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'Best in the West' Awards



West Lothian Council recently held the *Best in the West for Sport 2000* event to celebrate West Lothian's sporting success. Awards were presented to individuals and groups in recognition of their contribution to Sport in West Lothian. The photo shows Fiona, Sarah and Stuart collecting an award on behalf of the Dolphins' No Limits squad, along with members of the Rhythmic Gymnastics Club who were also presented with an award for their achievements.

Annual General Meeting

The date for the AGM has still to be agreed.

Boccia League

The club's Autumn Boccia competition was won by Vicky, with Matthew second and Andrew G. third.

The Winter competition was won by Fiona, with Vicky second and Christopher third.

In the Primrose Target Boccia competition Cara and Stuart were the winners.

Boccia Competition

No Limits were once again well represented at the Scottish Open Boccia Championships that took place on January 20th at Easterhouse. In the Junior section there were four competitors from Graysmill and five from No Limits - Cherry, Stuart, Vicky, Liam and Fiona.

After a round robin competition the winners and runners-up from each group went through to the semi-finals. The competition was eventually won by Liam, the defending champion. Sharon and Charlene from Graysmill took second and third places and Fiona came fourth. Well done to all who took part.

The next event will be at Easterhouse on June 2nd.

We are trying to arrange a Boccia match between No Limits and Graysmill in May, please see Peter if you would like to take part in this.

Peter has been invited to referee at the British Boccia championships to be hosted by Capability Scotland in April.

Folk Concert

The East Barn Folk Club, from Deans in Livingston, have generously offered to organise a folk concert to raise funds for No Limits and RDA.

All we have to do is sell lots of tickets (well, 120 actually and they're going like hot cakes so you'd better be quick if you want a couple) and provide food and raffle prizes (and sell lots of raffle tickets of course).

The concert will be on Friday the 4th May, 8 'til Late, at the Police Club in Livingston. The club is next door to the Police Station, which is beside the new shopping centre, so you've NO excuses for not being able to find it. It takes a long time to sign in, so **BE THERE EARLY!**

Contact Peter for tickets, and please let us know if you can come up with some wonderful raffle prizes.

If you want to take part in the concert then have a chat with Peter - Stuart, Alisdair and Peter are already planning on playing something.

Tenpin Bowling

No Limits went Tenpin bowling at the Fountainbridge Megabowl in February, and a great time was had by all. It was good to see Margaret and Liam again. Thanks to Anne for organising the event.

Ski Cairngorm

An outing to Cairngorm, near Aviemore, was arranged for No Limits youngsters to try skiing with the Uphill Ski Club. The event proved to be so popular that it was necessary to split it over two days. Unfortunately, the mountains were stormbound on Saturday 31st March, so the first group missed out. Despite a poor forecast, and strong winds, on Sunday morning, the second group, Fiona (see photo), Andrew, Stuart, Brian, Cherry and Hamish, had an excellent afternoon's skiing. The sun shone, the skies were blue, the queues were short and the pistes were in good condition.



Most of those who missed out on the Saturday have since managed to make it to Cairngorm (Cara, Kirsty R, Liam and Jamie). Many thanks to Peter for organising the event.

As Liam said: *"I really enjoyed the experience and would love to do it again. It was the first time I have ever tried skiing and it was EXCELLENT!"*

Uphill Ski Club

The Uphill ski club provides a variety of adaptive equipment suitable for people with special needs, and lessons can be booked directly. The Uphill ski club are also offering residential breaks next winter - for example three days skiing and accommodation - for groups like No Limits. Favourable rates for accommodation, instruction and equipment are being offered. Please see Peter if you are interested – early bookings are a must.

Perth Multisports Day

Liam, Fiona, Stuart and Andrew G. took part in a multisports team event at Perth in a snowy day in March. The youngsters played shinty, football, boccia and table tennis, and points were awarded for sportsmanship, not just winning games. Poor travelling conditions resulted in some of the six teams being shuffled around. The overall winners were Dundee (with Andrew G), 2nd West of Scotland (with Liam) and 3rd No Limits.

Swimming Galas

No Limits was represented at the Jewel and Esk swimming gala on 24th March by Fiona and Jamie. Fiona improved her personal best for a length.

Jamie and Liam swam at the Broxburn CP gala. Both lads won gold medals, and Jamie achieved a personal best. Jamie has now been selected to swim for the Lothian Team at the Scottish Seniors in Glenrothes.

Horse Riding

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. Unfortunately, the start of the season has been postponed due to the foot and mouth situation. Check with Peter, Anne or Lesley for an update.

Anyone who is interested in joining is recommended to contact Lesley so that the medical forms can be completed ready for the start of sessions, hopefully in May.

Carpet Bowls

No Limits was represented by Fiona at the *Bob Moffat memorial trophy* in Prestonpans at the end of March. We hope to be able to provide this sport at Linlithgow in June.

Forthcoming Events

Summer Sports Camp

for young people with physical disabilities will be held at Largs, from 30 July to 1st August 2001. The cost will be £30 and the age range is for 12-18. The event, limited to 30 places, will cover some or all of archery, athletics, basketball, boccia, football, shinty, table tennis and swimming. There will be Social programme in the evenings.

The camp is being organised by Gavin Macleod, Scottish Disability Sport, and is sponsored by BP.

Kurling

Now that we have the indoor Kurling kit, all we need is lots of practice and some competition. Watch this space.

Wheelchair Basketball and (ice) Curling

Scottish Disability Sport will be arranging events over the coming months. Watch this space for details

Contact Information

Email : no_limits_sports@bigfoot.com
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Web Site: http://welcome.to/no_limits
<http://nolimits.agurney.com/>

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