



FRAME RUNNING SCOTLAND Newsletter – July 2022

Welcome

Welcome to our Summer newsletter. It has been **wonderful** to get back to competitions and meeting up at events.

2022 Event and Competition Season

A reminder that a 2022 Competition Schedule is published on our website to help you identify suitable events. Competitions have been grouped into **Development Competitions, Intermediate Competitions and Performance Competitions**. Development Competitions are open to all Frame Running athletes; beginner, recreational and experienced.

Events Held (May – June)

Following are brief reports on some of the events held during May and June in which frame running athletes participated. We encourage both SDS (Scottish Disability Sport) branches and clubs to email us brief reports on frame running events in their region so we might include in our newsletter and help extend awareness of frame running participation opportunities across Scotland.

Tayside Track & Field Championships for people with a disability , 8th May Dundee



Over 250 participants and athletes with disabilities took part in this event. Five Frame Running athletes from Perth Strathtay Harriers took to the track and performed brilliantly whilst raising the profile of our sport. There's been lots of enquiries on the back of this, to support growing participation across Tayside.

Graeme Doig, SDS Tayside Regional Manager

Pitreavie Frame Running Festival, 21st May, Pitreavie

28 Athletes took part in the event on a cold, windy day in Dunfermline. The youngest two athletes were 3 years old, competing in their first race, to our world champion, Gavin Drysdale. It was lovely to mix again and see all the beaming faces on the finishing line.

Pierette Melville (Pitreavie Frame Running group)



Disability Sports Fife Track & Field Championships , 2nd June, Pitreavie

This was our first track and field championship since 2019 and it was good to be back! We had almost 200 entrants and a full timetable of events. I was delighted to have so many Frame Runners competing. We also had a Universal Relay and a frame runner was included in each team (along with a wheelchair athlete, ambulant athlete and an athlete with a learning disability). It was a great addition to our programme!

Pamela Robson, DSF



Scottish Disability Sport National Junior Track & Field Championships , 8th June, Grangemouth

Frame Running was well represented at the SDS junior national championships with some fantastic races and personal bests set despite the cold and rainy conditions. It's brilliant to see the new generation of frame running athletes doing so well and getting to know each other that bit better following the pandemic.

Graeme Doig, SDS



Approaching Events (August – September)

There are many athletics competitions across the country including Frame Running events, both local and national. In this newsletter we particularly highlight approaching Development Competitions that are open to all Frame Running athletes. These development competitions are very welcoming, supportive and encouraging to all. They are wonderful for trying your first competition and for regulars catching up with frame running and para-athlete friends. Bring the family/friends and support your frame running athlete/s.

Team East Lothian (TEL) All Abilities Track event, 21st August, Meadowmill Sports Centre, Edinburgh

Perth Para Athletics FUN (track only) event, 10th September

Congratulations



The whole Frame Running Scotland community sends their congratulations to Perth Strathtay Harriers President and Lead Coach, Jim Hunter for being awarded a British Empire Medal (BEM) in the Queen's Jubilee Honours List.

We are all absolutely thrilled to see Jim recognized in this way. Jim was instrumental in bringing Frame Running to Perth and has played a key role in developing many athletes over the years.

New Initiatives for 2022 : Update

Development squad:



Commitment

Competition

Progression

We are delighted to announce the launch of the Scotland Frame Running Development Squad!

Who is this for?

The squad is open to athletes who are showing commitment to their training and have a desire to progress through attending squad days and competitions. The aim of the squad is to provide a range of support to athletes allowing them to develop as frame running athletes.

How will this squad work?

The squad will operate as follows;

Squad Days – athletes will train with like minded athletes and learn from a number of frame running coaches. We expect to have at least two squad days throughout the year.

Competition – We will develop a calendar of competitions that will enable athletes to progress as a competitive athlete.

Classification – Athletes will be encouraged to be classified and where needed will be supported through this process.

Kit – Each member will receive Frame Running Scotland kit.

Financial Assistance – A degree of funding will be available to support athletes in the squad. This will more than likely be a contribution towards travel/accommodation at some bigger competitions but could also be towards attendance at squad days and classification.

How to apply?

Applications must come from an athlete's coach. Applications will open on Monday 1st August. We will shortly be inviting coaches and clubs to an online conference call during which further aspects of the squad will be explained as well as opportunity for questions. In the meantime clubs and coaches are welcome to contact David at davidphee@hotmail.com for further information.

Contact Information:

For more information please contact Pierette at info@rrscotland.org

In addition to the information provided on our website rrscotland.org, we email to our distribution list special notices and three newsletters per year. Being on our distribution list helps us communicate with our growing Frame Running community. If you would like anyone to be added or you removed from our distribution list please email info@rrscotland.org.

