

# SPRING 2024 NEWSLETTER



Welcome to our first newsletter of 2024! Calling out to athletes, experienced and beginner, the 2024 season is fast approaching and shaping up to be the most exciting domestic season in a number of years. Join in, we would love to see you!

## Approaching Events - All Welcome

Many of you will be aware of the annual Pitreavie Frame Running Festival. We are delighted to publicise that in addition to the Pitreavie Festival, there will be a second festival event to be hosted by Corstorphine AAC. Both festivals welcome all Frame Running athletes: beginners, intermediate and experienced. For those seeking an opportunity for their first race, these festivals are ideal. They are relaxed, friendly and very welcoming and encouraging environments. Join in!



Pitreavie Frame Running  
Festival:  
Saturday 18th May:  
Pitreavie, Dunfermline

Corstorphine AAC Frame  
Running Festival:  
Sunday 2nd June:  
Saughton, Edinburgh



# ***THE RED STAR CHAMPIONSHIP IS BACK!***

HOT NEWS

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All of us at Frame Running Scotland are thrilled that the Red Star Championship returns this year following a five year absence. Red Star is a disability athletics club based at Crownpoint, Glasgow and has a history of inclusion, development and impact second to none. For so many years the Red Star Championship was a highlight of the year for many para athletes from across the country and on all levels. We encourage all Frame Running athletes to enter, join in and help re-establish the impact of the Championship. Frame Running Scotland categorises the Red Star Championship as a development competition open to all, beginner and experienced. As a development competition it is officiated more formally than a festival, yet remains very welcoming, supportive and encouraging to all. Wonderful for trying your first competition and for the experienced catching up with Frame Running and para-athlete friends. Bring your friends/family. Support your Frame Running athletes.

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# COURSE NEWS!

## “INTRODUCTION TO FRAME RUNNING”



### OUR “INTRODUCTION TO FRAME RUNNING” COURSE

was well attended by club coaches, volunteers, NHS Physios, support workers & school teachers from across the country. The course is designed to give participants knowledge of Frame Running, athlete training & running frames. The course is conducted in a practical manner with participants having a chance to see & speak to the athletes as well as becoming confident in adjusting the frames.

Thank you to the wonderful athletes from Pitreavie Frame Running Group for their practical demonstrations & to our FR Scotland committee members Pierette Melville, Grame Doig, Nicola Tennant and David Phee for delivering the course.



# New Frame Running Classification System – Update

It is an unbelievable six years since World Para Athletics (WPA) introduced Frame Running to its international events such as the European and World championships. This happened on the basis that research was being carried out to develop a new evidence based classification system to replace the existing CPISRA (Cerebral Palsy International Sports and Recreation Association) system. The new evidence based system was developed after data collection by the Scottish research team; with the help and support of



classifiers, coaches, physiotherapists, doctors, academics but most of all athletes and ex-athletes, particularly those in attendance at the annual international camp in Copenhagen, Denmark. After more than nine years of gathering data and research where measures were tried and tested, certain key measures were identified and as a result were included as bench tests in the new system. The results also indicated very clearly that there should be two distinct classes as opposed to the three previous classes. The CPISRA classes RR1, RR2 and RR3



would become two WPA classes, T71 and T72. The majority of athletes previously classified under the CPISRA system have transferred seamlessly over to the new system, RR3 athletes becoming T72 and RR1 athletes becoming T71 with many of the RR2 athletes becoming T72 and a few becoming T71. However, as is the case with all

athletes with a neurological condition, they will be placed on review and therefore undergo further classification at a future, yet to be determined, date. As part of this process RaceRunning became Frame Running. It is almost a year since the new classification was formally approved by the IPC (International Paralympic Committee) and implemented by WPA. Training of international classifiers took place in April last year at the Coventry Spring Meet, England. Now Frame Running classification is becoming well integrated into international para athletic competitions across different continents. With the new



classification system in place Frame Running seems to be securely part of WPA global events and despite overwhelming disappointment at not being invited to Paris 2024 sights are still set on the Paralympics. A significant number of new athletes have now been internationally classified introducing many more athletes from across the world to international competition. However, as Frame Running is a new event with a new classification system it continues to be evaluated on a regular basis, classification is constantly evolving.

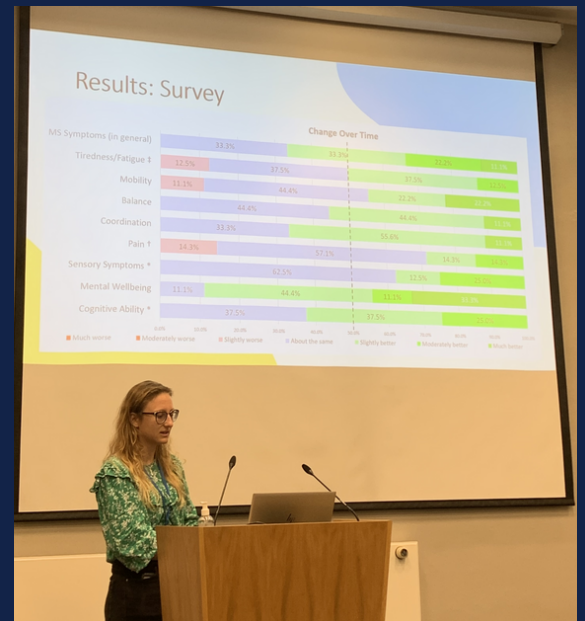
# World Abilitysport Conference



The 2023 World Abilitysport International Conference on Physical Activity for Health for people with Cerebral Palsy and other Neurological Conditions took place on the 20-21 October at the John McIntyre Conference Centre located at the University of Edinburgh.

During a packed program, attendees heard well-respected keynote speakers from all corners of the world as well as many and varied presentations from research academics, professionals, and athletes.

It was notable that there were 8 presentations from 3 continents directly related to Frame Running on a variety of themes. Such keen interest illustrates the reach and impact frame running is now having around the world and recognition that it can enable access to the benefits of physical activity for those with cerebral palsy and other neurological conditions.



# RUNNING FRAME DONATION

## Our Huge Thanks to Connie Hansen



BY CONNIEHANSEN

At the completion of the **World Abilitysport** conference, covered in the previous article, **Connie Hansen** the founder of **BY CONNIEHANSEN** wonderfully donated the yellow Mini Petra running frame pictured to Frame Running Scotland. As you can see from the photo, it looks great. It's suitable for children aged 3 to 5 years. The frame is now part of our Wooden Spoon Equipment Hub and as such may be borrowed free of charge. A huge thank you to Connie from all us at Frame Running Scotland.

## Scottish Disability Annual Awards

Congratulations to Gavin Drysdale winner of the Athlete's Athlete of the Year at the Scottish Disability Sport Annual Awards ceremony held in October 2023.

In July Gavin won Great Britain's first gold at the Para Athletics World Championships in Paris. Gavin continues to be a wonderful ambassador for our sport, raising awareness of Frame Running and supporting many others to get involved and along their journey.

