

Wheelchair Racing Clinic receives support from Spinal Injuries Association



A wheelchair racing training clinic organised by LCC Sports Development and Leeds City Athletics Club has recently secured £5,500 from the Spinal Injuries Association's Rebuilding Lives Through Sport programme. This funding will enable essential equipment to be purchased to enhance the equipment already available and to support existing wheelchair racers and their training programmes. The clinics will also enable the opportunity for people to come and try out the sport who have not had the opportunity previously.

The training clinics, based at the Indoor Bowls and Athletics Centre, at the John Charles Centre for Sport, are currently catering for all abilities and have attracted athletes not just from Leeds, but indeed athletes have travelled from as far a field as Gateshead in the North and Cambridge in the South, just to come and try out the racing chairs and equipment.

As well as attracting new athletes to the sessions, the Clinics have also been attended by a number of talented junior athletes, who are currently training to try and get in to the GB Team for the World Championships in New Zealand in January 2011. The training clinics are providing them with additional opportunities to work on technique and additional training, as well as looking at other training factors such as video analysis, fitness and psychological factors.





