven won bronze in the mens pairs at the French International Para-Badminton Championships in Rodez.

Aileen Neilson, Angie Malone, Michael McKenzie, Tom Killin and Gregor Ewan were members of the Scottish team that finished sixth at the World Wheelchair Curling Championships in South Korea. The Kinross Wheelchair Curling International ended in a win for Canada who defeated Scotland in the final. The Scottish Visually Impaired Blind Bowling Team competed in the National Indoor Singles Championships in Belfast with the Scottish players winning double gold, two silver and six bronze medals sharing the team trophy with England.

Gordon Reid and coach Karen Ross were selected for the GB Wheelchair Tennis Team for the World Team Cup in South Korea. Gordon won the men's doubles at the NEC Wheelchair Tennis Event in Melbourne. Archers Murray Elliot and Alasdair Hamilton were members of Team GB at the Arizona Cup in the USA. Michael Kerr was a member of Team GB that returned home from the Wheelchair Rugby European Championships with a silver medal. 25 swimmers competed in Sheffield at the Nationwide DSE Short Course Championships recording a total of 70 personal best times.

Scottish boccia players Stephen McGuire, Peter McGuire, Joshua Rowe and Scott McCowan were part of Team GB that competed at the CPISRA Europa Cup in Norway. The McGuire brothers won individual silver and bronze medals. At the Cheshire Open in Wigan, Scotland's boccia players Kieran Steer, Jamie McCowan and Jamie Docherty won silver in the BC4 class, losing out to GB gold medallists Stephen and Peter McGuire in the final. Scott McCowan also secured gold in the BC3 class competing for GB. In the boccia competition at the Paralympic World Cup in Manchester, Stephen, Peter and Jamie McCowan defeated the Czech Republic. Stephen and Peter and Scott McCowan were part of the GB team that competed in the Portuguese Masters. The McGuire brothers won bronze in the BC4 pairs and Scott won individual bronze in the BC3 class. Seven Scots competed at the DSE Open Boccia Championships in Sheffield. Josh Rowe and Lewis McConnell won gold and bronze respectively in the BC2 Class and Kieran Steer and Jamie Docherty won gold and silver medals in the BC4 Class. A Scottish Team competed at the GB Boccia Championships in Cardiff winning five of the 12 medals contested.

At the Paralympic World Cup in Manchester Jonathan Paterson, Craig Connell, Blair Glynn and James Richmond were members of Team GB that won the silver medal in the football tournament. The Scottish Table Tennis Squad competed in the Mencap Championships in Crewe winning a total of 12 medals. The team included Kevin McCormack, Conor Gordon, Martin Perry, Euan McLaughlin and Connor McAdam. Seven members of the Scottish Table Tennis Squad competed at the British Championships winning two gold, one silver and five bronze medals.

Owen Miller (athletics), Alistair Daniels (tennis) and tennis coach Andrew Raitt competed in the INAS-FID Global Games in Italy. Six Scottish athletes competed in the UK School Games in London. Colette Martin, Meggan Dawson-Farrell and Louise Brett competed in athletics and Conor Gordon, Ryan Hughes and Iona McLean competed in table tennis at the Olympic Park and Olympic Stadium.

An external review of Coaching, Education, Development and Training was published at the end of 2011. The results were very positive with virtually all (97%) stating that the training had been effective or very effective. Sport specific inclusive coaching development projects had been set up in

partnership with numerous Scottish Governing Bodies of Sport including athletics, basketball, judo, rowing, table tennis and tennis. The Coaching Matters programme, supported by Sportscotland and Stirling University, continued to support high performance coaches, through continuous professional development. A successful Performance Coaching Conference was held for national and regional level coaches attracting 25 delegates across eight sports.

108 education and training opportunities were offered in the year past involving 1,476 participants. 88 were organised by SDS and a further 20 were organised by Scottish Governing Bodies or Sportscotland to promote inclusion through sport. 65 of the total 108 courses run were UK Disability Inclusion Training (UKDIT) courses of which 33 were delivered to teachers and teaching assistants, 19 to coaches and volunteers, six to leisure service providers and seven to sport specific personnel. The UKDIT course was recognised on the Scottish Credit and Qualifications Framework at Level 6 with one Credit and 300 candidates had successfully gained the award. An impressive set of statistics indeed.

A Sports Inclusion Model (SIM) was developed and promoted through the new SDS strategic plan, education and training courses and presentations. The SIM was adopted at UK level and is included in all UKDIT courses. SDS commissioned a research project with a Scottish Local Authority to enable SDS, the Local Authority and the schools to have a better understanding of children and young people's expectations and perceptions of the physical activity, including sport, they receive.

The new SDS Strategic Plan "Inspiring Through Inclusion", was developed and launched following comprehensive consultation with Branches, partners and key stakeholders. The Plan will direct the work of the Association up to 2017 and was well received throughout the movement. The SDS Operational Plan and budget for 2012/2013 was produced and submitted to Sportscotland for approval of investment. The plan is aligned to the outcomes and targets of the new SDS Strategic Plan and has also been used to support the development of SDS staff work programmes. SDS Board Subgroups were established for Finance & HR, Equity, Safeguarding in Sport, Communications, Sports Development and Coaching & Education. SDS supported Lothian Disability

Sport with a pilot initiative to develop a Minimum Operating Requirement resource for affiliated clubs.

SDS was fully engaged with the UK CEO Group and contributed to a UK Manifesto for Disability Sport and the establishment of a UK Disability Sport Trust. SDS held proactive discussions with the Scottish Government's Education, 2014 Legacy and Public Health & Sport Directorates to raise the profile of disability sport. SDS adopted PVG procedures for all new staff / volunteers in line with PVG legislation and SDS successfully undertook a Child Protection Audit through Safeguarding in Sport.

The SportsScotland integrated investment programme continued to support the work of the Association in 2012 at all levels. SDS, in partnership with the other Home Nations Disability Sport organisations, secured sponsorship from Sainsbury's to support the delivery of Disability Inclusion Training within the education sector. The Scottish Sports Aid Trust provided financial support to 30 athletes and players with a disability across nine sports throughout 2012.

Throughout 2012, SDS committed to establishing open and robust communication that highlighted the aims, promoted the values and celebrated the achievements within disability sport in Scotland. The SDS website continued to be the primary communication tool for the Association and the average monthly visits for the year were almost 3,000. Twitter and Facebook pages, plus the SDS You Tube videos informed and created a forum for debate and exchange of views. The SDS DVD was completed and copies were distributed to key partners and stakeholders. SDS compiled inclusive Case Studies from across Scotland that were subsequently published by SportsScotland. Two editions of the SDS electronic newsletter were produced and circulated to key contacts via the SDS database. SDS continued to produce a regular calendar of events and education and training calendar on the website.

The Annual SDS Branch Conference was held in Perth with eleven SDS Branches in attendance. The programme included presentations from Disability Sport Fife, Lothian Disability Sport, Forth Valley Disability Sport and Stephen and Peter McGuire. Janice Eaglesham and Ian Mirfin won the BBC Sports Unsung Hero Award and were presented with their award at the BBC

Sports Personality of the Year. Bob Dick received the SportsScotland Disability Coach of the Year Award in recognition of his Head Coach role and Scotland's second place finish at the IBD World Championships. Terry McLernon, MBE received a Torch Trophy Trust Award for his work with disability table tennis players. Stephen White, another unsung hero of disability sport in the West of Scotland, was awarded the Glasgow Coach of the Year award.

2012 - The Greatest Games Ever?

Congratulations to Team GB on the tremendous performances at the London 2012 Paralympic Games. Well done to all the athletes, players and support staff who inspired so many of us who were able to attend as spectators, in addition to the many millions all over the world who watched the Games on television. There were many outstanding results, incredible role model athletes and remarkable stories played out over eleven days. 27 Scottish athletes and players were selected for the Games. This number represents 9% of the Paralympics GB Team, 50% increase in numbers from Beijing. An additional eight Scots had coaching and support roles with the Paralympics GB Team. All representatives made a significant contribution to the performance of Team GB as a world force in disability sport. Scottish competitors won 11 of 120 GB medals which equates to 9% of the medals. The 27 Scottish athletes competed in 11 sports and medalled in five of those sports. All performed to the best of their ability at the time, many setting personal bests and some returned with well-earned medals.

Gold

- David Smith, Rowing, Mixed Adaptive Coxed Fours
- Craig MacLean, Cycling Pilot Individual B Sprint
- Neil Fachie, Cycling 1km Time Trial

Silver

- Libby Clegg, Athletics 100m T12
- Steph Reid, Athletics/Long Jump
- Aileen McGlynn, Cycling 1km Time Trial

- Sam Ingram, Judo -90kg
- Neil Fachie, Cycling Individual B Sprint
- Karen Darke, Individual H1-2 Time Trial

Bronze

- Aileen McGlynn, Cycling Individual B Pursuit
- James Clegg, Swimming 100m Butterfly

Worthy of mention was the bronze swimming medal won by novice James Clegg who was a late edition to the team and the exceptional athletics silver secured by sister Libby in a fiercely contested T12 100 metres. Once again Scottish cyclists produced the goods with five of the eleven Scottish medals. The gold won by Neil Fachie and silver by newcomer Karen Darke were the pick of the performances in the velodrome and at Brands Hatch. David Smith secured Scotland's first Paralympic rowing gold medal and Sam Ingram converted his many hours of training at Ratho into superb judo silver. Steph Reid's long jump silver was special and Aileen McGlynn confirmed why she is a Scotland "great" by winning another two Paralympic medals. Scotland is very fortunate to have Craig McLean on board as a pilot.....

For the record Team GB finished third in the medals table behind Russia and the dominant Chinese delegation. Team GB dropped to third place following a second place finish in Beijing but comfortably passed their overall medals target of 103, by securing 120 medals. The many positive outcomes from this brilliant success story will be realised as the team moves forward to Rio in 2016 when athlete performances will be even better.....can this be possible?

1. People's Republic of China G-95 S-71 B-65 gold medals: Total 231
2. Russian Federation G-36 S-38 B-28: Total 102
3. Great Britain G-34 S-43 B-43: Total 120

Six of Scotland's most celebrated sporting heroes became the latest inductees into the Scottish Sports Hall of Fame on the evening of Thursday 15th November 2012 at the National Museum of Scotland. **Maggi McEleny (MBE)** from Gourock became only the second SDS member to be inducted, following

in the footsteps of the great **Isabel Newstead**. Scotland's most successful female swimmer of recent times is arguably one of the most elegant swimmers ever to compete in international swimming. Maggi hails from the Port Glasgow Otters and she and Kenny Cairns have made that club world famous. Club coach Eddie McCluskey is identified as a major influence in her career and to this day encourages and supports her in efforts to pursue a career in coaching.

Maggi had to retire from competitive swimming due to ill health prior to the Beijing Games and even after a tracheostomy she continues to swim for leisure and pleasure. She hopes to inspire others to swim who have had similar surgeries and there is nobody more inspirational in disability sport than this remarkable young woman. Throughout her very successful international swimming career she has been dogged by ill health but this has never dampened her spirits. Time after time she has bounced back and put herself into the running for international selection. Once selected she never disappointed. Like her club mate Kenny she has always supported local galas and SDS championships.

Success never changed this exceptional sportswoman and from the time she first competed at the Swedish Open in 1991 until the Paralympics in Athens in 2004 she remained a model team member and ambassador for club and country. Maggi won 15 Paralympic medals between 1992 and 2004 including 3 gold. She represented GB in successive European Championships between 1991 and 2001 winning 15 medals of which 5 were gold. Maggi is a four times Paralympian and in recognition of all her achievements was awarded the MBE. Maggi now coaches swimmers with a disability at her beloved Port Glasgow Otters club. She swims at least once per week using her revolutionary new breathing tube. What a woman and what an amazing role model for all of sport.

2012 – The SDS Hall of Fame – inductees at 2012 AGM and Awards Evening

I was asked to write this personal history to mark the 50th Anniversary of SDS and at the same prepare information on the first twenty great Scots to be inducted into the SDS Hall of Fame established this year, also to mark the 50th anniversary of SDS. There is no better way to celebrate the success of the movement than through the great Paralympians from Scotland who have put

SDS on the international sporting map. The achievements of those Scottish “Greats” are many and varied.

Aileen McGlynn, OBE was born in 1973 in Paisley and is now living in Manchester. On her first ever visit to a velodrome, Aileen broke a world record. Along with former partner Ellen Hunter, Aileen broke the flying 200m woman’s tandem World Record in April 2003 and together they went on to win Paralympic gold and silver medals at the Summer Paralympic Games of 2004 in Athens. At the 2006 IPC Track Cycling World Championships in Aigle, Switzerland, the pair won gold in the tandem kilo (VI), setting a new World Record in the process and winning a Rainbow Jersey.

McGlynn and Hunter, coached by Chris Furber represented Great Britain at the 2008 Beijing Paralympic Games, winning gold in the Kilo, setting a new World Record time in the process, and gold in the individual pursuit. They then turned their attention to the road events and won a silver medal in the 2009 UCI World Road Championships. They also went on to win the 1km time trial in a new World Record at the 2009 World Track Championships and a bronze medal in the pursuit in Manchester. At the 2011 World Track Championships Aileen won silver in the 1km time trial with her new pilot Helen Scott. At the 2012 World Track Championships in LA, the pairing came away with 3 silver medals.

At the London Paralympic Games, Aileen won silver and bronze. Already a Member of the Order of the British Empire (MBE) after the Athens Paralympic Games, Aileen was appointed Officer of the Order of the British Empire (OBE) in the 2009 New Year Honours. With the inclusion of tandem cycling in the para- sports programme for Glasgow 2014, Aileen and fellow Scot Neil Fachie from Aberdeen and their respective pilots, will have more than a passing interest in the Games on home soil.

Willie McLeod, MBE was born in Glasgow in 1946 and lived in Edinburgh until he passed away in 2002. Willie was blind, won two Paralympic gold medals, a world championship title, and surpassed the world long jump best for visually impaired athletes with a leap of 6.68 metres in 1985. When Willie decided to run a marathon, he struggled to find a guide fit enough to go the distance, so a relay of guides was enlisted, and they swapped the acoustic vest.

Born in Springburn, Glasgow, Willie was a nine-year-old schoolboy when he lost the sight of one eye in a catapult accident and soon lost the sight in the other eye. He was a pupil at the Royal Blind School in Edinburgh from the age of 10, and later worked as a transcriber for Braille Press, rising to supervisor. Willie competed in four Paralympic Games, winning lawn bowls silver in 1976, in Canada. Four years later in Arnhem, McLeod won gold in the sprint and the bowls title. He was also British record holder at 100m and javelin, and gained several UK bowls titles. Margaret McLean was his coach and mentor. As his "caller", she stood with a loud-hailer at the end of the straight, or behind the pit when he jumped. Every contest was a leap of faith. Willie taught Margaret to bowl, and they were still playing one another, during the summer of 2002 when he passed away. When Willie broke the visually impaired world long jump record, he beat it by 77cms. This surpassed even the legendary Bob Beamon in Mexico 1968 when he added "just" 55cms to the world best.

David Heddle, MBE was born in Fraserburgh in 1944 and passed away in 2006. David set the standard in outdoor and indoor bowls in Scotland for successive generations of performance bowlers with a physical disability. The little man from Fraserburgh was known in bowls circles throughout Scotland and in every game he played, he performed with passion, determination and no shortage of skill.

David was the SDS Lawn Bowls singles Champion 12 times between 1990 and 2002 and throughout his career was rarely defeated on the short carpet. David was the last Scot to win a bowls medal at a Paralympic Games on the last occasion that bowls was included in the Paralympic Games programme. The city was Atlanta in 1996. When a men's triple for physically disabled bowlers was included in the 2002 Commonwealth Games in Manchester, David was an automatic pick. On a rainy Manchester day, in front of the First Minister and many enthusiastic spectators, David led the Scottish triple to a para – sport gold medal in the most challenging of conditions.

In World Championships David similarly played his part and during his life there was no more respected bowler at national and international level than the man from Fraserburgh. Sadly David passed away in 2006 prior to the IBD World Championships in Australia but two years after receiving the MBE at Holyrood alongside his beloved wife Joey. David Heddle's contribution to disability bowls

has been exceptional and long lasting and has set the standard that successive Scots have aspired to over the last decade. David has a street in Fraserburgh named after him.

Kenneth Cairns MBE was born in 1957 in Paisley now lives in Linwood. The five times Paralympian retired from swimming prior to the Beijing Games, due to ill health. Since Kenny was first selected for the Paralympic Games in 1984, he has won medals in major swimming championship all over the world.

Kenny won 13 Paralympic medals, including 4 golds at the Games of 1984 at Stoke Mandeville. This is just part of the story of this exceptional swimmer. 16 medals in successive World championship between 1990 and 2006, including 7 gold. 21 medals in European Championships between 1991 and 2001 including 12 gold. Kenny is a past freestyle world record holder for 100 and 200 metres in class S3. Kenny identifies his club coach as major influence in his life and his contribution to British sport was recognised by the award of MBE. Under the watchful eye of coach Eddie McCluskey, Port Glasgow Otters most famous son has influenced Scottish and British swimming in so many ways.

Despite continued success on the world stage Kenny has always faithfully supported local and national swimming galas organised by SDS all over the country. Each time he entered the pool Kenny offered nothing less than 100 per cent. In his spare time Kenny loves music and is a very talented harmonica player. Like so many other Scottish high performance athletes, he is always prepared to make himself available to promote the disability sport movement and encourage others with swimming potential. Kenny Cairns is an exceptional national ambassador whose legacy will always be the quality of his swimming strokes and the successes he recorded in world swimming over two decades.

Stephen Payton was born in 1977 in Uphall and is now living in South Shields, Tyne and Wear. For over fifteen years Stephen performed at the highest level in international disability athletics and from 1994 until he retired, Stephen was consistently Scotland's most successful athlete.

Stephen burst on to the scene as a T38 sprinter at the IPC Athletics World Championships in Berlin in 1994 and won three gold medals and set a world record. Selection for the Paralympic Games in Atlanta followed in 1996 and he repeated the achievement of Berlin and added a bronze in the 4 x 100metres

relay. This was the period when Stephen was at his very best and at the World Championships in Birmingham in 1998 he had his finest hour with world record runs in 100m, 200m, and 400 metres and another in 4 x 400metres relay. Undefeated in the sprints in the T38 class and the world record holder in all three is how Stephen headed towards Sydney in 2000. In Australia he won two silver and two bronze medals and at the IPC world championships in 2002 in Lille he won two silver medals. In Athens in 2004 he was once again in the medals with a bronze in the 400m. Further successes were recorded at CPISRA World Games and the double gold medal wins at the IPC European Championships in Assen in the Netherlands in 2003 are up there with his finest performances. Stephen also returned to Assen in 2006 for his final IPC world championships where he won bronze in the 400m.

Throughout his athletics career Stephen received coaching support from John de Courcy and Eric Simpson in particular. As a Lottery Funded athlete he benefited from support services provided through the Scottish Institute of Sport.

Andrew Lindsay was born in 1979 in Dunfermline and now lives in Cowdenbeath. Andrew first became involved in competitive disability swimming through Disability Sport Fife when a pupil at Glenrothes High School. Perpetual motion are words that have often been used to describe Andrew, and there is no doubt that he was a swimmer of excellence and a class performer on the big occasion.

The first international honour for Andrew was selection for the Scottish team that participated in the European Schools Games in Lisbon in 1994. Andrew won 17 medals at Paralympic, World or European Championships and for 10 years was undefeated in 100 metres backstroke in the S7 class. Between 1996 and 2008 Andrew won 3 Paralympic medals of which 2 were gold. At three World Championships between 1998 and 2006 he won 4 medals of which 3 were gold. His record in European Championships between 1996 and 2008 is exceptional, winning 10 medals including 5 gold. Andrew competed at the World Championships in South Africa in 2006 and protected his world record.

Andrew was a member of INCAS swimming club where he was coached by Garrie Roberts but latterly was coached at the National Academy in Stirling by

Anthony Stickland. Andrew has served Fife, Scotland and Great Britain well and remains one of the most successful high performance international Scottish swimmers and one of the first to fully benefit from services provided by the Scottish Institute of Sport. You always expect the unexpected when you are with Andrew but there is no doubt he was an exceptional backstroke swimmer. Now married to Katie, another of Scotland's very successful physically disabled swimmers, the Lindsay's have settled in Cowdenbeath.

Caroline Baird MBE was born in 1974 in Stirling although lived most of her life in Cupar, Fife. Caroline was a pupil at Bell Baxter High School in Fife and began her sporting career as a swimmer with Cupar and District Swimming Club and Disability Sport Fife. Fife AC then helped to launch her career as one of the outstanding British sprinters of all time.

Caroline's first representative honour came as a member of the Scottish Junior Swimming Squad at the British Junior Swimming Championships at Stoke Mandeville. She was encouraged to try athletics and very quickly it was evident this was where she would excel. Caroline's first major representative honour came as a member of the Scottish Youth Team that travelled to the World Games in Miami in 1989 where she excelled. Caroline launched herself into sprint training thereafter and athletics became a way of life.

Caroline won 5 Paralympic medals of which 4 were gold. Her first Paralympic selection was Barcelona in 1992 and she returned with a gold medal. Further honours and medals followed in Atlanta and Sydney. She also won gold at the World Championships in Berlin in '94 and Birmingham in '98. For over a decade Caroline was recognised as the world's leading sprinter in the T36 Class. She achieved times and set standards that had never been envisaged for a T36 athlete with cerebral palsy.

Caroline pushed the boundaries and raised the standards in her class under the guidance of coach, John Oulton. Scottish Athletics recognised her contribution to disability athletics by awarding her a major mainstream athletics award. Caroline, husband John, and her two daughters live in Carnoustie. Caroline still serves as a member of the Disability Sport Fife management group and is a past Chieftan of Cupar Highland Games.

Frank Duffy was born in Falkland, Fife in 1959 and passed away in 2010. Frank was first introduced to the sport of curling at age 12 on a frozen pond in Falkland in Fife. When he was 35 years of age he had an accident at work which left him paralysed. When wheelchair curling was introduced to Scotland, Frank embraced it with great enthusiasm. Prior to his accident he was a very skilful curler and following his accident it was obvious he had retained great knowledge of the tactics of the game.

In January 2005 Frank was awarded the International Paralympic Committee award for "Athlete of the Month". This is one of the most prestigious honours in international sport and the winner is judged against fellow athletes from all sports across the international community. This was not only a great honour for Frank and those closest to him, but also Scottish curling. Frank excelled as the skip of Scottish and British teams that in a short period of time achieved so much at International level.

Frank's first World Championship involvement in 2002 resulted in a bronze medal in Switzerland for the Scottish team. In 2003, on home soil, he won silver at the International Bonspiel. A return to Switzerland in 2004 brought Scotland's first World Championship title. This was followed up by a magnificent retention of the title on home soil at the 2005 Championships at Braehead. His greatest achievement was as skip to the GB team that won silver at the Winter Paralympics in Torino.

Prior to leading the Scottish team to major honours Frank received the "Sportsmanship Award" at the World Championships of 2002 and the Bonspiel of 2003. Frank retired from competitive curling in 2006 and became actively involved in the development of the sport thereafter until his untimely death in 2010.

Margaret McEleny MBE was born in 1965 in Greenock, lived in Gourock and is now back living in Greenock. A profile of Maggi has been included earlier in the history in relation to her induction into the Scottish Sports Hall of Fame.

Tom Killin was born in 1950 in Edinburgh and still lives and works in Edinburgh. Tom is one of Scotland's most talented all round wheelchair sportsmen. He is one of a unique breed of disabled sportsmen who has excelled at Summer and Winter Paralympic Games.

Wheelchair fencing, table tennis, basketball and more recently curling are the sports where Tom has made his mark. Tom has represented Scotland at the Commonwealth Paraplegic Games and was a Summer Paralympian in 1980 and 1984 where he won 2 silver and 2 bronze medals for fencing. He has won medals for Scotland and Great Britain in fencing, table tennis, basketball and wheelchair curling. Tom played table tennis from his wheelchair in the mainstream Open Edinburgh and Lothian League for many years. In the early years of the SDS Table Tennis Championships, Tom dominated the section for wheelchair players.

In 2003, Tom joined the Braehead Club and was introduced to wheelchair curling and very quickly established himself within the Scottish team. Success in individual and pairs competitions quickly followed and in 2005 he was selected for the Scottish team that went on to win the World Championship at Braehead. Selection for Great Britain soon followed and he was a key member of the GB team that won silver at the Winter Paralympics in Torino. Tom was also a member of Team GB at the Winter Paralympics in Vancouver and is all geared up to challenge for a place in the GB Team for the Winter Paralympics in Russia in 2014.

Tom was Scottish Wheelchair Curling Champion in 2007, 2010 and 2011 and British Champion in 2004 to 2009. He has the record of having competed in every World Championships between 2005 and 2012, the most recent being in South Korea. Tom's wife Maggie was an outstanding wheelchair fencer who also achieved great success in international sport.

Colin Keay was born in 1967 in Kirkcaldy and now lives in Perth. Colin was educated at Queen Anne HS in Dunfermline and introduced to Disability Sport Fife by school support staff. Colin first made his mark as a swimmer, like so many other young disabled sports people, but it was clear early on that his international future lay in track athletics.

During the 80s he was the outstanding T36 sprinter in the world and won 5 gold and 1 silver medals at the Paralympic Games in New York and Seoul. Colin was an excellent cross country runner and sprinter who medalled at Paralympic, World and European level. Colin was the first DSF member to be coached in a mainstream athletics club. Fife AC must be congratulated for its

vision and for adopting the inclusion model before it been identified as the way forward. Coach Eric Simpson was the inclusive coach who provided outstanding support for Colin during his decade as the lead athlete in his class in the world.

Colin's impairment is cerebral palsy but he has secondary sensory challenges of deafness, epilepsy and absence of speech. These challenges were worked through by athlete and coach with massive support from Colin's late father Bill. The support offered by his family throughout his competition years was exceptional and critical to his success. Colin was an automatic Scotland and GB pick during the 80s. During his career Colin had many outstanding races against his GB team mate from Bishopbriggs Gordon Robertson. For a period they were ranked numbers one and two in the world in the T36 class. Colin was instrumental in raising the standard within the T36 class during his time as world number one.

James A Anderson OBE was born in 1963 in St Andrews and now lives in Broxburn. Big Jim has been a lifetime member of the Splash Club in Broxburn and is one of the most successful GB swimmers ever.

Jim is a six times Paralympian between 1992 and 2012 and has won a staggering total of 57 medals at Paralympic Games, World or European Championships and held numerous world records over different distances. Jim's Paralympic record is exceptional. 17 medals in six successive Paralympic Games starting back in 1992, including 6 gold. His record in World Championships is equally impressive over the period 1994 until 2010. 18 medals in total, including 9 gold. In European championships between 1991 and 2011 Jim has won a total of 22 medals including 11 gold. Within sport for swimmers with cerebral palsy he is a legend.

Claire Balding of the BBC once used the title "Jim the Swim" to describe the big man, and the term has stuck. Jim has received every possible accolade in sport in recognition of his achievements, including the OBE and Scottish Sports Personality of the Year as voted by BBC Radio Scotland Listeners.

Big Jim is a real family man and has been supported throughout his competitive career by his mum and dad, John and Brenda. Jim is an active member of the Congregational Board of Broxburn Parish Church and is

involved in social and fund raising activities. Jim is very much a man for the big occasion. He has taken short and long course world records apart in his efforts to win medals.

Isabel Newstead was born in Glasgow in 1955 and moved to Harlow, Essex where she passed away in 2007. Isabel (Barr) was raised in Renfrewshire. As a young girl she swam competitively but in her late teens her spinal cord was damaged by a virus and she lost the use of her limbs. In 1975, she joined the Port Glasgow Otters Swimming Club as part of her rehabilitation programme. As with so many other great Otters swimmers she was influenced by coach Peter Stanton.

Isabel made her Paralympic debut in Arnhem in 1980 and went on to compete at seven Games in swimming, discus and shooting. In Arnhem she won three gold medals and a silver medal in the pool. In 1984 at Stoke Mandeville she won 9 medals across her three selected sports. She was a trailblazer for women and athletes with a severe physical disability. Due to health challenges she dropped out of competitive swimming and in 1988 was selected for the Seoul Paralympics in athletics and shooting. Four medals were won in South Korea for Team GB and a pattern was set that took this outstanding competitor through to the Paralympic Games in Athens in 2004, scene of possibly her finest hour. It is for her skill in air-pistol shooting she is best remembered. In this event she won three Paralympic gold medals (1996, 2000 and 2004) and a bronze (1988), together with World gold (1990 and 2002) and silver medals (1994 and 1998). She set a new world-record score in Sydney in 2000.

Isabel was awarded an MBE in the New Year Honour's list of 2001. Isabel was the first high performance disabled athlete to be inducted into the Scottish Hall of Fame.

Mary Ann Low was born in Forfar in 1964 and now lives in Arbroath. Mary Ann remains Scotland's finest ever blind sportswoman. Throughout the 80's and into the 90's she was a permanent member of the Great Britain swim team. Mary Ann was a member of the St Thomas Club in Arbroath and despite being totally blind she competed in mainstream galas all over Scotland.

Mary Ann excelled in school sport when a pupil at the Royal Blind School. She won a total of 36 medals at World, European and Paralympic level. At the 1990

World championships she won 2 silver and 2 bronze medals and at the European Championships in 1991 she won 4 silver and 1 bronze medals. Mary Ann represented GB at the Paralympic Games in New York, Seoul and Barcelona winning a total of 7 Paralympic medals and medalling in all three Games. Her finest hour was in New York in 1984 when she won one gold, one silver and three bronze medals. Mary Ann's greatest performance in IBSA International blind swimming was at the European Championships in Zurich in 1989 where she won 5 gold, 2 silver and 1 bronze.

During the early years Mary Ann excelled as a junior in both athletics and swimming. At the International Junior Games held in Gateshead in 1981 she excelled on the track and in the pool. That Scottish team was the first pan disability sports team organised by SDS and Mary Ann was one of the stars in a great Scottish team performance. Mary Ann is amazingly independent and was an inspiration to so many other pupils from the Royal Blind School who followed her. Mary Ann Low was up there with the best in the world for a decade.

Tracy Wiscombe was born in 1979 in Kirkcaldy and now lives in Burntisland. Tracy is Scotland's most successful sports person with a learning disability, winning a total of 39 medals in swimming at Paralympic, World or European level.

Tracy was a pupil at Balwearie High School and initially swam with Burntisland Swimming Club before moving to join a very strong squad of Paralympians to be coached by Eddie Campbell at Glenrothes Swimming Club. Tracy completely transformed attitudes to S14 swimming in Scotland and Great Britain during the 90s. Tracy's record in World Championship swimming was exceptional and is unlikely ever to be bettered. Tracey won 9 medals in total of which 6 were gold at the World championships of 1994 and 1998. Between 1995 and 2001 at four successive European Championships, Tracy won 25 medals of which 22 were gold. It was in Atlanta in 1996 that Tracy was at the peak of her form. Her 2 gold medals were confirmation that she was the leading S14 swimmer in the world at the time, and just reward for years of dedication to her sport. One silver and 2 bronze medals followed in Sydney in the Games that ended the involvement of athletes with a learning disability in Paralympic sport.

Tracy was a Paralympic swimmer who was fully included in mainstream swimming and excelled in both disability swimming and mainstream swimming locally and nationally. The pathway she followed from school to club to GB selection was the model for any individual with a learning disability. Tracy remains a role model in her home area for successive generations of performance athletes with a learning disability across all sports.

Michael McCreadie was born in 1946 in Glasgow and lives in Strathaven. Michael has been involved in seven Summer and Winter Paralympic Games, three as a wheelchair basketball player and bowler, two as a wheelchair basketball coach and two as a wheelchair curler.

Michael won 2 Paralympic bronze medals for bowls in Toronto in 1976. Michael led Team GB in wheelchair basketball during a period of great success at international level. In 1993, he was voted Scottish and UK Coach of the Year. In 2000, when wheelchair curling was in its infancy in Scotland, Michael caught the bug and like everything he does launched himself into the sport with total commitment. Not surprisingly success followed. A bronze in 2002 in Sursee in Switzerland was followed with gold medals as a member of the winning Scottish Team at the World Championships in 2004 and 2005. In addition he has won Scottish and British open titles.

Michael's finest hour was in 2006 when he won silver as a member of the GB Winter Paralympic Wheelchair Curling team. In 2007 he was the Scottish skip when Scotland won bronze at the World Championships in Sweden. Michael has contributed so much more to Scottish and British Curling teams than his skill as a wheelchair curler. He is a great motivator, enthusiast and supporter of his fellow players. He is a wonderful team player. His whole life has been in team sports and he has brought that experience to the sport of wheelchair curling for Scotland and GB.

Michael also team managed the Scottish Bowls team to third place success in Australia at the IBD World Championships in 2007. A true champion, a real gentleman, a proud Scot and one of Scotland's leading sporting role models.

Barbara Howie was born in 1944 in Forfar and now lives in Dalkeith. Barbara made a major impact in her first Paralympic Games in West Germany in 1972

where she set a world record and won three gold medals. She is Scotland's most successful wheelchair track athletics Paralympian.

In the Games of 1976 in Toronto she followed up her impressive debut with another sprints gold medal and world record to add to her collection.

Barbara's final Paralympic Games were in the Netherlands in 1980 where she won her fifth Paralympic medal, which on this occasion it was silver. Barbara was highly competitive, very skilled and a great servant to British and Scottish athletics.

Sadly Barbara just missed out on all the technological changes that made such an impact on athletics in the years after she retired. Barbara continued her involvement in athletics in Scotland as a Scottish Athletics official and was regularly present at major meets. Her major competition as an official was the Commonwealth Games in 1986 in Edinburgh.

Part of Barbara's legacy will undoubtedly be of a great athlete turned official who was prepared to share her skills and experience with others in the sport she loved so dearly. During the early days of the development of disability sport in Scotland, members of the Scottish Paraplegic Association played a very important role and none more so than Barbara.

James Muirhead was born in Forfar in 1953 and now lives in Greenwich, London. Jim is Scotland's most successful visually impaired male Paralympian. Jim won 5 gold, 5 silver and 3 bronze medals at the Games in Toronto in 1976 through to the Games in New York in 1984.

In 1966 age 13, Jim had an operation to repair a detached retina and was told not to compete or dive or play contact sports. In 1968 Jim was invited to join the pre-Olympic squad for the Munich Games of 1972. Sadly in 1970 age 17, an unsuccessful operation to cure glaucoma resulted in Jim losing his sight totally. Jim was unable to maintain his place in the Olympic squad and gave up swimming.

In 1974 age 21, based on his grounding in mainstream swimming, Jim competed in the first Pan Disability World Championships winning 5 gold medals and for his efforts he was awarded 'Sports Personality of the Year 1974'. In 1975 Jim qualified as a physiotherapist and was selected for the 1976

Toronto Games winning 2 gold and 2 silver medals. In 1979 he headed back to London to work at Greenwich hospital, mainly due to the close proximity of the 50 metre pool at Crystal Palace. Jim was selected for the Paralympic Games in Arnhem in 1980 and once again contributed to the Team GB total with golds in 100 Freestyle and 100 backstroke and plus 2 silvers .

Following six months out of training Jim returned to the Saxon Crown Club in London for the 1984 Paralympic Games in New York and ended his illustrious career with gold for 100 butterfly, silver for 100 freestyle and three bronze-medals for medley, back stroke and 400 metres freestyle. No Scottish male visually impaired swimmer before or since has come anywhere near matching the performances of the great Jim Muirhead.

Paul Noble MBE was born in 1965 in Kirkcaldy and lived in Leslie and now lives in Glenrothes. Paul competed in 5 successive Paralympic Games winning a total of 15 Paralympic medals including four golds. In each Games he won at least one medal in a Paralympic career that ran from 1984 until Sydney 2000.

Paul became involved in disability swimming and DSF as a pupil at Glenwood High School in Glenrothes. Brittle bones (osteogenesis imperfecta) caused him considerable inconvenience as a high school pupil. Undaunted by successive periods in plaster, he spent many a lunch hour developing his swimming skills or improving his ability as a representative school table tennis player. Many a battle he had at the National Championships with George Keith from Aberdeen and on a number of occasions he won the National singles and doubles titles partnered by fellow Fife Paralympian Lara Ferguson.

Paul also won 6 medals in world swimming championships between 1986 and 1998 and 8 European Championship medals in 1991 and 1997. Paul is a past GB Swim Team Captain and was a key member of the British team throughout the 80's and 90's and is known for his ability to turn out a top performance on the big occasion.

For almost 20 years Paul was a member of Glenrothes Swimming Club and held every Scottish disability swimming Men's Open Record. Drew Young and Eddie Campbell were club coaches who supported Paul throughout his career. Paul was awarded the MBE and still gives much of his leisure time back to disability sport as the Chairman of Disability Sport Fife. Paul has made a name for

himself as an announcer at international disability swimming events and was on duty at the Olympic pool during the 2012 Paralympic Games.

Valerie Robertson was born in 1943 in London and now lives in Melrose. Val could be described as the outstanding all round wheelchair athlete of her generation. She excelled in every sport she attempted and there were many.

Val met her husband John - Commonwealth Games triple bowls gold medallist for Scotland in Manchester – at the Commonwealth Paraplegic Games in Perth Australia and moved from south of the border to Edinburgh. Val was a member of the Scottish Paraplegic Association, the organisation that led the early developments of international disability sports in Scotland. Val was a trail blazer who excelled in archery, athletics, swimming and fencing.

Val's first Paralympic Games were in Tokyo in 1964 where in swimming she won gold and two silvers, in archery she won silver, in athletics and fencing she won bronze medals. When Val returned from Tokyo she was awarded Disabled Sportsperson of the Year by the Sports Writers Association. In 1968 she headed to the Games in Israel where she further improved her status as an international athlete with six gold medals, three in swimming, two in athletics and one in fencing. One of her athletics gold medals was for pentathlon demonstrating her skills in both track and field. Val headed off to Toronto in 1976 where she competed in her final Games, winning bronze for fencing.

Around 1976 Val became very involved in lawn bowls and with her colleagues at the Thistle Foundation developed ways in which wheelchair users could access greens more easily. Val remains the leading wheelchair female bowler ever to play in the SDS National Bowls Championships and has now turned her attention to wheelchair curling in her leisure time.

Final Thoughts

The SDS Hall of Fame is a fitting way to bring to an end the review of the first fifty years of Scottish Disability Sport. Great athletes have put the disability sports movement in Scotland on the international map and committed, skilled and enthusiastic volunteers have been inspired along the way to play their part in the development of local, national and international disability sport. SDS has moved from an organisation run entirely by volunteers to a Scottish Governing

Body of Sport employing almost twenty staff members working in tandem with volunteers and key partners. At every Paralympic Games, performance standards improve as the family of Paralympic nations becomes smarter and more skilled at producing great athletes and players. The challenge for everybody involved in disability sport in Scotland is to continue to nurture individuals of the quality of the Hall of Fame inductees and support them to produce prolific medal winning performances at all levels of the international sporting pathway.

During those first fifty years SSAD and SDS have demonstrated considerable ability in delivering top quality sports events and encouraging international nations to visit Scotland. Scottish teams have travelled the world and not surprisingly left a positive impression wherever they have ventured. Significant sporting events have often been identified as the high spot of a particular period in the Association's history but sadly these occasions are all too rare in the modern era of disability sport. Scotland has a small pool of children, athletes and players from which to identify those who have the skills, abilities and commitment to challenge for the highest honours in disability sport. Local and national networks must continue to work together by sharing resources and expertise for the benefit of all concerned. Beijing and London results are clear indicators that the way ahead will be tough but Scottish athlete performances in sports such as cycling, wheelchair curling and bowls continue to be an inspiration.

The medium and long term impact of the SDS extensive coach education programme will be significant as SDS and partners work together to address the challenges of "talent identification" and "non-participation". Sportscotland has played its part in continuing to appropriately resource SDS. Scotland like every area of the UK has benefitted enormously from the exposure of the London Paralympic Games. The scene is set for a further prosperous fifty years and the opportunity for significant numbers of children, athletes and players with physical, sensory and learning disabilities to experience the physical, psychological and social benefits of being involved in sport.

SSAD and SDS have had an amazing first fifty years and hopefully this short record pays tribute to some of the many people who have contributed to five decades of rich history.

