
Sports Awards Evening 2008 will be held at,
The Exchange, Thainstone Mart,
Inverurie on
Friday 27th March 2009

YOU WILL FIND THE
NOMINATION FORM FOR
ABERDEENSHIRE SPORTS
AWARDS EVENING 2008 ON
PAGE 10 OF THIS NEWSLETTER

GET YOUR NOMINATIONS
IN - closing date for nominations is
Monday 16th February 2009

HAPPY NEW YEAR!!!!!!!



Happy new year to all our readers.

We look forward to supporting and working with sports clubs, organisations and individuals once again this year.

Hope you have an exciting and successful year of sport in 2009.



Marathon places made available to Scots!



Places in the London Marathon, which will take place on 26th April 2009, have been made available for any Scots, wishing to support Sense Scotland's valuable work with blind and deaf children.

Bonded charity spots have been offered to Sense Scotland who are now looking for individuals to raise funds and help boost the profile of the charity.

Andy Hughes the event organiser said, "Our runners will receive a Welcome Pack and full support as they progress and a comprehensive training guide. They will also get regular e-newsletters and on the day of the race, they'll be welcomed to Sense's Post-Race Reception with hot food and a massage!"

Individuals or groups, wishing to take up one or more of the running places, must undertake to raise at least £1,000 per person, for the charity and make a small deposit to secure their place.

The Flora London Marathon course is relatively flat and fast, starting in Blackheath and ending at the Mall right in front of Buckingham Palace. The route takes in some of London's finest sights and hasn't been changed since its debut in 1981 - other than in 1994, when the finish line was moved from Westminster Bridge to The Mall, and in 2005, when part of the course was changed to avoid the dreaded cobbles next to the Tower of London. .

CONTACT DETAILS: Andy Hughes, 0141 429 0294 / ahughes@sensescotland.org.uk, Sense Scotland, TouchBase, 43 Middlesex Street, Kinning Park, Glasgow, G41 1EE

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International Badminton Festival

I would inform you that the International Sport & Cultural Association of which the Scottish Association of Local Sports Councils is a member will be hosting their bi-annual International Festival of Badminton Tournaments in Europe's number one badminton country - Denmark in April 2009.

Dates

The project will take place in the city of Copenhagen from Thursday 9 April until Sunday 12 April with an excellent programme of events catering for all standards.

Background

At the two previous festivals in Copenhagen in 2005 and 2007 Scotland was represented by badminton players from Glasgow, Renfrewshire, Clydesdale and the Dumfries area and it is excellent that non international players in Scotland have this excellent opportunity to participate in a popular international tournament which also has a first class social programme of swimming, bowling, sightseeing in addition to a closing ceremony disco/party. Participants will also experience great badminton matches, meeting players from other countries in an atmosphere of sportsmanship, joy and genuine respect of each other in fabulous Copenhagen.

Selection of Junior Events

In an excellent badminton environment the festival will cater for juniors in the under 15 years (born 1994/1995), under 17 years (born 1992/1993) and under 19 years (born 1990/1991) categories. Within each age category there will be sections for elite, master (number two level), in addition to category 3 and 4, therefore, catering for all standard of players.

Senior Tournaments

The ladies and gents events will not cater for elite players. However, they will include good Scottish club players in addition to recreational players.

In the programme of ladies singles and doubles, gents singles and doubles, in addition to mixed doubles, players will be permitted to take part in a maximum of two events.

Accommodation

The Danish Gymnastic and Sports Association has excellent accommodation facilities within the city centre next to the badminton venues and options available include their modern hostel from 10 euros per night per person to the DGI Byens Hotel adjoining the large sports centre/ modern oval swimming pool and spa, in addition to traditional school accommodation is also available.

Travel

There is a variety of flights to Copenhagen direct from Glasgow or Edinburgh or to Bilund (next to Legoland), thereafter by bus to Copenhagen or to Copenhagen via Amsterdam, London Stansted or to Malmo via Stansted.

Additional Information

Closing date for entries will be at the beginning of 2009. However, the earlier flights are booked the cheaper the cost and a good choice of accommodation.

Badminton enthusiasts requiring entry forms or additional information should contact the following:

Millar Stoddart, International Chairman
 Scottish Association of Local Sports Councils
 c/o South Lanarkshire Leisure
 North Stand
 Cadzow Ave
 Hamilton
 ML3 0LX

Tel No 01698 456131 (office) - Tel No 01555 664235 (home)
 International Festival Badminton Comp (2009)

1 Day Basic First Aid

The programme focuses on key life-saving skills, provides an opportunity to learn the first aid response to the most common accidents and situations, and is underpinned by relevant theory.

Course Outline

Respond to the needs of unconscious casualties
 Includes placing an unconscious person in the recovery position.

Perform cardio pulmonary resuscitation (CPR)

Participants will be taught how to lift the chin to open the airway, give effective rescue breaths and perform chest compressions. The programme also covers the different techniques for adults, children and infants. All learners will be given the opportunity to practice their skills on a resuscitation manikin.

Respond to the needs of casualties with major injuries
 Participants will cover all of the following by observation:

- * Significant blood loss
- * Shock
- * Muscular / skeletal injury
- * Burns and scalds

6 hour training course

HSE approved and Certificated especially tailored to suit sports coaches.

Meets the criteria set by National Governing Bodies for Sport for coaches insurance purposes.

Organised by Grampian Coaching

www.grampiancoaching.org.uk

29/11/2008	Sat	10am-4pm	First Aid	20
Fraserburgh				
24/01/2009	Sat	10am-4pm	First Aid	20
South				
07/02/2009	Sat	10am-4pm	First Aid	20
Aberdeen				
14/03/2009	Sat	10am-4pm	First Aid	20
Central				

If any group or club would like a first aid course we can run one for them at their club if they have a suitable facility, but feel free to contact myself for more information on First Aid courses.

Jan Stander, Grampian Coaching Manager,
 07711982204

Aberdeenshire Disability Sport "Just shows it can be done!"

By Claire Bonner

Sunday 3rd August 2008. The morning of Alford Novice Triathlon two athletes from the Grampian Disability Triathlon Squad were taking the plunge into an unknown territory of mainstream triathlon.

Here's one of the athletes stories:

With bikes ready and waiting on the racks, trainers waiting on the towel and cycling helmets waiting on the handle bars. Athletes waiting anxiously for the heats to start.



Then the clock struck 11am time for the first heat, When Craig would embark on his journey. He entered the pool with his coach on pool side making sure the endless amount of

instructions were listened to and understood.

54321 with a loud blast of the whistle and Craig was off. Head down in the water concentrating on every front crawl arm action. So much noise, so many people all around him all swimming hard to achieve the time they so badly want. Craig kept his concentration and conducted the lane discipline required to avoid disqualification not an easy task for anyone but for Craig who has autism it was especially hard. In the time of 11 minutes 30seconds Craig's swim was over HE HAD DONE IT.

This is where triathlon differs from many sports the clock doesn't stop when the discipline is over there was still a cycle and a run to undertake.

This point the transition was especially hard for Craig not engaged in a specific sporting task but moving from one activity to another with people everywhere lots of cheering announcements and everyone at different stages

in their race. Wayne, Craig's support cyclist and runner had to engage Craig with lots of calming reassurance to get him back on track and finally they passed the transition line and he was off on his bike. Being encouraged by his coaches and parents everyone so proud with lumps in their throats but also very aware he still had far to go.

The 44minutes and 50seconds of Craig's cycle was felt by all in different ways. Craig's coaches and parents anxiously waiting to see Craig back safe sound and still with a smile on his face. Craig and Wayne feeling every minute of the cycle in their legs, heart and lungs.

Then Craig was back safe and sound and still with that smile on his face. Ready for transition two not as bad as the first one as he had already done it he knew what was coming so within 50secs Craig was onto the run course.

Craig was round the run in 20minutes and 52 seconds. Race finished what an achievement.

Craig was a champion in his, his coaches and parents eyes. He had taken on the challenge and achieved his goal. Craig's mum summed the events on that day perfectly "It's just shows it can be done". So the message to all is with the right support, training and encouragement anyone with whatever disability can participate in sport and physical activity. Let us all as coaches, participants and sports representative look at ways to over come barriers and attitudes that stop many from gaining such positive and life changing experiences as Craig did.

Further information on Disability Sport please contact Claire Bonner on 01467 628812 or claire.bonner@aberdeenshire.gov.uk

Aberdeenshire Sports Directory 2008/09

The 2008/09 edition of the Aberdeenshire Sports Directory (incorporating the Aberdeenshire Disability Sport Directory) will be available soon.

There are over 290 clubs/organisations and individuals listed in the main directory all affiliated to Aberdeenshire Sports Council. They represent a wide range of sports (over 50) which are enjoyed throughout Aberdeenshire.

The central yellow pages of the directory give details of many opportunities for disabled people to take part in sport. There are numerous sports and activities available together with contacts of clubs, groups and facilities which can cater for the needs of disabled people.

The directory should prove a valuable guide and reference to all those interested in sport. A copy will soon be circulated to all affiliated clubs/organisations and copies will be widely available throughout the area.

The directory can also be found on the website - www.Aberdeenshire-Sports-Council.org.uk along with a host of other useful information.

MACDUFF PRIMARY SCHOOL / MURRAYFIELD TRIP 31ST OF MAY 2008

Macduff primary felt privileged that they were one of the 16 schools invited to attend a Festival of Rugby – National



Foundation Event – Tag Rugby 7s tournament. Thirteen lucky pupils headed off at 7.00am, along with Susan Mackintosh (Active School Coordinator), Stewart Ross (Rugby coach) and Graeme Gauld (Rugby coach) on their long journey to Edinburgh. A stop at Dundee / Tesco was required for the team to get changed into their kit which was supplied by



Banff Rugby Club.

On arrival at Murrayfield it was evident that the atmosphere for the day was going to be buzzing. The registration desk allowed the group the opportunity to witness their first close ups of the day – New Zealand International players were warming up and getting ready for action on the main pitch. The format for the day was for the team to play three games throughout the day of events and have the opportunity to watch the International 7s play in between. Macduff lost their first game, won their second and drew their third and although they did not win any prizes for their efforts the team played very well.



One of the highlights for the boys in the team was watching the Scottish Rockets perform some Cheer Leading routines. To finish the event the team enjoyed watching the Scottish 7s squad play in the final match of the day

against a strong Argentina team. The children were allowed to sit around the pitch giving them a fantastic view. We arrived home in

Macduff at 11.45pm with a tired and weary group. A fantastic day was had by all and Macduff Primary School would like to thank Aberdeenshire Sports Council and Aberdeenshire Councils Rural Youth Transport Scheme of Financial Assistance for their contribution towards transportation costs.



Bon Accord Rifle, Club Aberdeen Sheena Sharp takes the Roberts

Sunday, 17 August 2008

Sheena Sharp of Bon Accord club in Aberdeen became only the second woman to win the British Prone Small-Bore Rifle Championship for the Earl Roberts Trophy, whilst Michelle Smith of Aireborough, who was the first to achieve the feat last year, finished third. Separating them was Tony Lincoln of Bedford, runaway winner of the Class X Aggregate earlier in the week.

The final was a close-run thing throughout, despite the windy conditions which kept the scores low, particularly at 100 yards. Sheena led after the first 50-metre card with 197, but four others were only a point behind, being Michelle Smith, Nick Clark, David Phelps and John Pugsley.

Defending Champion Michelle then put in a 200 on the second 50-metre card, when the next highest score was 196. Thus at the half way stage Michelle was in a comfortable lead on 394, the next places being taken by John Pugsley on 391 and Sheena, Nick and Geoff Webb all on 390.

The first of the 100-yard cards saw the average score drop to 187, so Tony's 194 moved him up the field from 7th to joint second, sharing the position with Michelle. They were a point ahead of Sheena and a point behind the new leader, Nick Clark, on 582. Thus in the windy conditions the door was open for any of them to put in a good card and take the title, and possibly also a shooter further down the list.

On the final card Nick Clark fell away with a 185 to leave him fourth. Michelle scored 187 and Tony 189, but Sheena stormed through with the best card of the detail, 192, to claim victory by two points. In addition to being only the second woman to win the Roberts, Sheena is the first Scottish winner since John Oliphant's back-to-back wins in 1992 and 1993.

The full result of the final was:

1	Ms M Sharp	Bon Accord	772
2	T A Lincoln	Bedford	770
3	Miss M Smith	Aireborough	768
4	N A Clark	Chippenham	767
5	H Simpson	Wick Old Stagers	766
6	D W F Phelps	Llantrisant & Cardiff Central	765
7	N J Day	Soke	763
8	J Pugsley	Budleigh Farm	763
9	G J Webb	Romford	761
10	N A Davis	Wimbledon Park	759
11	J R W Latimer	Bon Accord	758
12	M J Payne	Colchester	757

13	J C Dummer	Appleton	756
14	R C Brown	Ruislip	756
15	D J Caughey	St Andrews	756
16	Competitor	1154	756
17	M D Lawton	Basingstoke	754
18	D R Farmer	Havant	753
19	Miss K R Webber	Down Hatherley	752
20	P G Strong	Maidenhead	751

Then three weeks later at the last two Scottish Smallbore Rifle Association Grand Prix meetings: Winning Weekend for Sharp
8th September 2008

Sheena Sharp finished the summer season with two wins and a new Personal Best at the SSRA Grand Prix events over the weekend. A qualification round of 564 in the 3x20, in very windy conditions at Denwood, was a new PB, and earned her maximum points. Emma Cole-Hamilton was second, moving ahead of Susan Jackson to win the 3x20 series for the fourth time. Donald McIntosh won the 3x40 Grand Prix to retain the 3x40 series - a seventh title in 19 years.

Sheena went on to Gagie, where faced with more challenging conditions she shot an excellent 594 to take a three point lead into the final, with Martin MacGill and Cyril De Jonckheere taking the minor medals. Fourth place for Hugh Simpson gave him enough points to move into top place in the A&B series for his first outright win - having shared the series with Gordon Winch way back in 1989. Beverley Burnside, Fraser Cheetham and Iain Malone took the medals in the C&D series, leaving the order at the top of the C&D points table unchanged.

Earlier in the day Cliff Ogle had produced a stunning 596 to win Class B, with only 591 required by Hugh Simpson to win Class A. Beverley Burnside's excellent form continuing, with 590 to win Class C, with Simon Batchelor's 580 winning Class D.

DUFF HOUSE ROYAL GOLF CLUB

has spent considerably on
improving our course drainage.
we hope that this will benefit
the club in the long term

WESTHILL TABLE TENNIS CLUB

TABLE TENNIS THRIVING IN WESTHILL

The Westhill Table Tennis Club, formed in 2006, has over 60 members with more than 80% in the junior category. The Club operates on a volunteer basis from the Gymnasium at Westhill Academy on Tuesday and Thursday evenings and Saturday mornings.

Westhill now has 6 teams participating in the ADTTA League (www.aberdeentabletennis.org.uk) with half of the teams comprising junior members who are gaining experience and enjoying the sport. Thursday and Saturday sessions are devoted to developmental and practice activities mainly for juniors but with only 5 tables and restricted playing and storage space available the club's potential for expansion is inhibited. The opportunity to offer the quality table time in the appropriate environment needed for the development of excellence is similarly restricted.

The club's primary objective has been to offer opportunities to participate in Table Tennis and, having achieved that goal, the development of excellence would be the next priority if only we had the space and time to create the necessary environment. Junior members are encouraged to participate in activities wider afield and this is where the excellence gap becomes more apparent. ADTTA has been very supportive of the Westhill initiative and continues to offer demonstration and coaching opportunities to all schools and community groups in Aberdeen and Aberdeenshire. However, ADTTA's resources are limited.....so please form an orderly queue!

For more information about Westhill TT Club and/or ADTTA's range of activities please contact Charlie Flint (WTTTC Chairman and ADTTA/TTS Development Co-ordinator) on 01224 279905 or by email to cpflint@aol.com.

Charlie Flint

GARIOCH GYMNASTICS CLUB

Emma-Lou Donald, from Garioch Gymnastics, had great success at the Senior Scottish Championships held at the Bell's Sports Centre in Perth, on the 21st and 22nd June, 2008. In the competition over all pieces held on Saturday 21st, she achieved a bronze medal, qualifying on all four pieces in the individual piece competition held on Sunday 22nd. On the individual pieces she won the bronze medal on beam, and silver on vault, floor and bars.

Emily Paterson, also from Garioch Gymnastics, achieved overall bronze at the level 4 competition held at the Bell's Sports Centre in Perth, on the 14th September, 2008. The top four nine year olds in this competition qualified for the British Gymnastics Championships, held in Guildford, on the 8th of November. At the British Gymnastics Championships, Emily had a fantastic day and managed to improve her overall score by nearly 3 points, and achieve the highest score of all the Scottish nine year olds.

MURDOCHS FAMILY BLACK BELT SCHOOLS

New classes starting for beginners!!!!!!
In Peterhead, Mintlaw and Aberdeen
Please call us for further details on 01779 489731



Reports From A Number Of Previous Grant Recipients

GIRLS INTERMEDIATE UNITED KINGDOM TETRATHALON CHAMPIONS

by Lorna Megginson

Two o'clock in the morning on Thursday 14 August, three members of the Deeside Branch of the Pony Club's Tetrathlon Team were packing their pistols, swimming suits and running gear, then loading up their horses to head south to Hartpury College in the heart of English countryside of Gloucestershire the venue of the '2008 United Kingdom National Tetrathlon Championships.'

Tetrathlon is a four-disciplined sport consisting of shooting, swimming,



running and cross-country horse riding. The Deeside team: Mikaela Megginson, (14), Emma Easton, (15) and Bronya Woodes Rogers, (15), successfully qualified for the UK Championships. The girls have worked and trained hard as a team throughout the season and have learnt each other's strong and weaker points. The first event, the swim, blasted the competition into life with the Deeside Team each achieving personal best's (PB'S), giving them a strong contending start. Unfortunately the girls nerves got the better of them in the shooting phase, which resulted in lower than normal shooting scores. The competition moved on to day two which hosted the run.



Nerves were evident. The team knew what was required of them. It was going to hurt. Setting off on the run at one-minute intervals, the girls pumped each other up and again they dug deep with each, again, achieving PB's. Their incredible runs positioned the Deeside Tetrathletes slightly ahead of the field. This competition was going down to the wire. Bronya, Mikaela and Emma had to get their horses around the cross-country course with no

faults to be assured of bringing that coveted trophy to Scotland for the first time. Coach, Kirsty Birse, took the team out to walk the course, discuss the team tactics and calm the mounting tensions. Day three, each girl has her own routine, it all has to be right, the grooms had everything ready, the team just had to use it. Mikaela was first out on the course and went clear, beautifully ridden. Then Emma, on her new horse, had one refusal but she recovered to finish with only 60 penalty points. The last to go and feeling the pressure, Bronya, went round clear and the team were now only 12 points behind the leaders. The competition continued with Deeside sitting in second place. The leaders took the course and had two of the team refuse a fence. The



Deeside Intermediate Girls Tetrathlon Team, were now the '2008 United Kingdom Champions'.

Tetrathlon is a sport of four disciplines which leads onto the Olympic sport of Modern Pentathlon, a sport of five disciplines: shooting, swimming, running, horse riding and fencing. The girls are still in training as they complete throughout the winter in the Scottish Tetrathlon Winter Series. From these competitions the girls are ranked and from this list the Scottish Tetrathlon Team for the following year is selected.

The girls are now entering competitions set up for Modern Pentathlon enthusiast, which they are.

These girls certainly have talent and should be watched. Who knows they may be future Olympians.

Reports From A Number Of Previous Grant Recipients

UKCC Level 1 Training and Assessment – Canoe / Kayak Instructor-Glenmore Lodge 26th-31st May 2008 by Donald Silcock, Aboyne Canoe Club

This course was superbly run by Glenmore Lodge staff and can be thoroughly recommended to anyone venturing into the new world of sport coaching. I am writing this report having just watched the success of Team GB in Beijing. The UKCC Level 1 course I attended instilled into each new coach the fact that you could be the first person with which a newcomer to canoeing comes into contact and the basic foundation skills count.. towards future Golds!

The course encompassed every element of foundation skills training in canoes and kayaks. It included a full day rescue training – not a dry bone in sight and several views of the Loch Morlich underwater world! There was a day understanding the different styles of coaching, a day putting these into practice with your own planned sessions and classroom sessions that were relaxed, fun and minimal (just enough for the formal SVQ qualification). There was plenty of opportunity to practice the coaching styles and all twelve course participants were soon transferring skills and ideas amongst themselves.

The technical content on and off the water was excellent and the quality and wide choice of equipment was outstanding – well done to the quartermasters.

The course venue is second to none, the new south wing accommodation block is better than most hotels I have stayed in and the drying rooms are monstrously good at extracting water from anything overnight. The catering uses local produce and boy can they feed you well – what a superb statement of intent from the very beginning, through your stomach!

All in all a superb 5 days canoeing and kayaking under the watchful eyes of some world class instructors... you should try it – we need more instructors for our youngsters urgently – 2012 is approaching fast !!

Well done Glenmore Lodge.

Alford/Aboyne schools project by Graema Verra, Mar Orienteering Club

The project involved mapping 2 schools in the Aboyne Academy network and 13 schools in the Alford Academy network for use by schools and active schools coordinators to introduce orienteering across the primary schools.

Tutoring was provided for teachers, active schools coordinators, parents etc to gain a level 1 British Orienteering Coaching Award. 13 people attended the course in March at Ballater Primary School (7 hours over 2 evenings).

Instruction was provided by club members for pupils at 4 schools over 8 sessions. In addition to the active schools coordinators own instruction sessions about 250 children in 15 schools were introduced to orienteering during 3 hours of contact (exact sessions varied from school to school depending on when sessions fitted in with the rest of the timetable).

Two schools festivals were arranged by club members, aided by the active schools coordinators – attended by about 190 schools children from 10 schools.

Aboyne Academy was supported in sending a team to the Scottish Schools Festival where they won the overall trophy and junior boys section.

Two special sets of equipment for introducing orienteering to infants were purchased.

The project was a great success and we are working with the FC and Active schools coordinators to ensure the continuation of the schools festivals across the networks and to provide 2 permanent orienteering courses (at Haughton Park, Alford and Glen O'Dee, Banchory) to increase the chance of schools providing good quality introductory orienteering to their pupils.

EUROPEAN MASTERS ROPE SKIPPING COMPETITION - HUNGARY

by S Ilvanna Matheson, Skip 2 the Beat Coach

An exciting time for Skip 2 The Beat - one of our skippers, Isla Matheson age 15, had qualified to represent Britain in The European Masters in Hungary. She was the first Scot to take part in this competition : in fact she was the first skipper outside the top British club, The Blue and Whites, to compete - she was also the youngest.

On Thursday 23rd of October we flew from Aberdeen to Luton where we met up with Team UK, of whom Isla was to be part of. The National Coach, Sue Dale gave Isla her Team UK outfit for travelling, and once dressed, she joined the others and we boarded our flight to Budapest. On our arrival in Hungary we were met by two Hungarian skippers who led us to the bus to take us to our hotel. We were exhausted when we reached the hotel two and a half hours later!

On Friday morning we met up with the Belgian Team and we then set off to the hall to practice. By Friday evening we had met most of the skippers from the other European countries. They all seemed so much older and more experienced. Some of them were celebrating 15 years of competing!

Finally Saturday arrived and after an early lunch we headed off to the competition hall. All of the competitors were called to the area at the back of the arena. The ceremony was opened by the Lord Mayor and when the music started, the skippers paraded into the Arena with each country led by a Hungarian girl dressed in National costume who carried the country's flag. A fantastic dance show then took place by local Hungarian Dance and Gymnastic clubs. It was then time for the competition to begin. I was amazed at the high standard of skipping. Several world champion skippers were taking part, some of whom broke their own standing records. Isla had done really well in her Speed, Endurance and Triple Unders. However I felt really nervous when she was called to the arena for her freestyle routine. Once she started into it she appeared to be catching the rope around her feet. Then she realised the problem.....her rope had knotted, one of the worst things that could happen to a skipper. I was amazed as Isla stopped skipping, untied the knot and carried on, picking up her routine and performing a fantastic routine with no further trips or mistakes. The National Coach couldn't believe how calm and level headed she was.

On Saturday night, there was more spectacular shows by the Dance and Gymnastic groups as well as large buffet , and of course, the Awards. Isla's main worry was that she would come last however she did exceptionally well and finished just over half way with about 10/12 skippers after her. Everyone came to congratulate her for doing so well at her first European competition, and the National Coach was so impressed by her performance that she has asked he to work with Team UK again. I can't explain just how proud I felt as I watched her in the Arena.....as a coach AND a mother!!

Reports From A Number Of Previous Grant Recipients

3rd time lucky!

by Lorna Hogg

2008 was Marco and I's third experience competing with the Scottish Endurance Teams- 2004, 2007 and now 2008. All will hold special memories!



We had been on the Home International Team in the previous years and both times Scotland Won the Home International- would our luck hold?

This trip was to be exciting as it involved the ferry crossing to Northern Ireland and my first time in Ireland full stop- and I'd thoroughly

recommend it- just beautiful! I travelled 6 hours to Stranraer on the Wednesday and stabled over with many of the other Team members, ready for Thursday morning sailing. Thursday arrived and we got ready, the team had to be split with half going on the early ferry and half on a slightly later ferry- thankfully we were the later group, therefore requiring not quite such an early rise!

I somehow managed to end up being first trailer in to the ferry terminal- we sat and waited a while so opened the doors to speak to the horses- there was much hilarity at Marco peeking out through all his luggage! The time came for boarding the ferry with me leading the way and the trailers got anchored down- all out on the open deck so the horses got fresh air. Then we had to leave them- but they were all fine!

The crossing went well and was not too rough- but we arrived to rain! And lots of it whilst travelling up the coast road to Glenariff our destination! That was to set the scene for the weekend pretty much- rain, rain and more rain- although there were periods of dry weather and as I later found out the rain had its advantages for Marco!

We arrived and got the horses settled in the stables, then put up corrals and let them out to graze and leg stretch for a while.

Friday was Team Turnout Day- and Team vetting day- and the sun shone! So after being checked first thing by our Scottish Team Vet (the official one- we also had a rider who was a vet and a crew member!), having ridden exercise and corral turnout, we went to look at the route. Then it was time to get the horses ready for vettings and turnout parade.

Not all the Team Members opted to take part in the parade- as long as we had enough to make us look a Team- Marco had taken part in a parade in the past and I thought would be sensible enough- so I opted to take part- he was a star and never put a foot wrong- even when some of the others got a little excited he stood solid- I was very proud!

The routes were wonderful, even in the rain, and views spectacular. Our horses enjoyed themselves and 3 of us Scots rode together- and we were also joined by a lovely young Irish girl who we seemed to take under our wings. We thoroughly enjoyed ourselves and passed the mid way vettings with flying colours and quickly- ably helped by Graham Swanson our Team Vet and Catriona Goulding, Equine Sports Massage Therapist and Physiotherapist- and both get involved in all helping aspects too. We had support crew over who had a campervan at the vet gate and made welcome hot drinks for us- and a comfy dry seat. The team spirit was amazing.

Marco passed his final vet inspection in a torrential downpour of rain- which helped cool him and give him a 48 finishing heart rate- only a few minutes after crossing the line of an 80km ride! Was I delighted- of course!

I then spent Sunday helping some of the less experienced team members with their cooling techniques at the end of their rides, as our Chef D'Equip, Evelyn,

was out at the vet gate with the longer distance riders. So I had a big responsibility as heart rates can be taken into account if teams finish equal on the other criteria. I was relieved when they both passed with good heart rates and I could report to Evelyn!

As well as members who had come across to support us in Ireland we had a great amount of support through the Scottish Endurance Riding Club Forum- below are a few of the snippets and the final result of the weekend!

"Just had Lorna on the phone - she's delighted to report that she finished the ride with the same 4 shoes that she started with (not to mention a heart rate of 48!!!) She said the course was brilliant, views terrific just as Francis said and she's off for a shower now too. S. "

"I have just had one very excited Lorna on the phone telling me of her 'wonder horse' Marco today and would also like to share that that Marco gained 3000kms after today's ride. What a fabby horse & to keep all his shoes on, was an extra bonus! The weather isn't great though, it's raining again just now and they have had thunder and lightning within the last hour or so. Hopefully the weather will clear up for those left to ride tomorrow. fingers crossed for them all tomorrow. "

Hi all Just got a call from Evelyn to say she is very happy with the team to day as well, all are past vet and are out on the course. Ireland have lost 160km rider, Wales have lost 160 & 120Km rider England 160km rider .

We are 1st at the moment in Home International and in the CC Ireland lost their 20km and 80km and we are lying equal with the welsh but Evelyn thinks we are faster!!

FANTASTIC news from Ireland.....

Scotland has won team GOLD in.....

THE HOME INTERNATIONAL
&
THE CELTIC CHALLENGE
& TEAM TURNOUT

and SUE RAVENHALL HAS WON THE NOVICE TROPHY

Congratulations to everyone and to some serious celebrations tonight!

Yeah, Scotland does it again

In addition, Marco and myself are also members of Findon Riding Club and Marco showed his versatility by competing at the Area 22 British Riding Club Qualifiers a week after completing a 126km Endurance Ride- he came away with a first in Pairs Dressage, First in Individual Novice Dressage and 2nd Open Dressage Team and 2nd Riding Test Team. Unfortunately the decision was taken not to travel to Lincoln this year for our individual dressage and the pairs.

So to next year- our plan is to travel to and compete in the 2 day 160km ride at the Golden Horseshoe in Exmoor.

Fingers crossed- things can so easily go wrong!

ABERDEENSHIRE SPORTS AWARDS 2008

The awards evening will be held at The Exchange, Thainstone Mart, Inverurie on the 27th March 2009, we will also send out applications nearer the time. You can also use the nomination form printed in the newsletter

Category Details

*Sports Personality of the Year

This award aims to recognise the achievements of a top sports performer in 2008. (aged 18 or over)

*Young Male Sports Personality of the Year

This award aims to recognise the achievements of a top junior male sports performer in 2008. (U18 at 1/1/08)

*Young Female Sports Personality of the Year

This award aims to recognise the achievements of a top junior female sports performer in 2008. (U18 at 1/1/08)

*Coach of the year Award

This award aims to recognise the dedication and achievements of a sports coach in 2008.

*Team of the Year Award

This award aims to recognise the achievements and commitment of a sports team in 2008. This award applies to teams at all levels.

*Service to Sport Award

This award aims to recognise someone who has made an outstanding voluntary contribution to sport as administrator, helper or official, over a number of years. (Please note that previous winners of this award are not eligible for nomination)

* Outstanding Achievement of the Year Award

This award aims to recognise an individual who, for example:

- is new to a sport but has shown outstanding potential
- has overcome particular difficulties to pursue their chosen sport, showing courage and determination
- is returning to their sport after a lengthy break for injury
- or has achieved personal bests or broken records in their sport

This applies to an individual in sporting activities at any level, and deserves recognition for their achievements in 2007 (Please note that a winner of any other category will not be eligible to receive this award)

Criteria for Categories

* Sports Personality of the Year

1. Be an Aberdeenshire resident aged 18+
2. Have an amateur status
3. Compete in a sport recognised by sportscotland

* Young Male & Young Female Sports Personalities of the Year

1. Be an Aberdeenshire resident under 18 years
2. Have an amateur status
3. Compete in a sport recognised by sportscotland

* Coach of the Year Award

1. Coach an amateur sports club, team or individual within Aberdeenshire.
2. Coach a sport recognised by sportscotland.
3. Coaches in fully paid professional jobs are not eligible for this award (i.e. manager/coach of professional football club, professional tennis coach, professional golf coach)

* Team of the year Award

1. Team must be from a sports club within Aberdeenshire.
2. Team must be from a sport recognised by sportscotland
3. The sports club, from which the team derives, must be affiliated to Aberdeenshire Sports Council

* Service to Sport Award

1. Be an Aberdeenshire resident.
2. For the purposes of this award, must not be a competitor or performer
3. Former winners of this award are not eligible for re-nomination

* Outstanding Achievement of the Year Award

1. Be an Aberdeenshire resident
2. Have an amateur status
3. Compete in a sport recognised by sportscotland

ABERDEENSHIRE SPORTS AWARDS 2008

Nomination Form

Please tick box

Sports Personality of the Year

Young Male Sports Personality of the Year

Young Female Sports Personality of the Year

Coach of the Year Award

Team of the Year Award

Service to Sport Award

Outstanding Achievement of the Year Award

Nominated Person/Team

Name

Team

Address

Telephone

Date of birth

Club

Sport

Current level of involvement

Nominated by

Name

Address

Telephone

Position/relationship with club/individual

Declaration

I hereby nominated the above named sportsperson for the _____(category)
And confirm to the best of my knowledge, all details given in support of this nomination are accurate.

Signed

Date

Reasons for Nomination

Please give as much information as you can about the nominated person/team, continuing on a separate sheet if necessary in order that the selection committee can give your nomination their fullest consideration.

Achievement to Date

Highlights in 2008

Future Targets

Any Additional Information

Completed nomination forms should be returned to
Secretary, Aberdeenshire Sports Council, C/o 1 Church Street, Macduff, AB44 1UR
CLOSING DATE FOR APPLICATIONS: MONDAY 16TH FEBRUARY 2009

NB: There should be ONE nomination per club for the Service to Sport Award. Previous winners of the Service to Sport Award are not eligible for re-nomination