



The Uphill Ski Club

11 February 2014

Victoria Hingston (née Cottrell) ran the Amsterdam marathon on Sunday 20 October 2013. She ran the 26 mile course with her boyfriend (now husband), Joe, his fifteenth marathon and Victoria's first raising money for the Uphill Ski Club who are supported by Disability Snowsport UK.

The Uphill Ski Club in Kent gives people with physical and/or intellectual disabilities the opportunity to share in the joys and freedom that skiing offers, with the help of others and through the use of adaptive equipment and techniques. Having experienced the work of the Uphill Ski Club first hand (Victoria's brother William has Down's Syndrome and skis there every fortnight) she has evidenced the happiness that skiing brings to the individuals involved - both skiers and instructors. Some of the skiers even go on to participate in international competitions - for example, Victoria's brother competed in the Special Olympics World Winter Games in Boise, Idaho in 2009 and won a bronze medal in the giant Slalom.

Of course, adaptive skiing is not without its costs: the Uphill Ski Club has to meet the costs of venue hire, equipment and insurance. All of the instructors and administrative staff involved give their time for free. This means that any donations that are made towards Uphill Ski Club goes directly to the skiers.