



## **Newsletter 2013**

This year's highlights once again included two organised adventure holiday trips to Badaguish in May & September (25-40 people) and one to Kielder in July (39 people) but more about them later.

### **Boccia Tournament November 2013**



No Limits Club's Open Boccia Competition was held on Saturday 2<sup>nd</sup> November at Linlithgow Leisure Centre. There were 36 competitors from across Scotland, with large groups from clubs in Annan, Dundee and Kirkriggs school in Glasgow, along with players from other Lothian clubs including Lothian Special Olympics and Beeslack All Stars.

After some excellent matches the final results were as follows:

**Class 1: Adults (LD)**

Gold	Gary Whitfield (Lothian Special Olympics)
Silver	Andrew Slack (No Limits)
Bronze	Daniel Strang (No Limits)

**Class 2: Experienced Juniors**

Gold	Morgan Deer (Annan Boccia Club)
Silver	Kirsten Law (Dundee)
Bronze	Michael Gillooly (Kirkriggs School)

**Class 3: Inexperienced Juniors**

Gold	Hayden Keir (Annan Boccia Club)
Silver	Cameron Bell (Annan Boccia Club)
Bronze	Thomas Angus (Annan Boccia Club)

**Class 4: Adults (PD)**

Gold	Arthur Lawson (No Limits)
Silver	Keith Thorn (Annan Boccia Club)
Bronze	Heather Nicolson (East of Scotland)

Thanks to all the volunteers who helped the competition run smoothly  
and all the competitors for an excellent day's play.

## **Edinburgh Zoo Dream Night**

On Friday 7<sup>th</sup> June about 30 members and carers attended the Zoo's dream night and were treated to entertainment from Sambalistic and the Scottish Police Choir.

The Pandas were out and proved to be the main attraction.

## **Annual Carpet Bowls Competition**

The 2013 event took place on 8<sup>th</sup> June after a dramatic climax in the final between Fiona Hagenbuch and Daniel Strang. Daniel emerged as this year's champion.



## Archery

We had indoor and outdoor events.  
In addition, Anne, Paul , Gordon and Ashley helped out at  
Lothian Disability Sports events at Blackburn.

On 10<sup>th</sup> July we were joined at Beecraigs by members of the West Lothian  
Inclusion Team for an archery demonstration by the award winning Paralympic  
Archer and member of the GB Team Murray Elliot.



## Awards 2013

West Lothian Council's Celebrating Sports Awards 6<sup>th</sup> June

For the third year in a row a member of the No Limits committee won the lifetime achievement Award for services to local sport. This time it was our chair Elaine McCallum for her services to the club and Riding for the Disabled.



## Lothian Disability Sports Awards 2013



Our club was once again voted the best sports club in the field of Disability Sport in the Lothians.  
This is the third time that we have won this award - well done everyone!!

## Aberdeen Games

Report on the Aberdeen boccia competition held on 2<sup>nd</sup> May

In this competition we entered the following five players: Kirsty McCallum, Jennifer Stevenson, Andrew Slack, Daniel Strang and Arthur Lawson. They were in the following categories: Ladies' and Men's Learning difficulties and physical difficulties.

Each of our players were in round robin groups of four or five, Arthur was 2<sup>nd</sup> in his round robin and gained a Silver medal. Jennifer, Kirsty and Daniel were top of their groups and went on to the semi-finals. Andrew was 2<sup>nd</sup> in his round robin.

Daniel was knocked out in his semi-final and there was no play off for a third place. Kirsty and Jennifer both won their semi-finals and it was down to a No Limits final. This was an exciting match. By the third end the score was 3-3, very close. Kirsty won the 4<sup>th</sup> end by 3 points so Kirsty took Gold and Jennifer was a close Silver. All five players played exceptionally well and were a credit to our club. We wish them more success in the future.



## National Boccia Championships in Sheffield



Arthur Lawson and Kirsty McCallum travelled to Sheffield.

## Wishaw Games

Congratulations to Andrew and Jennifer who won Gold & Bronze medals for Boccia at the Wishaw Games .

## Bath Games 29th August- 1<sup>st</sup> September



Kirsty and Andrew travelled with the Lothian Olympic squad to take part in the games at Bath. Kirsty won a silver and Andrew came 4<sup>th</sup> in his section.

## Sponsored Walk

On 31<sup>st</sup> August we had a Sponsored walk at Linlithgow - thanks to everyone who took part and to Robert Strang for organising it.



## Ceilidh

In the spring we had a Ceilidh at Linlithgow Rugby Club - thanks to Arthur Lawson and Synergy for organising the record raising sum of £700 in the May event





## Spring Ten Pin Bowling

The Stevensons and Hagenbuchs, ably assisted by Lecia Nicol and Alice Tennant, won the team competition while Tim Slack won the adult prize with a staggering score of 188. The young person's trophy was awarded to Alison Howells.



## Summer Ten Pin Bowling

On 30<sup>th</sup> June about 40 of us met again at Deer Park, and this time the Gilmour family won the team event and Kirsty and Jim from the Jones Family picked up both the senior and young person awards.



## **Autumn Ten Pin competition**

The autumn team competition was won by a combination of Lecia, Lisa, Lee and Jack. Runners up were the Weddell family. Andy Haggarty won the seniors and Vicky Weddell won the young person's competition.



## **Christmas Ten Pin Bowling**

This year's Christmas party/bowling event was well attended - many thanks to Deer Park Staff and Management for their contribution to our Dinner.



## Andrew Graham Memorial Race November

This year's event took place on 9<sup>th</sup> November and was won by Murray Stevenson. Kenneth McKellar came 2<sup>nd</sup> and Andrew Slack picked up the bronze. The trophies and medals were presented by Mr and Mrs Graham.



## 2013 Endeavour Award

This year's winner is Alistair Howells for his efforts at Archery, bowling and various other club activities,



## **The 2013 Sportsperson of the Year**

This year's winner is Arthur Lawson for his achievements in Boccia.



### **Community Involvement/Partnership working**

During 2013, club members Anne, Paul, Gordon, Ashley and Christine helped out at various events, including Archery Sessions for Lothian Disability Sport at Blackburn Community Centre and the Special Olympics Squad at Inveralmond Community High School in Livingston.

We supported the Carers of West Lothian Young carers' project by providing opportunities for archery, and worked with Signpost to provide information to families.

## **Kielder 2013**

This year we once again took a total of 39 people to the Calvert Trust at Kielder. Members took part in Archery, Canoeing, Sailing, Motor-boating, Zipwire, Climbing, High ropes, Velcro Olympics, Kingswing, Orienteering, Geocaching and Buggies.



## **Badaguish May & September**

We took large groups to Aviemore to do canoeing, winter sports, cycling, netball and archery. Many thanks to Tim for organising this.



**Finally, thanks to those individuals and organisations  
who raised funds for us during the year.**

In particular, our thanks go to:

**Radio Forth  
Santander  
George Fulton  
Knights of St John  
Heriot Watt University Students  
Lloyds TSB  
West Lothian Council**