

SUMMER 2023 NEWSLETTER



Welcome to our new look newsletter. The last months have been an exciting time for frame running in Scotland as reflected in this longer than normal newsletter. Lots of great news!!!

SCOTLAND'S FIRST FRAME RUNNING HUB OPENS IN SCOTSTOUN

SCOTLAND'S first Frame Running Hub was opened at Scotstoun by Sir Paul Grice, Principal and Vice Chancellor - Queen Margaret University on 24th August. Sixty guests joined Gavin Drysdale, Scotland's double Frame Running World Champion, players from Glasgow Warriors and the rugby club's managing director and former Scotland player Al Kellock. The pioneering facility, foundation funded by children's rugby charity Wooden Spoon, will help young people with limited mobility to access frame equipment, become mobile, and foster independence through sport. The hub is a collaboration between Neil's Wheels Charity, Queen Margaret University, Frame Running Scotland and ACE Frame Running along with Scottish Athletics and Scottish Disability Sport.



Drysdale, 22, wants the next generation to gain from participation in the same way that he did. He said: ***"Frame running has completely changed my life. It has given me so many opportunities over the years I never thought I would ever have. The hub will mean many more children with limited mobility will be given the chance to participate in recreation and sport and discover the joy of frame running like I did."***



The hub has running frames and associated equipment, available for start-up clubs to request to hire free of charge for up to 24 months. This will give the club enough time to grow a membership and raise enough funding to purchase their own equipment and will also allow current clubs to interchange frame sizes like a 'swap shop'. Kellock, who played rugby 56 times for Scotland between 2004 - 2013, echoed Drysdale's thoughts and explained it shows again, the power of sport.



A WONDERFUL DAY AT THE PITREAVIE FRAME RUNNING EVENT



What a very special day we had at the Pitreavie Frame Running Festival on the 21st May. We had 36 entrants from 11 clubs across Scotland and even one entry from England. The age range was from 3-45 years! Everyone was welcome.

What makes this event so special, is that it brings together the frame running community in Scotland. For those seeking an opportunity for their first race, it is ideal. It also caters for athletes chasing a Personal Best, with Scottish Athletics officials officiating and results being recorded for the Power of 10. It is a relaxed, friendly and very encouraging environment.

Thank you to everyone that helped and supported the event. See you all next year!!! 😊





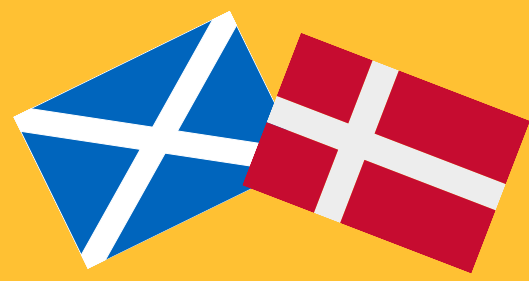
WORLD CHAMPION



Massive congratulations to Gavin Drysdale who won the World Para-Athletics championships 100m T72 Frame Running title in Paris. Also, a huge congratulations to Gavin's coach, David Phee. Gavin says, " My coach David has played a massive part in my success at the Worlds. He has been a big support to me with the many challenges I have faced since we started working together 3 years ago and most importantly, he has given me the confidence I needed to achieve on the global stage again."

We are so proud of you Gavin for this amazing performance and achievement, thank you for being a wonderful ambassador for our sport, raising awareness of Frame Running and supporting so many others into the sport and along the pathway.





CONGRATULATIONS TO ATHLETES MATTHEW DOIG AND IAN DUNCAN ON PODIUM PERFORMANCES IN DENMARK!

World Abilitysport Framerunning Championships 2023



"I had a great time competing in the World Ability Sport frame running camp and International cup this year in Denmark. I enjoyed meeting up with Ian Duncan, another athlete in team Scotland, and we worked hard training. I was put up against some really fast athletes. Some had been competing in the world championships in Paris a few weeks before. For some of my races, I had to do heats to qualify for the finals and I managed to qualify in them all. I raced in the 100, 400, 800, 1500 and 5000 meters. I was happiest with my performance in the 100m as I achieved a PB in my heat before setting another PB in the final and winning the bronze medal by a few milliseconds. Overall, I got 2 silver and 1 bronze medal, and set 3 PB's". - Matthew Doig

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"Denmark 23 was my second trip and it didn't disappoint. It had the same vibe of competition and friendship. The first few days were all about catching up with Matthew my fellow Scottish team mate and saying hello to all the people I'd met last year or saying hello to those who I hadn't met like Thomas from the United States. It was his first trip, so I was able to share my experience with him. Competition days are nervous days for me I think it's because I am running for Scotland. I try to stay focused and believe in all the hard training sessions I've done. At the end of the races it is good to look at my times and videos of my race to see if I can do anything to improve. All too soon it is time to pack the frame back into the travel bag and head for the closing ceremony and goodbyes but with any luck I will be back next year and making more great memories". - Ian Duncan



DR JULIE MCELROY SMASHES 10K ROAD RACE!



Julie's motto for life - "drive, motivation and passion"

Dr Julie McElroy was born with cerebral palsy, a condition that restricts her mobility, speech, and hearing. Then, six years ago, Julie suffered a traumatic accident, which she says robbed her of her passion to take part in sport and physical activity.

Julie took part in this year's Paisley 10k in August. Julie, said: "My motto for life, is 'drive, motivation and passion' and that has seen me past the barriers that life has thrown at me.". Two years ago, through Victoria Park Athletics Club, Julie was introduced to coach, Gordon Innes, who helped her to take up the sports of Frame Running and the Seated Throws. Julie added: "Gordon has worked with me on both sports and has created a training plan .The Paisley 10K Road Race, organised by OneRen, is suitable for runners of all levels from novices to experienced club and international runners. For families, friends and youngsters, there is the shorter Fun Run that takes in some of Paisley Town Centres most famous landmarks.

Before her accident, Julie was always someone who enjoyed sport. She added: "Before the accident, I didn't give my disability a second thought. I was always at the gym regularly and was involved in physical excursions. Keeping fit was important for me as I know the benefit it has on my disability. "I love the buzz of completing a challenge. Since the accident, I am more restricted in what I can do. It was when Gordon and I were talking what I could do to re-ignite the spark of being part of events and achieve goals on my Frame Runner, we decided to go out on Park Runs. Then I was hungry for more! I started pushing out the vision of getting the Frame Runner into mainstream and accessible events."

Julie completed the Paisley 10k race in 57 minutes.

NEXT FRAME RUNNING SCOTLAND COURSE

Frame Running Scotland holds annually an “Introduction to Frame Running” course. The next course will be held Sunday 5th November, 2023 at Pitreavie Athletics Centre, Dunfermline. 10am to 3pm.

The workshop is for coaches and volunteers who are interested in or already helping Frame Running athletes. It is designed to give participants introductory knowledge of Frame Running, athlete training and running frames.

A course flyer with further information will be emailed out shortly.

COMPETITIONS

Available on our website is a list of competitions. To help you identify suitable competitions they are categorised by Development, Intermediate and Performance. Frame Running Scotland does not organise competitions, competitions are organised by athletics clubs and national and international bodies. Following the very disrupted years of Covid it was pleasing to have many intermediate and international competitions. However, apart from the wonderful Pitreavie Frame Running Festival in May, it has been a disappointing year for development competitions. Prior to Covid there was on average four development competitions a year. Unexpectedly this year and for reasons outside the control of the organising athletics clubs, there has been only the one. We very much hope and will assist the development competitions to return in 2024.

NEXT NEWSLETTER

We plan to publish our end of year newsletter at the beginning of December. We very much welcome articles or updates from you for inclusion in the next newsletter. Please email Pierette at info@frscotland.org