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Folk Concert

The folk concert, announced in the last newsletter, was a great success, both as a fundraiser and a fun night out. We had a full house and everyone had a great time.

Many thanks to the East Barn Folk Club, and the performers who gave of their time so generously, among them Martin Boyd, Martin Boland & Jackie, The Decibelles, Ian Walker & Jimmy Scott. Thanks also to the many local businesses who generously donated prizes for the raffle.



Tenpin Bowling

This year's Christmas Tenpin Bowling event will be at Deer Park on the 8<sup>th</sup> December. If you haven't already booked your place you'll have to hurry.

Sponsored Walk *by Andrew Slack*

In late September Bryony Mc, Kirsty Mc, Kirsty R, Leanne, Alistair, Hamish, Vicky and I did a Sponsored Walk From Cramond to Silverknowes. We all did very well and Peter gave us drinks and crisps. Some of us went on the beach. Fiona H did the walk another day.

We think we have raised about £700

Scottish Sports Web Site

The last newsletter reported on the multi-sports team competition in Perth that took place in March, and which several No Limits members took part in. Since then, a video of the event has been published at:

<http://www.scottishsport.tv/disability.htm>

The web site is a partnership between Sport Scotland and Scottish Disability Sport, and is sponsored by the Royal Mail via its Ready, Willing and Able for sport programme.

The site is full of video clips of both mainstream and disability sports, and is well worth a look if you have access to the Internet.

Horse Riding with RDA

Horse riding is normally available for No Limits members on Friday afternoons and Monday evenings from April to September, with West Lothian RDA (inc. carriage driving) at Winchburgh.

The 2001 season proved to be popular with many of the No Limits youngsters, despite its very late start because of the delays and restrictions during the recent foot and mouth outbreak.



Although the riding has finished for the time being, the horses still need to be looked after so they can be fit and healthy for the coming year. Can you spare a couple of hours on a Saturday morning to help out at Fauldhouse? If you can, then please contact Jen, or any of the committee members who can put you in touch.

## Walkathon *by Peter*

The 50-mile walk from Uphall to Crieff was completed in 17 hours 5 minutes, on October 6th. Around £1800 was raised for 10 charities including £150 each for No Limits, RDA & LDD. Tim, Andy and Sacha (Tim's dog) kept Peter company for 23 miles (South Queensferry to Yettis o'Muckhart).

Tim & Andy (but not Sacha) said they would like to go for the full 50 next year. The highlight of the walk was seeing some eagles close up near Crook of Devon. Tim was so taken with the village of Cleish that he said he would like to retire there (*you may be getting on Tim but you've got a few years to go yet*).

## Swimming

The No Limits swimming squad is going from strength with several of the squad are competing regularly, which is why you rarely see them at the Saturday sessions.



Two members of the squad have been selected to swim for Lothian region in the BT inter-regional gala in Glenrothes on 9th December. Good luck Jamie and Stuart.

## Broxburn Gala *by Jamie Ramsay*

A few weeks ago I was entered for a swimming gala at Broxburn. I swam in the 25 metres freestyle and got a personal best by two seconds. I was swimming for No Limits and this is the first time I have competed in one of their galas. I had a great time and met loads of new people.

Kirsty Mc, Jamie S, Michelle and Stuart also took part.

## Wishaw Games 2001 *by Fiona*

On Saturday 1st September Stuart and Fiona went to the Wishaw games and entered the boccia competition. Stuart got into the semi-finals, however Fiona was knocked out in round 1 (Joe, who beat Fiona 4-1, won the overall competition). Fiona and Stuart learned some new techniques. It was great fun.

## Speedy Swimming *by Stuart*

The Wishaw Games is an annual two-day competition, with track, field and bowling events on the Saturday and the swimming events being held on the Sunday. Jamie Scott and Stuart Gurney represented the club for the Wishaw games swimming gala. Jamie was first in the class 7 backstroke and the class 4/3 front crawl. Stuart was third in the class 10 backstroke. They both had great fun.

## Discovery Games

The Discovery Games, based in Dundee, is another two-day sporting event. This year Cara and Stuart represented the club at the boccia competition. Cara played very well against stiff opposition in the assisted devices class. Stuart came away with a bronze medal.



On Sunday 23rd September Stuart and Jamie Scott took part in the Dundee Discovery Games gala, and came away with a handful of medals each. Unfortunately there was a fire alarm part way through the afternoon session, and the delay meant that the medal ceremony had to be cancelled.

## Paralympics

It is worth noting that the youngsters competing in the Wishaw and Discovery games, as well as events such as inter-regional galas and the open boccia competitions, are being exposed to sport at the highest level. On occasion the youngsters are competing on equal terms with adults who have represented and won medals for their country at the recent paralympics in Sydney.



## Canoeing *by Andrew Slack*

In July some of us went canoeing on Linlithgow canal.

We all met at the Low Port Centre where we put on waterproof clothes and life jackets. We then went on a yellow minibus to the canal. There were six of us in each canoe and we had to shout STROKE to keep us paddling at the same time. We had races under bridges and my team won.



We then stopped and put all the canoes side by side and had to take turns to walk across them. Nobody fell in but I put one foot in the water.

It was great fun and I would like to do it again next year.

*Visit the [No Limits web site](#) to download the video!*

## RDA *by Andrew Slack*

On a cold wet Monday evening some of us from the No Limits club went to Joyce's house to have an end of season barbecue with members of the RDA.

We had sausages, burgers, crisps, cakes and drinks.

I went through the back to have a look at the horses. One horse was very funny because if you blew on its nose it lifted its top lip to show its teeth.

Thank you to Joyce and everyone else at the RDA for their help over the last year and thank you Donald for cooking my dinner.

## Scottish Open Boccia

On Saturday 3rd October Stuart entered a boccia tournament and came out Scottish Junior Boccia champion! He played four people, one of whom was in the paralympics but he lost to her.

Only two juniors attended the event so they were included in the adult competition. After playing three games Stuart won through to a place in the play-offs. In the final he lost to two players who compete at international (paralympic) level. Stuart was awarded the Junior Open champion's trophy as he had played so well in the tournament, returning it to West Lothian.

## Archery *by Cherry Connerton*

One Saturday in October I went to archery practice at Beecraigs Country Park, along with Kirsty, Bryony, Aaron and some mums and dads. At first I was scared, but we had two instructors to help us and show us what to do.

I managed to hit the target every time and really enjoyed archery. I think everyone had a good time and would like to do it again. Maybe next year, if I am good enough, I can enter a competition.



The photo shows another group from the club at the range in August.

The following article shows that there's more to No Limits than sport. A great time was had by all during a recent visit to the Seabird centre in North Berwick.

### Visit to Seabird Centre *by Jim MacPherson*

Aaron Morag and I enjoyed the visit to the Seabird Centre in North Berwick. The displays were excellent – we liked the fossils and the models of the Bass Rock. Aaron and Morag particularly enjoyed the mix and match displays and the film. There was plenty of information about bird species and the bird skeletons were very well displayed.



The Boat trip to the Bass Rock was worth doing, seeing the different birds up close was fantastic, even the puffins put on a display for us diving for food which was good to see. The old fortress was interesting, as was the view of the castle.

It was a bit choppy further out at sea, but we all had a laugh. The visit was worth every penny and I would go again.



Gannet and lighthouse photos by Fiona

### Thanks to Deer Park Golf Club

Despite a series of postponements due to inclement weather, Deer Park held a fund raising event that raised £2,200 for No Limits.



#### 22<sup>nd</sup> December

Linlithgow Sports Centre will be **CLOSED** on Saturday 22<sup>nd</sup> December for resurfacing so there will be **NO SESSION**. Hopefully they will be able to mark out boccia courts for us.

#### 29<sup>th</sup> December / 5<sup>th</sup> January

Check with Peter, Tim or Anne, or look at the web site.

### Contact Information

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Minibus : the minibus is available for transport to the club on Saturdays, and also for hire. See Peter for details.