

# **The Limbless Association A to Z of Disability Sports**

NB. Information on teams/sports is included where known

## **A**

### **Angling**

British Angling Association  
Tel: 01922 860912  
Email: [terry@bdaa.co.uk](mailto:terry@bdaa.co.uk)

### **Archery**

The National Field Archery Association  
Andre Knott - 01206 543656  
Derek Scaysbroke - 07799 373856

Grand National Archery Society (Target Archery)  
Tel: 01952 677888  
Web: [www.gnas.org](http://www.gnas.org)

### **Athletics**

Disability Athletics  
Marie Yates - 07912 070624  
Web: [www.ukathletics.net](http://www.ukathletics.net)

## **B**

### **Badminton**

[www.E.B.A.D.org.uk](http://www.E.B.A.D.org.uk)  
Email : [info@ebad.org.uk](mailto:info@ebad.org.uk)

### **Basketball (Wheelchair Basketball)**

Charlie Bethel - 01509 279900  
Black Cats Wheelchair Basketball Team (Birmingham Area)  
Julia Smith – 07917 442053  
Email: [julia.pickering@hotmail.co.uk](mailto:julia.pickering@hotmail.co.uk)

### **Bowls**

British Wheelchair Bowls Association  
Ian Blackmore - 07932 791519  
Web: [www.bwba.org.uk](http://www.bwba.org.uk)

### **Boxing**

Non-contact Boxing Classes

MANFIT - Manchester Amputee Fitness Initiative

Tel: 01457 854604

Mob: 07776 181180 Web: [www.manfit.org](http://www.manfit.org)

## **C**

### **Canoeing**

Email: [info@adaptivecanoeing.org.uk](mailto:info@adaptivecanoeing.org.uk)

### **Chinese Martial Arts**

See M for Martial Arts

### **Cricket**

ECB National Disability Cricket Manager

Ian Martin - 07824 600325

Email: [ian.martin@ecb.co.uk](mailto:ian.martin@ecb.co.uk)

Hertfordshire County Disabled Cricket Club

Ray Cross - Club Captain - 01296 482406

Email: [raycross\\_wheels@yahoo.co.uk](mailto:raycross_wheels@yahoo.co.uk)

Ray Cross says "The club has been going for approx. 6 years now but players are getting older or moving away. We are trying to recruit new players into the team and we have approx 4 amputees. We would welcome members from Hertfordshire, Bedfordshire or Buckinghamshire that would be interested in playing cricket for us. We have a good bunch of youngsters and a few oldies like myself. Our disabilities vary from amputees, Cerebral Palsy and a few wheelchair users but we are in need of a few more amputees to compete further. We play in the Southern section of the Cricket for People with Disabilities League and just missed out in making the semi's for the last 2 years but with more players, we hope to progress further."

### **Croquet**

Tel: 01892 520128

### **Cycling**

Companion Cycling (Bushy Park)

Nancy Marks (Membership Enquiries) - 020 8979 2003 / 07961 344545

British Cycling

Tel: 0161 274 2000

Web: [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

Hand Cycling

Barry North - 01273 269274

Email: [handbikes@calshot.demon.co.uk](mailto:handbikes@calshot.demon.co.uk)

London Cycling Campaign – All Ability Cycling  
Tel: 020 7234 9310  
Web: [www.lcc.org.uk](http://www.lcc.org.uk)

## D

### **Diving**

International Association of Handicapped Divers  
Mr Fraser Bathgate - 0131 467 2756  
Email: [fraser.b@cablenet.co.uk](mailto:fraser.b@cablenet.co.uk)

London School of Diving  
Tel: 020 8995 0002  
Email: [info@londonschoolofdiving.co.uk](mailto:info@londonschoolofdiving.co.uk)  
Web: [www.londonschoolofdiving.com](http://www.londonschoolofdiving.com)

## E

### **Equipment**

RDK Sports Wheelchairs  
Tel: 0800 107 5122

### **English Federation of Disability Sport**

Championing sport for disabled people

*“Sport and physical activity have massive benefits to the health and well being of the nation. As well as improving life chances and expectancy, sport has been proven to boost confidence and social interaction.*

*Our vision is to see as many disabled people participate and excel in sport and physical activity as possible in a fully inclusive environment. Join us in making it real.*

*We are the national body responsible for developing sport for disabled people in England.*

*We work closely with key partners to develop opportunities and build awareness for disabled people in sport.”*

### **English Federation of Disability Sport**

SportPark  
Loughborough University  
3 Oakwood Drive  
Loughborough  
Leicestershire  
LE11 3QF  
Telephone: 01509 227750  
Fax: 01509 227777  
Email: [federation@efds.co.uk](mailto:federation@efds.co.uk)  
[www.efds.co.uk](http://www.efds.co.uk)

## F

### **Fencing**

British Disabled Fencing Association  
Tel: 020 8942 1725  
Web: [www.britishwheelchairsports.org](http://www.britishwheelchairsports.org)

British Fencing Association  
Tel: 0208 742 3032  
Email: [enquiries@britishfencing.com](mailto:enquiries@britishfencing.com)

Fencing at Stoke Mandeville Stadium  
International Wheelchair Fencing Committee  
Tel: 01296 395995  
Email: [alberto@iwfen.com](mailto:alberto@iwfen.com)

### **Fishing**

Disability Sport England  
Gerry Milton - 01823 662948  
Email: [gmilton@lineone.net](mailto:gmilton@lineone.net)

Fly – fishing amputee instructor  
Tim James – 01822 612718  
Mobile – 07972 790093  
[www.mastercaster.co.uk](http://www.mastercaster.co.uk)

### **Football**

The Limbless Association amputee football team  
The LA SPURS  
Tel: 01245 216670  
Email: [dean@limbless-association.org](mailto:dean@limbless-association.org)

## G

### **Game Fishing**

See F for Fishing

### **Golf**

National Amputee Golf Association  
John Bryne - 020 8841 2895  
Email: [info@nagagolf.org](mailto:info@nagagolf.org)  
Web: [www.nagagolf.org](http://www.nagagolf.org)

Disabled Golf Society  
Christopher Smith - 01666 503918  
Web: <http://www.disabledgolfsociety.com>

### **Golf Lessons**

Ken Gilhespy - 07591088336

### **Governing Bodies**

English Federation of Disability Sport

Tel: 0161 247 5294

British Amputee and Les Autres Sports Association (BALASA)

63 High Street, Loscoe, Heanor, DE75 7LG

### **Gym & Fitness**

MANFIT - Manchester Amputee Fitness Initiative

Tel: 01457 854604 / 07776 181180

Fax: 01457 862549

Email: [info@manfit.org](mailto:info@manfit.org)

Web: [www.manfit.org](http://www.manfit.org)

### **Gymnastics**

Helen Bushell (Southern Region Development Officer) - 07739 512182

## **H**

### **Hockey**

British Sledge Hockey Association (BSHA)

Tel: 01482 670628 or 07976 703534

Email: [sledgehockeygb@yahoo.com](mailto:sledgehockeygb@yahoo.com)

### **Horse Riding**

Riding for the Disabled Association

Tel: 0845 658 1082

Web: [www.riding-for-disabled.org.uk](http://www.riding-for-disabled.org.uk)

Riding for the Disabled in Ewell

Tel: 01372 743690

Horse Riding & Show Jumping

Alison Betteley - 07889 297987

Email: [alisonbetteley@vodafoneemail.co.uk](mailto:alisonbetteley@vodafoneemail.co.uk)

## **I**

### **Ice Skating**

National Ice Skating Association

Tel: 0115 853 3100

Email: [nisa@iceskating.org.uk](mailto:nisa@iceskating.org.uk)

Web: [www.iceskating.org.uk](http://www.iceskating.org.uk)

## **J**

*No Sports Found.*

## **K**

### **Keep Fit**

Inclusive Fitness Initiative

Tel: 0114 257 2060

Email: [ifi@montgomery.freeserve.co.uk](mailto:ifi@montgomery.freeserve.co.uk)

### **Kite Surfing**

Tel: 0845 643 0630

Web: [www.mobiusonline.co.uk](http://www.mobiusonline.co.uk)

Email: [info@mobiusonline.co.uk](mailto:info@mobiusonline.co.uk)

## **L**

*No Sports Found.*

## **M**

### **Martial Arts**

Disabled Martial Arts Club

Sam Wardhan - 01522 804825

Email: [sam@pedestrian.info](mailto:sam@pedestrian.info)

Disabled Martial Arts Association

Tel: 01992 878104

Web: [www.disabilitymartialartsassociation.co.uk](http://www.disabilitymartialartsassociation.co.uk)

### **Motorcycling**

National Association for Bikers with a Disability (NABD)

Tel: 0844 415 4849

Email: [nabd@nabd.org.uk](mailto:nabd@nabd.org.uk)

Web: [www.nabd.org.uk](http://www.nabd.org.uk)

The Disabled Motorcyclists Association

Tel: 0161 833 8817 or 07947 138303

Web: [www.thedma.org.uk](http://www.thedma.org.uk)

### **Motorsports**

British Motorsports Association for the Disabled (BMSAD)

Tel: 01923 265577

Email: [david@justwebs.co.uk](mailto:david@justwebs.co.uk)

Web: [www.justmobility.co.uk/bmsad](http://www.justmobility.co.uk/bmsad)

### **Mountain Biking**

Tel: 01772 562883

Email: [phil@roughriderz.co.uk](mailto:phil@roughriderz.co.uk)

Web: [www.roughriderz.co.uk](http://www.roughriderz.co.uk)

### **Mountaineering**

The British Mountaineering Council

Tel: 0161 445 6111

Email: [office@thebmc.co.uk](mailto:office@thebmc.co.uk)

Web: [www.thebmc.co.uk](http://www.thebmc.co.uk)

## **N**

### **Netball**

England Netball

Tel: 01462 442344

Email: [info@englandnetball.co.uk](mailto:info@englandnetball.co.uk)

Web: [www.englandnetball.co.uk](http://www.englandnetball.co.uk)

## **O**

*No Sports Found.*

## **P**

### **Parachuting**

London Parachuting School

Mike Bolton - 0845 130 7194

Email: [mikeb@londonparachutescholl.com](mailto:mikeb@londonparachutescholl.com)

### **Paralympics**

Paralympics GB (formerly The British Paralympics Association)

Tel: 020 7211 5222

Web: [www.paralympics.org.uk](http://www.paralympics.org.uk)

## **Q**

*No Sports Found.*

## **R**

### **Rambling**

Disabled Ramblers

Mike Bruton - 01628 621414

Web: [www.disabledramblers.co.uk](http://www.disabledramblers.co.uk)

## **Rugby**

The Rugby Association

Tel: 07773 781554

Amputee Rugby

Tel: 07921 891380

Wheelchair Rugby

Ross Morrison (Hampshire) - 01329 513506

Paul Davies - 01443 829476

Great Britain Wheelchair Rugby

Tel: 07977 412272

Web: [www.gbwr.co.uk](http://www.gbwr.co.uk)

## **S**

### **Sailing**

Tel: 020 8858 1822 or 020 7289 1863

Sailability

email – [simon.davies@uksa.org](mailto:simon.davies@uksa.org)

[www.uksa.org](http://www.uksa.org)

### **Shooting**

GB Target Shooting Federation

Tel: 01483 486948

Email: [info@gbtsf.org.uk](mailto:info@gbtsf.org.uk)

Web: [www.dts.gb.org.uk](http://www.dts.gb.org.uk)

Shooting for the Disabled

Trevor Budgen - 01342 870660

Rose Hughes - 01252 842715

Web: [www.members.tripod.com/shoot/scd/](http://www.members.tripod.com/shoot/scd/)

### **Skiing & Snowboarding**

Disability Snowsport UK

Tel: 01479 861272

Web: [www.disabilitysnowsport.org.uk](http://www.disabilitysnowsport.org.uk)

Southern Ski Club for the Disabled (SSCD)

Tel: 07956 246454

Web: [www.sscd.org.uk](http://www.sscd.org.uk)

### **Skydiving**

See P for Parachuting

### **Snooker**

National Governing Body - World Snooker  
Tel: 0161 953 2499  
Stuart Lucas - 020 7717 1699  
Wheelchair Cue Sports  
Tel: 0141 941 0778

### **Sports+**

The Limbless Association Sports+ Project  
Dean Heffer -01245 216670  
Email: [dean@limbless-association.org](mailto:dean@limbless-association.org)

### **Surfing**

[www.freedomsurf.org](http://www.freedomsurf.org), email  
[www.mark@freedomsurf.org](mailto:www.mark@freedomsurf.org) or  
contact Mark Hill on **07530 888936** or  
**01637 879005**.

### **Swimming**

British Swimming  
Web: [www.britishswimming.org](http://www.britishswimming.org)

Swimming for People with Disabilities  
Olive Bows - 01268 418879 or 020 8847 4306

Swimming for Amputees in Manchester  
MANFIT - Manchester Amputee Fitness Initiative  
Tel: 01457 854604  
Mob: 07776 181180  
Fax: 01457 862549  
Email: [info@manfit.org](mailto:info@manfit.org)  
Web: [www.manfit.org](http://www.manfit.org)

## **T**

### **Table Tennis**

Tel: 01424 722525  
Web: [www.englishtabletennis.org.uk](http://www.englishtabletennis.org.uk)

### **Ten Pin Bowling**

Tim Etherington (Chairman of the Disability Sports Group)  
Derby City Council  
Tel: 01332 641238

## **Tennis**

The International Tennis Federation

Tel: 020 8878 6464

Email: [wheelchairtennis@itftennis.com](mailto:wheelchairtennis@itftennis.com)

Web: [www.itftennis.com/wheelchair/](http://www.itftennis.com/wheelchair/)

Wheelchair Tennis Group

Billesley Indoor Tennis Centre

Tel: 0121 464 4222

The British Tennis Foundation

Tel: 0845 872 0522

Web: [www.britishtennisfoundation.org.uk](http://www.britishtennisfoundation.org.uk)

## **Triathlon**

Tel: 01509 226161

Web: [www.britishtriathlon.org](http://www.britishtriathlon.org)

## **U**

*No Sports Found.*

## **V**

### **Volleyball**

Sitting Volleyball

Robert Barrett - 07984 426411

Richmond Volleyball

David Rivers - 07779 134007

## **W**

### **Water Skiing**

British disabled-Water Ski Association

Tel: 01784 483664

Email: [info@bdwsa.org](mailto:info@bdwsa.org)

[www.bdwsa.org](http://www.bdwsa.org)

### **Weight Lifting**

British Weightlifting Association (BWLA)

Tel: 01952 604201

Disabled Weightlifting

John Amos - 07766 918239

**Wheelchair Basketball** -See B for Basketball

### **Wheelchair Racing**

Tel: 01642 476169

### **Windsurfing**

Martin - 01992 524189

Web: [www.broxbournesailingclub.co.uk/windsurfing/](http://www.broxbournesailingclub.co.uk/windsurfing/)

## **X – Xtra Activities**

### **Bell Ringing**

Web: [www.candoco.co.uk](http://www.candoco.co.uk)

## **Y**

### **Yachting**

Sailability / The International Association For Disabled Sailing

Tel: 0845 345 0403

Web: [www.sailing.org/disabled](http://www.sailing.org/disabled)

## **Z**

*No Sports Found.*

If you have information or contact details on any other sports please contact the Limbless Association so we can include them on this list.

If you have any problems contacting any of the contacts on this list please contact our Sports+ officer:

Dean Heffer  
The Limbless Association  
Unit 16  
Waterhouse Business Centre  
2 Cromar Way  
Chelmsford  
Essex  
CM1 2QE

Phone number – 01245 216670

Email: [dean@limbless-association.org](mailto:dean@limbless-association.org)