


Young Persons' Sports Panel

Name	Caitlyn Ross	
Age	20	
Local SDS Branch	<u>Forth Valley Disability Sport</u>	
Sport	Athletics	
Events	Shot put, discus, javelin, 100m	
Best achievement to date	Special Olympics in 2013 in Bath where I managed to achieve two silver medals for shot put and discus. I also achieved three gold medals in shot put, discus, javelin and silver for 100m at MENCAP Games 2015 with PBs in the shot put and discus. Also in MENCAP Games 2016 I achieved four gold medals in 100m shot put, javelin and discus, breaking the games record in javelin and also getting PBs in shot put and discus.	
Sporting highlights	Representing Scotland Youth Darts Team at the Internationals in 2013	
Sporting aspirations	Represent my country at athletics. Also keep improving in my throwing techniques. Hopefully one day reach over 10m in shot put. I would also like to meet Jessica Ennis-Hill as she has given me so much inspiration. I also hope to do well in Special Olympics in Sheffield this year.	
Sporting hero	Jessica Ennis-Hill	



Scottish Disability
Sport

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for participants and athletes with
physical, sensory or learning disabilities*