



# A.C.E. Race Running Club Newsletter - Summer 2016

Despite some poor weather earlier on, our RaceRunners have been training hard over the summer. Here is our latest news.

## MSP visit



Brian Whittle, MSP, paid a visit to the club at the beginning of August. He is Conservative Spokesperson for Health Education, Lifestyle and Sport.

A former athlete, Brian represented Great Britain 45 times at all major championships from Commonwealth Games to Olympic Games. He won gold medals in the 4x400m relay at the 1986 and 1994 European Athletics Championship. Brian is famous for running his leg of the 1986 victory with one shoe!

Brian is keen to address the declining health of the nation and has been engaging with community groups and charities to identify the barriers and challenges individuals face in leading a healthy lifestyle.

Following his visit, Brian lodged a motion in parliament recognising the contribution that RaceRunning makes, commending everyone involved at the club and calling for more volunteers to help their local sports club to allow more people to take part. The full text can be viewed at

<http://www.parliament.scot/parliamentarybusiness/28877.aspx?SearchType=Advance&ReferenceNumbers=S5M-00980&ResultsPerPage=10>

## Paralympic Games - Rio 2016

The 2016 Paralympic Games are underway in Rio. RaceRunning has had a small part to play in one of the Scottish members of Team GB. Hannah Dines took up RaceRunning whilst at University after seeing a picture of Gavin Drysdale in a magazine. Hannah also has Cerebral Palsy and she got in touch with us right away! RaceRunning provided Hannah the means of taking part in sport in a way she never thought possible with her disability. She became a highly successful International Athlete in RaceRunning. She then successfully applied to the 'Go for Gold' program initiative in Paracycling and her several years of hard work and dedication were rewarded with a call up to Team GB.

Hannah never fails to tell everyone she meets how she got started in sport and RaceRunning has been given a name check by the BBC, have a look at the 'Did You Know?' section at the bottom of this link.

<http://www.bbc.co.uk/sport/disability-sport/37135374>

Hannah competes in the T2 tricycle class on September 14<sup>th</sup> and 16<sup>th</sup>. We send her our very best wishes for a successful games.

