



Lothian Disability Sport

# **Lothian athletics club**

## **For athletes with a disability**



**Every Thursday 6.30pm - 8.00pm**

**5 - 10 years 6.30pm - 7.30pm**

**11 - 18 Years 6.30pm - 8.00pm**

# **Dalkeith Campus**

## **£2.50 per session**

**Ages 5 - 18 years & All abilities welcome**

## **For Recreation or competition**

**For further information or to register interest  
Contact Gary Fraser on 01875 619070**



Lothian **Disability Sport**

Sports Development Office  
Meadowmill Sports Centre  
Tranent  
EH33 1LZ  
tel: 01875 619 070  
email: garyfraser1@eastlothian.gov.uk

Following the success of our Lothian athletes at the recent Scottish Disability Sport (SDS) Junior Athletics Championships, where we won 1 gold; 5 Silver and 3 Bronze medals, Lothian Disability Sport (LDS) are working in partnership with the Local Authorities and Active Schools to set up and develop a Lothian wide athletics squad.

The aim is to have a regular and established club. Participants with learning and /or physical disabilities are invited to attend.

Initially, sessions will be used to introduce participants to athletics in a safe environment with the main focus being on enjoyment. However, sessions will also serve to prepare athletes for future SDS national events, with the overall aim of having more Lothian athletes in the National squad competing for Scotland and potentially Great Britain!

The venue will be Dalkeith Campus, Midlothian. The Campus is in a central location with easy access from the bypass and has modern purpose built facilities for athletics. As well as having use of the outside facilities, a gym hall will also be used during the darker evenings and for indoor events.

The athletics club will be on a Thursday evening from 6:30pm – 8:00pm with the first session beginning on Thursday 20th September 2007. See the enclosed Leaflet for further details.

If you have an interest in athletics, want to develop your talent and receive further coaching expertise contact myself on the details above for more information.

Yours Sincerely

Gary Fraser  
Sports Development Coordinator  
Lothian Disability Sport