

*Dwarf Sports Association UK
Official Journal*



ReachOut

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Patrons: Eleanor Simmonds O.B.E & Matthew Whorwood Charity No 1041961



2015 NATIONAL GAMES Edition



2015 NATIONAL GAMES

Well there were a few changes at the games for 2015. We used new hotels and a new way to organise the days, with different sports at different times on different days. There was some method in the madness as the DSAuk National Dwarf Games has just got so big there wasn't enough time or enough hotel rooms to carry on using the old formula any longer. With a record number of entries at 194 and a record number of rooms booked 186 and a record number of people attending 554 this year's games was huge and only gets more popular every year.



This year we started on Friday evening with an amazing Powerlifting event, 12 members took part in this event which made for a really exciting start to the games weekend, it was encouraging to see so many new lifters and there were some very impressive lifts. Carter Balaberda from Canada lifted an amazing 155kg's well over twice his own body weight, brilliant! Another lifter of note was Callam Lee who lifted a new PB at 110kg's. There was also an increase in female lifters with Cara Havell and Kim Dean lifting, hopefully next year some more members will join them and as many ladies as men will lift. Come on ladies!!

The track and field event was held in the Alexander stadium on a very cold day. The day stayed dry but it was cold and breezy so not the best conditions for PB's or records to be broken. There were however some really fabulous races and throwing events with a record number of young athletes taking part. The games were opened by the Mayor of Birmingham and the athletes pledge was given by Jess Davies after her triumphant Rickshaw Challenge earlier in the year.



The day included a few new events as we added an introduction to throws event for the 9 and 10 year olds, as a learning process and pathway to throwing shot, discus and javelin next year. This proved to be very popular and we hope to make this part of the games for future years. As usual the children's events were very popular with a record number entered requiring heats in the 10m and 20m track events as there were so many runners. The open age group was spectacular with some huge throws in the field events and a fantastically exciting 4 x 100m relay with only a few seconds separating all five teams.

On Saturday evening we held the DSA's annual general meeting followed by a presentation from Tom and Sean our Regional Support Officers, which had a brilliant interactive quiz and report on what they have been working on to promote the DSA regions and support them. This was followed by an important announcement from the President of IDAF (International Dwarf Athletics Federation) that the next World Dwarf Games in 2017 will take place in the Netherlands.



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Sunday was a packed day of sport, with the whole event staying at the Aldersley Sports centre for the whole day. The day started with Basketball we had so many players entering that we had to add a team into the junior's competition, the standard was really high and our referee commented on how the teams get better every year. After the Basketball the day continued into a multi sport bonanza, with Table Tennis, Track Cycling, New Age Curling, Hockey and Shooting all taking place during the Sunday afternoon,



with two new sports for the under 11's age group of indoor soft archery and balance bike racing. As you can imagine this takes quite a bit of organising to get all these sports organised for the afternoon but with lots of help from volunteers, umpires, referees and staff everything got done in reasonable time.



The new balance bike and archery events were loads of fun and really well received with lots of people watching the balance bike racing with interest. It was fantastic to see so many of our youngest members riding pedal bikes with some even attempted the full banked track #DSAamzing.



The Shooting event has become one of the biggest events at the national games with 40 athletes entered in 2015. As usual Aldersley Shooting Centre hosted this popular event and this year the standard rose again as the vast majority shot over 60 points which is no easy task. The amazing skill of Rachel Lambert was tested this year as so many shooters are improving and getting closer to her. New shooters Rebecca Nuttall and Annabelle Davis came very close but Rachel held on to her title. In the masters event Donna Bonner and new shooter Warwick Davis both shot 74 to win gold closely followed by Pete Bonner with a score of 73. In the pistol shooting the DSA president Arthur Dean shot a very respectable 92 to win the event followed by Penny Dean shooting 77 and April Barrett just one point behind with a score of 76, I think you'll agree the shooting event gets closer every year, if you've never been over to the shooting centre to spectate we recommend you take a look at this event in 2016.



The annual gala dinner took place on Sunday evening at the Village Hotel, providing a fabulous dinner with photo booth, disco and dancing throughout the evening.

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Monday started with another change to the traditional programme with the DSA's swimming gala taking place at Cheslyn Hey pool.

This event continues

to be a brilliant showcase of how many talented swimmers the DSA has as its members. Swimming is both great exercise and a super sport to get involved with. Our fabulous volunteers and officials helped to provide a truly inspiring event with loads of close races including some really super new swimmers taking part in the width races. The regions learn to swim sessions are making sure that our youngest members get the opportunity to learn a very valuable skill and compete in the swimming at the DSA gala. The event was packed with close races which kept the crowd on the edge of their seats and finished with a fabulous relay race with five teams of six swimmers battling it out with just a few seconds between them at the end. The Margaret Scott trophy this year was won by Josh Coomer.



Following the swimming we stayed at Cheslyn Hey for the first time to use their 3G astroturf football pitch for the DSAuk's annual football tournament.

This is the first time we have held the football competition outside for some years and the sun shone down on a fantastic display of football from some very talented players. With eight teams playing in total it was a full afternoon of action. The standard was very high in all age groups, the ladies match ended in another draw so just as in 2014 the match had to be decided with a penalty shootout. The junior tournament was so very enjoyable to watch and showed that our juniors will be well prepared for the next world games in 2017. The men's games were very competitive and there were some fabulous goals scored. The weather was fantastic and the Football tournament brought the games for 2015 to an enjoyable end.

The remaining medals for shooting, cycling and football were awarded and the games was closed by our Chair Penny Dean, we hope all of you who attended and competed in the National Games enjoyed the weekend and we look forward to seeing you all again in 2016.



2015 NATIONAL GAMES

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Coast2coast challenge

Sponsored Cycle Event



Charity No.
1041961



Way of the Roses

Morecambe to Bridlington | 170 miles

Raise funds for Dwarf Sports Association UK

OPTION 1: 3 days/2 nights | 170 miles

OPTION 2: Saturday or Sunday only | 66 or 42 miles

OPTION 3: First or Last 10 miles

***We'll handle the stress, so you're
free to enjoy the ride...***

**We'll arrange the route & carry your luggage
We'll book your hotel & sort your evening meals
We'll provide support vehicles**

Please call 01246 296485 as soon
as possible to secure your place.

People are responsible for providing their own transport to and from start/finish lines.

Call 01246 296485 for a
Sponsorship form

Trying Something New...

Jenny Greasley tells us about her love of Shooting

Over a year ago I decided to have a go at shooting. I went along one afternoon to Fareham Rifle and Pistol Club (FRPC).

I had a go outside on their field targets with a lightweight sports rifle using a rest, aiming at spinners 10 metres away. I took to it like a duck to water and hit the spinners and a pop up target at 20 metres. Since that day I have never looked back.

I am now a full member of FRPC and just completed my first winter competition season. I use a multipurpose rifle (MPR) S400 air. The rifle bag is as tall as I am.

I entered three postal competitions; the Worcester, Hampshire and NSRA (National Small Bore Rifle Association). With the lightweight sports rifle I shoot at 22 yards. Each competition is shot over ten rounds using four cards per round, five shots per card with a possible maximum score of 200 per round.

Your average score determines which division you are placed in. As my average is around 96% I went straight into division 1. The competition is very stiff as you can imagine and a moments lapse in concentration can mean a difference between a score of seven or ten.



In the Hampshire competition which was a team event, Fareham B the team I was in came third overall and I came fifth as an individual. The NSRA competition was also a team event where we came second. In contrast, the Worcester was an individual competition where I was competing alongside a fellow member of the club who also shoots from a spring and is extremely accurate with a very high

average of 99.9% so most of his scores are 200 or 199. I was definitely up against it. However, to my surprise I came second with 16 points out of a possible 20.

From one visit to the club I am now hooked and thoroughly enjoy shooting using a lightweight sports rifle and go regularly every week. The summer competitions have just started.

I recommend everyone to try something new, you never know where it may lead to.



Peter Jardine runs The London Marathon and raises over £4,000 for DSAuk



Marathon - Completed!

So the hard work is done the race completed, time for a quick post Marathon blog about the experience of running 26 miles 385 yards. My day started well, the trip from brother-in-law's house by train was straightforward although absolutely packed with Marathon runners. The nervous energy was intense; I met some seasoned vets and well as other first timers running for charity. I bonded with three other first timers and we decided to stick together whilst in the holding area. Team spirit was abundant and helped ease my nerves. Soon after it was time to part ways, secure our belongings in the truck and make way to the start pen. I had been rather humble with my expected time and started in the last pen (9) whilst this could have hampered my time upon reflection I was glad not to be with all the serious runners up at the front.

10am the gun sounds and a ripple of excitement is felt through the pack. A slow procession followed as 37 thousand runners made their way toward the start, as I went through the gates of Greenwich Park the pace had picked up and I could see the start ahead of me, moments later I was through although it strangely felt like a training run and not the real thing at this

point. 20 minutes in whilst manoeuvring to a comfort break location I tripped and fell. (I could hear to ooh from the crowd as I sprawled along the floor) The resultant damage was a badly grazed right palm, right knee and suspected broken left big toe which had caught under some metal traffic calming. (I was off the course at this point so no fault but my own) My foot was really painful and thoughts of my Marathon being over came to mind, a quick check of my Garmin confirmed I had travelled a meagre 3.2 miles. I wasn't having any of that and decided to press on and see if I could still run on my left foot whilst I patched up my hand with a sweatband I was wearing around my wrist. Whilst painful I could run on it and the crowd were cheering and willing me to continue, a feeling which is quite intense and overwhelming, if only I could bottle the feeling and sell it I'd be rich! The atmosphere is incredible I'd been told about it beforehand but had not imagined the actual scale.

6 miles in and I remember bearing right round a corner and suddenly the Cutty Sark came into view.. BOOM it hit me, I'm running the London Marathon!

Fast forward to mile 12 and I'm approaching Tower Bridge which is where the crowd really fills up, during the East London miles people lined the street but it was 4-6 people deep at this point and the halfway mark was just round the corner.

Halfway. At this point is mile 22 coming the other way and I see the front group of professional runners coming the other way, in my head I imagine I jog down the road a bit, **loops back and I'm there. Not so, cue 7 miles** running round Canary Wharf which I never thought I would get out of.

I'd arranged for Wife and Daughter to be at the halfway point and at mile 20 so I concentrated my attention to the crowd to see if I could see **them. I didn't throughout the whole race,** practically impossible but I was spotted 3 hours in and I received a text from my wife to say that whilst I could not see them they were there cheering me on. This text was well received I was 18 miles or so in at this point and **everything hurt. I'd forgotten about the toe at** Cutty Sark but now my legs were feeling it now and some additional motivation was needed in the form of the Rocky 4 soundtrack. Sounds corny but for me it works wonders, I picked up the pace, the field had thinned out and I could now press on for the last 6.2 miles.

My furthest distance in training was 22 miles, as I passed this point I was in unknown territory, could I make the last four miles, a lot of people around me were pulling up holding their legs or hobbling along at the side of the road. The wall.

I pass the mile 24 marker; I'm on the embankment I and see the Houses of **Parliament and Big Ben in the distance. I'm** going to make it and I'm suddenly overwhelmed with emotion and almost burst in tears. I must have gone through most emotions whilst running the Marathon, it is a strangely addictive experience and I can see why people run more than one.

Mile 26. 385 yards to go as I round past Buckingham Palace; I see the finish line and sprint as hard as I can with whatever is left to get me past the line. Done 4 hours 35 minutes and 11 seconds!

I was then corralled into a lane where I collected my medal, and finishers pack which contains food and drink which I managed to consume before I had met up with the DSA guys and my **family in the 'meet and greet' area. Ironically, I** was spotted at mile 20 and managed to get to the finishers area before my family.

Next was a pit stop at a pub with my family, colleagues and DSA supporters, A well earned pint was consumed before we parted company and I got the train home for tea.

I've also included some numbers below, my race stats.

In the last 4.5 miles I passed 1172 runners and only 40 passed me. The Rocky soundtrack working its magic.

Average pace: 10 Minute miles

Average Speed 5.7 mph

It was an amazing experience and something that will stick with me forever, I go on runs now and remember certain points of the Marathon **and I'm sure this will continue it puts a smile on my face that's for sure.**

They say you never forget your first. Thanks to DSA for making it the London Marathon.

Pete



DSAuk Regions Update



Tom



Sean

Scotland

The DSAuk Regional Development Officers are in close contact with Scottish families, working towards setting up a new region.

The first event took place in on Saturday 20th June between 1:00pm – 3:30pm at Inveralmond Community High School, Livingston. The event was well attended and it was great to see so many people there.

There were a variety of activities provided including Table Tennis, Badminton, Boccia, New Age Curling and Team Sports. The regional development officers Tom Mills and Sean Clare were at the event and were pleased to discuss the prospects of setting up and running a successful Scottish Region.

Finley's Footsteps

The Regional Development Officers, Thomas Mills and Sean Clare will be visiting the Isle of Man during the week commencing 28th June. Thomas & Sean will spend 4 days travelling the Island and attending a series of events currently being planned throughout schools and at The NSC. Thomas & Sean will deliver a talk and presentation to raise awareness of the great work they do at the DSA, their experiences and an insight into the challenges which have come from living with dwarfism, they are passionate about education and awareness.



National Games Regional Trophy

During the National Games weekend this year the two regional development officers were in charge of the region point's trophy. This involved careful input of the results to ensure each and every point was assigned to the correct region. Each evening they collated the results and it went down to the final morning of the Swimming where South Central came out on top to receive the trophy this year. Well Done to all athletes and competitors!

Save the Date...

Coast2Coast Fundraising Challenge

24th to 26th July 2015
The Way of the Roses, Morecambe to Bridlington

National Boccia and Badminton Tournament

9th to 11th October 2015
In the Walsall Area

23rd National Games 2016

29th April to 2nd May 2016
In the Walsall Area

Support your region to deliver exciting events. Contact your regional leader for more information.

South Central:

Justine Stocks 07941 133345 and Katie Wilkinson 07852 516772

South East:

Sally Smith 07500 220615 and Pippa Wauthier 07869 141350

East Midlands:

Willie Coppen 01332 514813 and Sally King 07800 630350

South West:

Sinead York 07725 357703 and Krysten Coombs 07597 288825

Northern Ireland:

Eugene McVeigh 028 3831 8212 and Emma Farnham 07732 357053

North West:

Penny Dean 07976 706868 and Karen Thompson 07849 307334

North East:

Annie Morris 07595 027774 and Rebecca Nuttall 07866 039305

Midlands:

April Barrett 07751 819096 and Mohammed Taj 07773 326149

Wales:

Carol Grist 07917 818898 and Carol-Ann Bowden 07799 794550

Keep up to date with what's happening at DSAuk!

- Find lots of great regional activities and events.
- Learn more about the amazing people who fundraise to support DSAuk.
- Get reminders for competitions, both within DSA and Nationally.
- Read interesting news stories.
- Follow the 'Do Something Amazing' campaign.
- Find out where you can try new sports.
- And loads more!!!



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