



A.C.E. RaceRunning Club Newsletter - Winter 2015



Our club sessions have finished for 2015 but we still have some news to bring you up to date on.

MacRoberts LLP

Earlier this year staff at the Glasgow, Edinburgh and Dundee offices of law firm MacRoberts LLP took on a fund raising challenge to purchase a Running Bike. The challenge was to bypass the lift for a month and instead take the stairs to their office; with some folks being on the 10th floor this was indeed quite a climb! A fantastic sum of money was raised enabling not only the purchase a bike but also an extensive package of accessories to assist start ups at other clubs. A heartfelt thank you to everyone at MacRoberts LLP.

Competition News

The delayed Red Star Open took place on September 12th and guess what - it rained!



However the turnout of RaceRunners was very fine (13) including our club members Maykayla, Kevan, William, Andrew & Gavin.



Also a huge congratulations also to Gavin who was selected to be part of the Scotland team to compete at the CPISRA (Cerebral Palsy International Sports and Recreation Association) World Games held at Nottingham in August. The CPISRA World Games is an international multi-sport competition and thirteen nations participated from as far afield as Australia, Japan and Russia. Gavin competed in 5 RaceRunning events (100m, 200m, 400m, 800m and 1500m) taking Gold in each as well as setting a new World Record in the 200m.



Gavin with the athletics team and coaches

Other news

We have also just held a successful 'Come and Try' event in Dumfries and they already have a little group started up within the existing disability athletic club. A great way to finish out the 5th year of A.C.E.

and last but not least.....

Thank you so much to all those who have volunteered their time to help us this year at the club. We couldn't do it without you - David, Scott, Iona, Natalie, Euan, Olivia & Katherine.

'Merry Christmas and a very Happy New Year'