

# East Fife Sports Council Newsletter Issue 2 2018

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## EFSC Dates: Autumn Diary 2018

- Mon 10th Sep 18—Duffus Park CSH Meeting. Cupar 6.30pm.
- Wed 12th Sep 18—EFSC AGM. Howe RFC. Cupar. 7.00pm.
- Wed 26th Sep 18—Lead to Exceed Presentation. Howe RFC. 7.00pm
- Wed 3rd Oct 18—Executive Committee Meeting. Duffus Park. 7.00pm
- Fri 16th Nov 18—EFSC Quiz Night. Howe RFC. Cupar. 7.00pm.

## QUIZ NIGHT INVITE - FRI 16th NOV 18

The annual EFSC Quiz Night is to be repeated again this year; taking place at the Howe of Fife RFC, Carslogie Rd, Cupar on Fri 16th Nov 18. Last year this popular event was won by Disability Sports Fife with Fife Croquet Club and Pittenweem Tennis Club coming second equal.

Affiliated Clubs are encouraged to come and enjoy this social occasion and test their quizzing skills.

Substantial prizes are on offer together with a fund raising raffle. First Team Prize is £100, Second Team is £75 and Third Prize is £50.

## MESSAGE FROM THE CHAIR

Welcome to the Summer 2018 edition of the newsletter. As always it is full of information of things that have been happening in the East Fife Sports Council area as well as some information about events that are due to take place.

Hopefully you have all had a good rest over the summer months and took the opportunity to enjoy the fantastic weather.

For a number of reasons we made the decision to change the date of the Lead to Exceed Workshop so that it did not coincide with the school holidays. The Workshop is now due to take place on 26th September at the Howe of Fife Rugby Club, Cupar. More information is available on the East Fife Sports Council website.

Unfortunately, Philip Mould our Secretary /Treasurer has made the decision to retire from his post. Philip has been a great asset to the Sports Council and will be sorely missed. I would like to take this opportunity to thank him for his hard work and wish him a long and happy retirement.

The good news is that Hilary Lumsden will be our new Secretary/Treasurer post the



forthcoming AGM. Hilary has great experience in a number of areas which include organising the Fife Show. Over the next few months Clubs will have plenty of opportunity to meet and get to know her.

In November we will be holding our annual Sports Quiz. This has become a popular event with many Clubs looking for the opportunity to take the title of EFSC Sports Quiz Champions. Our challenge is for your Club to enter a team and continue to make this occasion a success.

In the meantime, enjoy the rest of the summer.

Rona McCraw (Chair)

## HILARY LUMSDEN APPOINTED AS NEW SECRETARY

It is time for Secretary, Philip Mould, to stand down from EFSC duties with retirement and many other challenges to conquer. Hilary Lumsden will assume the appointment after the forthcoming AGM. Hilary is a well known face in the local

community having been the Secretary for the Fife Show and organiser at the Bowhouse Market. She has also served on the Cupar Swimming Club Committee. Hilary is looking forward to working with Clubs, meeting everyone and promoting amateur sport in East Fife.



## CONTACT INFORMATION

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## East Fife Sports Council Awards Ceremony 2018

The Annual Awards Ceremony moved to the Younger Hall (Graduation Hall) of St Andrews University for the first time this year and 200 guests enjoyed the proceedings on Wednesday 25th March 2018.

The Sports Council was pleased with a record amount of nominations for the 11 categories for awards available. 22 different sports were represented and recognition of hard work, dedication and sporting performance was celebrated by all in attendance.

Many of the recipients had represented their sport at national level and beyond. Sports trainers, administrators and volunteers were also recognised for their dedication to sporting excellence and achievement.



## Invite to join Fife Croquet Club



Is Croquet a game only suitable for the elderly ?

No ! **Croquet is suitable for everyone.** The 2018 World Champion is a 30 year old New Zealander called Paddy Chapman.

Is Croquet an expensive game to play ?

No ! **You could play twice a week all summer for £20.** That is about 40 a game for up to 3 hours.

Do you need special clothing and shoes ?

No ! **Wear what is comfortable.**

Do you need to buy expensive equipment ?

No ! **If you join Fife Croquet Club all equipment is provided free.**

If you would like to try croquet without obligation, come along to the lawn in front of Hill of Tarvit Mansion House, Ceres on **Tuesday at 6 p.m. until Sept 17th or Thursdays at 1.15 p.m. until October 26th.**

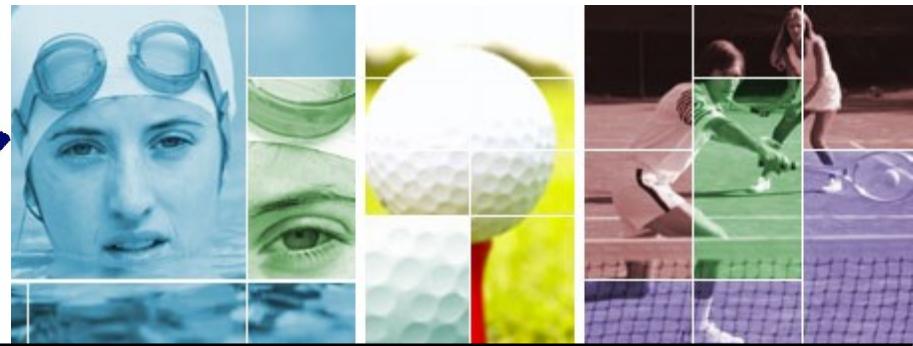
For further details phone:

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## Photo Gallery - Summer 2018



Step Rock 90th Anniversary Swimming Gala at MWC 2018



Falkland CC celebrate winning the Earl of Strathmore Cup 2018



St Andrews Table Tennis Club 'Hard Bat' Competition 2018



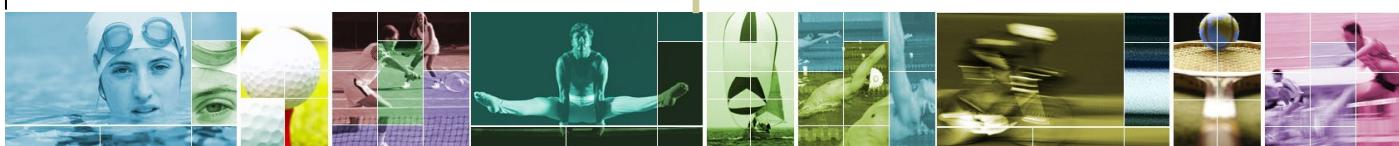
St Andrews Coastal Rowers compete at Ullapool Regatta 2018



East Fife Triathlon competitors at Aberfeldy Triathlon 2018



Falkland Trail Runners celebrate a successful outing in 2018





## INVITE TO JOIN CUPAR BOWMEN



Cupar Bowmen is a friendly, fun, inclusive local archery club which has been shooting in Cupar for over 30 years. The club has a large diverse mix of young, old, able and disabled members of varying abilities. The club holds courses throughout the year for those who wish to take up this enjoyable sport.

The club was set up in August 1987 by a group of enthusiastic 'Toxophilites'. We continue to use the Cupar Sports Centre using two archery lanes every Tuesday evening from 7pm to 10pm.

Cupar Bowmen have produced notable archers over the years including David Cowieson, who has won many a medal of various hues whilst representing his country in National, European and World Championships; including a silver at the the World Disabled Archery

Championships held in Madrid in 2003. Fellow club member Brad Stewart went to the Czech Republic last year, where he represented Team GB at the Para Archery World Ranking Tournament and European Cup. Brad finished 6th overall out of 40 archers.

With continuing excellent co-operation from the Cupar Community Sports Hub and Centre, Cupar Bowmen will continue to shoot on a Tuesday night. Members leave and new members come but all, no matter how long or short their stay with the club, have a really enjoyable time taking part in a great sport with like minded fun Toxophilites ....

For any information please find us on Facebook or contact the Club Secretary on [secretary@cuparbowmen.co.uk](mailto:secretary@cuparbowmen.co.uk)

## EFSC GRANT FOR LUNDIN LADIES

The Junior Section of Lundin Ladies Golf Club were recently awarded a grant from the Sports Council to purchase a Practice Net to assist boys and girls in their quest to further their golfing skills. This facility will be used and appreciated by all at Lundin Ladies Golf Club.

The picture shows outgoing Secretary, Philip Mould, presenting a

cheque for £451 to Captain Frances McIntosh.

The Junior Section at this golf club show great promise for the future and have recently advanced their ambitions with a match to be played against the juniors of St Regulus Ladies Golf Club; another golf club affiliated to the East Fife Sports Council.

Further such competitions to follow in 2019 for both Boys and Girls.

