

## Sports Awards Evening 2008 The Exchange, Thainstone Mart, Inverurie on Friday 27th March 2009

Once again Aberdeenshire Sports Council annual Sports Awards Evening was a great success with almost 200 people attending. The winners were selected from 65 nominations, all of a very high standard.

(See pages 2 and 3 for more details)



NEW WEBSITE AND EMAIL  
 ADDRESS:

[www.aberdeenshire.gov.uk/  
 sportscouncil](http://www.aberdeenshire.gov.uk/sportscouncil)

[sports.council@aberdeenshire.gov.uk](mailto:sports.council@aberdeenshire.gov.uk)

Aberdeenshire Sports  
 Council A.G.M

Wednesday 6th May 2009  
 at the Stewarts Hall, Huntly  
 at 7.30pm

Please see page 5  
 for more info.

## Wanted Sports Council Secretary

Due to the pending retirement of our current secretary Alison Hodgson, the position of Aberdeenshire Sport Council Secretary will soon fall vacant.

Alison currently works approximately one morning per week as well as attending a number of evening meetings. She has a desk at the Macduff office and if possible we would like to continue this arrangement but this could be changed to suit your circumstances.

This interesting and varied position will be attractive to anyone sympathetic to the development of sport across Aberdeenshire and involves working with a wide range of partners.

The position attracts an Honorarium (no tax) and out of pocket expenses are paid.

If interested, contact Kenny Gibb on 01467 633425  
 or Jim Conn on 07711 304514

## CONTENTS

Sports Awards Evening.....	1-3
Secretary Wanted.....	1
New Website Address.....	1
AGM.....	1
Garioch Rugby Club and Active Schools Project .....	4
Affiliated Clubs News .....	5
AGM- Agenda .....	5
Banff Network - Skipping Event.....	6
Review of Sportspass.....	6
Danish Gymnasts .....	7
Reports from Grant Recipients .....	8-11
Affiliation Form .....	12

# MPH/ABERDEENSHIRE SPORTS AWARDS 2008

Outstanding Achievement of the year Award -

Sponsor - Aberdeen & Northern Marts

Winner - Sheena Sharp Huntly Rifle Club



Service to Sport Award -

Sponsor - Scottish Association of Local Sports Councils

Winner - Pauline Stirling, Garioch Am.Swimming Club



Coach of The Year Award -

Sponsor - Masson and Glennie

Winner - Kenneth Gibb, Garioch Basketball Club (and Girls Basketball)



Young Female Sports Personality of the Year Award -

Sponsor - MPH

Winner - Kathryn Christie Banchory Stonehaven Athletic Club



Young Male Sports Personality of the year Award -

Sponsor - MPH

Winner - Peter Anderson, Fleet Feet Triathlon Club



Team of the Year Award

Sponsor - Limehillock Quarry Plant Ltd

Winner - Bon Accord Smallbore Rifle Club



Sports Personality of the Year Award

Sponsor - Craigdon Mountain Sports

Winner - Michelle Thomson

# MPH/ABERDEENSHIRE SPORTS AWARDS 2008

## Outstanding Achievement of the year Award -

Sponsor - Aberdeen & Northern Marts

Winner - Sheena Sharp

Highly Commended -

Greg Moir

Commended

Connor Milne ,Jamie

Robertson



## Service to Sport Award -

Sponsor - Scottish Association of Local Sports Councils

Winner - Pauline Stirling

Highly Commended

Melanie Stewart Wills

Commended

Derek Brown ,

James Young ,

Margaret Cruickshank



## Coach of the Year Award -

Sponsor - Masson and Glennie

Winner - Kenneth Gibb

Highly Commended

Melanie Stewart Wills

Commended

Michelle Davidson

Silvana Matheson



## Sports Personality of the Year Award -

Sponsor - Craigdon Mountain Sports

Winner - Michelle Thomson

Highly Commended

Sheena Sharp

Commended

Annabel Sall,

Greg Moir,

Neil Stirton



## Team of the year Award -

Sponsor - Limehillock Quarry Plant Ltd

Winner - Bon Accord Smallbore Rifle Club

Highly Commended Mackie Academy Baminton Team

Commended Banchory Trampoline Club ,Chapel

Cheetahs, Deeside Pony Club Intermedisate Girls

Tetrathlon Team, Finzean School Badminton Team

Aberdeenshire Sports Council Under 17 Bowling Team,

also Skip to the Beat



## Young Female Sports Personality of the Year

Award -

Sponsor - MPH

Winner - Kathryn Christie

Highly Commended Kay Copland

Commended Alexander Tilley , Isla Matheson Emma-

Lousie Donald, Kerry Riley, Lousie McGillivray, Rebecca

Sayers, Rhona McMillan, Sara Hamilton, Zoe Sinclair



## Young Male Sports Personality of the year Award -

Sponsor - MPH

Winner - Peter Anderson

Highly Commended Connor Milne

Commended Andrew Musgrave, Craig Burnett, Robbie

Simpson, Ryan Keir



# Garioch Rugby Club and Active Schools Project

Following on from the previous Rugby development work carried out by Garioch Rugby Club (GRC) in local primary schools, the club got together with Active schools (AS) to put in place a development plan to encourage extra curricular participation. The working group consisted of Rob Donaghue, Rugby Development Officer and Active Schools Coordinators Kerry Massie (Kemnay), Kathy Yates (Inverurie) and Gary Cameron (Meldrum). The group worked together to identify current barriers to developing primary age participation at the club and how these barriers could be overcome.

The initial step was to put in place a series of local festivals. It was felt that taking children out of the school environment and into a more competitive environment would help re-ignite interest in the sport. It was also felt that this would encourage integration with other local schools and pupils which would promote attendance at a centrally based primary after school club.

The first festival ran on November the 7th at Kellands Park in Inverurie for P6/7's and was a huge success. Around 400 children from 12 schools across the three networks took part. Games were played in a friendly yet competitive nature and the feedback from teachers and parents was excellent. The festival further allowed Garioch to raise awareness amongst parents of their youth development work in schools and provide information on the junior club they run on a Saturday.

To further promote Rugby in schools, the three winning teams of the Garioch festival (one from each network) were given the opportunity to compete in an inter-school festival in Aberdeen on November 22nd before receiving tickets to see Scotland vs. Canada at Pittodrie. Unfortunately due to adverse weather conditions the festival was cancelled however the schools were still able to attend the match. Again feedback from parents and teachers was great however most importantly the children really enjoyed the rare opportunity to see Scotland live. Further local festivals will be run in Inverurie, Kemnay and Oldmeldrum in March and April for P4/5's. This is to further develop the work done in local schools and is the culmination of a term of P4/5 curricular delivery.

The requirement to travel to Inverurie was also established as a barrier to after school participation and GRC and AS have worked together to create local satellite clubs to increase participation levels. These now take place after school one night per week in each network and are aimed at P4-7. The hope is that participation in these local clubs will develop into additional participation at junior club level.



Action from the Garioch Festival at Kellands Park, Inverurie.



Pupils at Daviot Primary receiving match tickets

# Aberdeenshire Sports Council Annual General Meeting

Stewarts Hall, Huntly, Wednesday 6th May 2009, 7.30pm

## AGENDA

1. Apologies
2. Minute of the previous A.G.M.  
(20th May 2008)
3. Matters Arising
4. Chairman's Report
5. Treasurer's Report / Accounts for 2008/09
6. Election of Executive Committee
7. AOCB

Following the agenda items a brief presentation will be made by Huntly Highlanders Cricket Club on the funding of their present and future club developments. Presentations will be made to grant aid recipients.

Tea and biscuits will be available

## AFFILIATED CLUB NEWS

### MURDOCHS FAMILY BLACK BELT SCHOOLS, NEW CLASSES STARTING FOR BEGINNERS!!!!

JOIN AND RECEIVE A FREE SUIT, CLASSES IN; ABERDEEN CENTRAL,  
ABERDEEN CITY & WEST, BRIDGE OF DON, PETERHEAD & MINTLAW

Murdoch's Family Black Belt School specialise in self-defence, fitness and relaxation for all the family. Having studied martial arts for 28 years and been teaching in the North East of Scotland for 21 years, Mr Murdoch VIth Degree Black Belt, is an International Instructor and a fully qualified and registered grading examiner.

The club offers a comprehensive martial arts programme and is qualified to the ITF, registered with the BTC and the British Sports Council with fully qualified and registered instructors.

The school has members from 4 years to 50 years old. The programme will guide you towards greater confidence and discipline as you improve your balance, control and flexibility.

We guide you on the journey to success, with a step-to-step approach to your progression to that coveted black belt.

The classes are formal but friendly and new members and beginners are always made welcome.

Join Murdoch's Family Black Belt Club and receive your Tae Kwon Do suit Free of charge. For further information call 01779 476666 or 01779 489731

### MACDUFF SQUASH CLUB

100 Duff Street  
Macduff  
AB44 1PR

We are always looking for new members, young and old, experienced or novice.

Cheap and enjoyable way to keep fit, with annual membership ranging from £95 per family, £65 for full adult, £35 for student and £25 for juniors (up to 16).

Contact either Ross Balharry on 01261 861882 or Alistair Mackie 01261 815753 (home) 01261 832743 (work), for further information and/or a chance to give the sport a try.

# Banff Network Primary School Skipping Event

The Banff Primary Schools are hosting their first major skipping event on Wednesday the 6th of May 2009.

The event will involve every child from Aberchirder, Bracoden, Fordyce, Ordiquhill, Portsoy, Banff, Macduff and Whitehills Primary Schools, to skip at the same time for 10 minutes in their own school location. This event will be recorded and produced on to a DVD by pupils from Banff Academy.

To support this event the Active Schools Coordinator and Assistant Health Improvement Officer has secured funding to purchase skipping ropes for over 1200 children and organised skipping workshops for staff. The P1 – P3 age group have also had four skipping sessions with a qualified coach.

Senior pupils from the Academy will be involved at each school to record the event taking place at each primary.

To date:

- \* All schools have received skipping ropes for every single child in school.
- \* P1 – P3 programme has commenced
- \* 2 Skipping Workshops for P4 – P7 teachers have been delivered.

The event:

- \* Each school to be allocated a video director
- \* Health Coordinator to commence the skip at each school at 9.30am.
- \* Whole School 10 minute skip.
- \* Provision of water and fruit (if successful with sponsorship)



## Available Awards

HPS award	Whole School Approach
Active school Award	Super Extra curricular skippers
Coach nomination/Silvanna	Most Improved P1 – P3s
Arts Development	Imaginative Skipping Shape
Network Award	Most inviting school message



## Evaluation

Susan and Jill will supply each school with a dvd and will evaluate the project with staff and pupils.

A follow up of how the event went will be in the next newsletter.

## ABERDEENSHIRE COUNCIL REVIEW SPORTSPASS

In a joint initiative Aberdeenshire Sports Council and Aberdeenshire Council are reviewing their approach to the support of talented sports performers in Aberdeenshire. The review is in line with the National Strategy for Sport 'Reaching Higher' where improving sports performance is one of the two main priorities.

The Sports Council are keen to hear of those sports performers who are already members of a full national squad across the range of 28 – 30 sports representative of the 385+ affiliated clubs and organisations.

The Council currently offers a sportspass for discounted access either 50% or 75% access to directly managed sports facilities for talented performers. It is reviewing a range of further benefits provided under the current scheme and will look to improve the awareness and promotion of the sportspass as part of a future approach to supporting talented athletes.

We are aware of national squad members in tennis, gymnastics, netball, cricket and archery and look forward to hearing of the range and type of sports being participated in at a national/international level.

If you are currently in a full national or international squad please contact Keith Leslie on 0177623795 or email address [keith.leslie@aberdeenshire.gov.uk](mailto:keith.leslie@aberdeenshire.gov.uk). A progress report on the talented sports performers review will be included in future newsletters.

# DANES INVADE SCOTLAND

Almost 1000 years after the Danes were expelled from Scotland; another invasion was undertaken, on this occasion by the National Danish Performance Team (NDPT) who represent the cream of Danish gymnasts. This time round they were welcomed with open arms.

From the 16th March this internationally renowned display team spent 2



weeks in Scotland as part of their 10 month world tour. They arrived in Scotland directly from Columbia, the visit having been coordinated by the Scottish Association of Local Sports Councils. They

arrived in Aberdeen on Friday 20th March for a four day visit to the North East hosted by Aberdeenshire and Aberdeen City Sports Councils.

The team consists of 28 high level and skilful gymnasts and performers (14 men and 14 women aged between 19 and 26 years old). There is also four support staff who have been performers on previous tours led by their tour manager Thomas Dahl.

In Denmark it is a tradition that gymnastics is performed by large numbers



of people from early childhood until well into old age. The team combines gymnastics with dance, jump, and advanced tumbling and acrobatics. It is the team's ambition to promote this love of gymnastics and

Danish culture to the whole world and in the past 16 years they have visited 55 different countries. This was their first visit to Scotland.

They were based at Kings Hall at Aberdeen University which was an excellent base for this large group. On their first day they were at nearby Butchart Hall where they ran a dance workshop for Aberdeen University Students' Association followed by further practice of their routine.

On the Sunday they moved to Robert Gordons University Sports Hall where they ran two sessions of workshops for a large number of young gymnasts as a prelude to their performance. For those of us in the audience this was a

never to be forgotten display of gymnastic skill and artistry. The grace and beauty of the women's performance was contrasted with the strength and athleticism of the men.



The choreography was superb and the tumbling routines by the men were breathtaking. The performance played to a wide range of emotions with a particular highlight being a complicated comedy tumbling routine involving all the men and a sofa.

After the performance, the whole audience were obviously enthralled with one lady stating that it was the best Mothers Day present ever. Team instructor Anne



Marie was very taken with a young boy who was demanding to know when they are going to return to Scotland.

On the Monday the team were divided into coaching units which were taken by the Active School Coordinators to a number of locations across the City and the Shire where they ran a range of workshops for primary school children.

Their visit to the North East terminated with a farewell reception generously hosted by the Provost of Aberdeenshire at Woodhill House where the Provost thanked the team for their visit where they had been excellent role models and an inspiration to a large number of our youngsters (and adults).

A sincere vote of thanks is due to many individuals whose hard work and enthusiasm made this visit to the North East such a success.

# Reports From A Number Of Previous Grant Recipients

## British Riding Clubs Horse Trials Championships Offchurchbury Estate, Leamington Spa, Warwickshire 8th, 9th & 10th August 2008 by Sam Turpitt

The junior team, Intermediate Team and myself as an Individual Novice had decided to make the trip to Warwickshire, with just some slight changes to teams from Area. The junior team would be a team of 3 with the Mullins sisters and Alicia Marples, the Intermediate team would almost remain the same (Annabel Sall, Julie Robertson, Jessica Walker) and Susan Callan was taking the 4th spot. Julie had her work cut out as she was taking her own horse, Alicia's pony and the biggest tent in history, plus all of her and Alicia's stuff ... in a jeep and trailer! Luckily Susan Callan had some extra space for some of their kit! Lesley Mullins had hired a wee horse shuttle van type of thing for her two ponies and everyone seemed to get to Warwickshire in one piece... although there is always one nutter who comes rolling into the stabling at midnight... at which point we all wonder which club can possibly have someone arriving at this time... then we saw that it was Susan!!

The Juniors had a great day on the Friday. For them it is a one day event and all three of them did brilliantly! What with them being a team of three they couldn't afford to have any problems XC for their scores to count. They all went clear and finished in 7th place, great result :) Kirsty Mullins was double clear and with a good dressage she ended up in 6th place individually, which really is great. All in all the Juniors were on a high and really looked like they enjoyed themselves.

The Friday also saw the start of the Intermediates competition. They do a three day event with an initial trot up on the Friday morning, followed by their Dressage. Their Speed and Endurance phases and Cross Country were on the Saturday, and finally on Sunday another Vets Inspection (trot-up), followed by the Show Jumping. They all went on to do nice dressage tests with Annabel scoring a 24, a seasonal best for her... So, their good dressage marks seemed to put them in a strong place going into the Speed and Endurance phase on Saturday.

The Seniors all do four phases as part of the Cross Country day. They set off on Phase A, which is a 'roads and tracks' phase where you have to do 1 kilometre every 5 minutes, from memory Phase A is almost 4km so it's a good warm up for the Steeplechase (Phase B). Once you finish Phase A you get a compulsory 1 minute rest until you go whizzing around the steeplechase where you have to do two circuits of the steeplechase field in 2 minutes including 6 steeplechase fences to tackle. For the Intermediates the steeplechase fences were all 1.10m so pretty hefty, and you really have to kick on to get round in the 2 minutes and not incur time faults!

Once finished the steeplechase you are straight into Phase C, which again, is 'roads and tracks'. But this is more of a recovery phase getting almost 7 minutes to do 1 kilometre, which means you can do lots of walking. This phase is longer at almost 5km, but it was great to see all of our members coming into the 10 minute box after Phases A, B & C looking fit and well. The horses really have to be a bit fitter to compete in this sort of event as when they come into the 10 minute box the vet will check their heart rate, and in some cases if the horses don't recover in the 10 minutes before they go Cross Country, then they will not be allowed to continue. Luckily all of

ours came in with no problems and although the rain was bucketing down it didn't seem to dampen their spirits.

The Intermediate Cross Country track was big and required some bold riding. We were very lucky to have an experienced team though and although they were nervous they all did a brilliant job! The time was tight and most Intermediates were coming in with loads of time faults but after the Cross Country our Team were sitting in a very strong position... so just the Show Jumping to go! Meanwhile on the Saturday I did my Dressage and SJ. My Dressage was vaguely average and I wasn't too impressed that my arena was overlooking the steeplechase which was in full swing... Never mind, I got a 33 which wasn't too bad. My SJ was a different story... the warm up was pretty nasty and muddy and although my horse jumped well he got a bit strong and had two down. I was pleased though and looking forward to my Speed and Endurance phases on the Sunday, although the course was looking very muddy and deep after the Intermediates and Opens had been round it.

The Senior Intermediates all Show Jumped well, which meant that their team also finished 7th. Annabel Sall jumped her usual clear round to earn her the winning rosette and sash for her section which we were all very chuffed about. Susan Callan was 10th too, so a fab result all round. I had a great run cross country and came home clear within the time which I was really pleased with. We all had a great time and would definitely be keen for a return trip. It's a long drive but it's well worth it; the venue is lovely, although better when the sun is shining :) but we can't have it all. Sam

### Findon Results 2008

7th Junior Team consisting of Alicia Marples (Hugo) Kirsty Mullins (Rock Steady) and Ailsa Mullins (On a Mission)

7th Senior Intermediate Team consisting of Annabel Sall (Reggie) Julie Robertson (Bolairo) Jessica Walker (IBIS Diamond in the Dark) and Susan Callan (Max the Obscure)

1st Senior Intermediate Individual - Annabel Sall (Reggie)

10th Senior Intermediate Individual - Susan Callan (Max the Obscure)

7th Senior Novice Individual - Samantha Turpitt (Lauristons Valco)

# Reports From A Number Of Previous Grant Recipients

## GLASTONBURY ON HORSEBACK!

by Lea Gray



Photo: NERC's successful Open Dressage Team (l to r): Rhea Hussey, Lea Gray, Jennifer Burnett & Lisa Taylor

Rain, rain and more rain resulted in a lovely green Lincolnshire Showground turning into a ploughed field at the British Riding Clubs National Championships for the weekend of 6/7 September. However, the rain did not phase the nine horses and riders from the North East Riding Club (Scotland) who made the long journey to Lincoln but returned with ribbons. 24 teams competed in the Open Dressage competition and NERC's dressage team of Lisa Taylor (Durriss Golden Sovereign), Rhea Hussey (Ludmilla S), Lea Gray (Tiger Feet II) and Jennifer Burnett (Craigmancie Altitude) were placed 7th. Lea Gray and her 16.3hh skewbald gelding were placed 5th individually in Novice 30 and Lisa Taylor riding Pat Burnie's Welsh Section D were placed 5th individually in Novice 20. In the inaugural Teams of Four Dressage Championship, where all four riders ride a dressage test together, NERC were delighted to be placed 3rd. The novice showjumping team of Jennifer Burnett (Balhagarty Harvest Gold), Lesley Shepherd (Berryley Tequila Hotshot), Toni Shepherd (Berryley Queen of Hearts) and Lea Gray (Tiger Feet II) were placed 7th out of 23 teams. Toni Shepherd was placed 6th individually – one of only six double clears from 110 competitors after torrential downpours in the afternoon caused a lot of problems for many of the riders. Junior NERC member, eleven year old Christopher Burnett, riding his 13.1hh skewbald pony Bee, was placed 10th in Prelim 13 in the Junior Dressage championship. Chef d'Equipe Fiona Montgomery said: "We have re-named this year's BRC Championships "Glastonbury on horseback". Lincoln was unbelievably wet and muddy but everyone did very well in spite of the conditions; a bit of bad weather didn't dampen the Scottish spirit! We would like to thank Aberdeenshire Sports Council, Weatherford, Roemex, Ritson Smith, Amec, BT GAYE, Fountain Equestrian, Ardene House and Aberdeen Riding Club for their very generous sponsorship that enabled NERC's teams to travel to the Championships this year."

## ABOYNE JUDO CLUB UKCC LEVEL I COACHING COURSE

by James McBeath 2nd Dan, Aboyne Judo Club

Under the governing body of the British Judo Association and Judo Scotland, all Club Coaches are required to possess Coaching Certificates which must be re-validated every year. Although I already possessed the relevant Coaching Certificate for a number of years, it was time to update. As a result, I attended and successfully completed the new UKCC Level I Coaching Course through Judo Scotland.

This New UKCC Level 1 course in Judo is the only combat sport to achieve endorsement within the professional industries of coaching, this is now a nationally recognized qualification. I was among a group of 16 other coaches from clubs throughout Scotland who met at the National Judo Academy in Newbridge, Edinburgh. This was the first time this course had been run in Scotland, which was a totally new experience to everyone, including the tutors. The course was run over 2½ days in one weekend in June, with an assessment day in August.

The course was made up of a series of module, practical and theory based practices and written tasks. Over the weekend the course was run in an interactive and informal way. It has been developed to facilitate coaches learning and development through the creation of a relaxed and friendly environment.

The main aims of the course was to empower you to become a better Coach, this was achieved through these various activities and discussions throughout the course and to build upon my current knowledge base, not only learning from the tutor, but gaining vital information from the other coaches on the course.

Within our coaching pack, there was a series of home based study tasks to do, which included health & safety, roles and responsibilities of a coach, child protection, judo rules and regulations. Also within the pack was our main task - developing and demonstrating 4 session plans to which we had to delivery on our assessment day. These mini sessions lasted 20 minutes long and we had to deliver these to the other coaches under our instruction, with the assessors watching and analysing our performance.

I am pleased to say that I have passed my level1, and currently working on the new level 2 course.

# Reports From A Number Of Previous Grant Recipients

## My time at The Junior Home internationals

by Finlay Langan

This year I was selected to run as part of the Scottish junior orienteering team for the junior home internationals (the JHI's) which were held around Pontins holiday camp near Liverpool. We travelled down on Friday afternoon arriving there at 8pm, we got in two hours socialising time before we went to bed to get a good nights sleep for the individual race the next day.

The individual race was on the sand dune area just behind Pontins holiday camp but we had to hop in the mini-buses for a 3 minute ride so that we were at the other side of the area where the start was. The start was just in the wooded part of the map. I started 4 minutes behind one of my friends from England I was determined to catch him up.

As I stepped up into the minus three minute box (three minutes before I started) I started to get very nervous. It felt like it took ages to get to the start line I tried to concentrate on my control descriptions and keep my mind off my nerves. Finally the start whistle went and I was off.

The first part of the course was in wooded sand dunes and went smoothly with no mistakes. When I came to the open sand dunes I saw the person I wanted to catch up only a control ahead I tried to focus on what I was doing so I didn't make a mistake. I eventually caught him and we raced the next few controls and when it came to the sprint finish I beat him. As we had been some of the first starters we had to wait along time for everyone else to finish. With only a few more people to come in my result was looking good. I was lying second with another scot in first. Our main competitor was England and at the end of the day it was a Scottish first and second with me in second place.

That night we had a ceilidh and a prize giving Scotland was winning overall by one point. Everyone was exited about the relays the next day because the scores were so close.

The relays the next day were a sorry affair for Scotland. We had a few bad runs which meant England beat us overall but it was still nice to think that we beat them on the individual races. I was very proud of my result in the individual race as I am a first year sixteen which means I was racing against people who are a year older than me. I hope that I get selected for the Scottish JHI's team next year as this year was so much fun.

## Lincoln Adventure

Ladleys Junior team qualified for the finals this year – the team comprised of

Harriett Gibb on Edenside Eden  
Phoebe Smith on Nico Forever  
Derryn Patterson on Patchwork  
Puzzle

&

Gemma Taylor on Fieldhead Venga Boy.



Annalise Noble qualified on Noble Prince for the Dressage Individual so after some manic fundraising, training, organising, Lorries, and children we were all set. Our trainers were fabulous and gave their time and patience with great generosity as well as coming to support us on the day!! It was a brilliant team spirit throughout the competition and the summer training the teams worked well together which made all the hard work worthwhile.

We arrived at Lincoln met with torrential rain - the conditions were Wet! Wet! Wet! However not to lose heart we fought the mud and hoped for some sunshine to win through which did eventually happen but only on the way home!

Due to the conditions and Safety aspects the Juniors were only allowed to do a single round of jumps instead of two but despite that we managed to do quite well and went home happy with our team work, for both ponies and riders.

Gemma Taylor did an outstanding clear round and went into the final jump off with another brilliant clear just missing a placing due to time penalties. Well done Gemma, the team is very proud of you!!

The Horse Trials also went well for the teams with Rebecca Ferguson on Loanhead Apache qualifying as an Individual – she made the long journey to Offchurch with the aid of her trusty rookie groom (her Dad!) and even harder working mates! She finished a very respectable 13th after the Intermediate Dressage with 1 stop at the x-country and clear in the Showjumping round. She had some time penalties to collect which meant she finished 60th out of the 125 competitors. Not bad for her first time outing and such a long way from home.

All in all it was a most enjoyable and productive experience for Adults and Juniors alike and we are looking forward to the next years challenge! Hopefully this time without quite so much mud!!

## Reports From A Number Of Previous Grant Recipients

### Junior World Orienteering Championships 2008

by Hazel Wright

This year the Junior World Orienteering Championships (aka JWOC) was held in Gothenburg, Sweden. The Great Britain team always start preparing their athletes early – about a year before, with a week training camp on relevant areas. So in August of 2007 I was selected to join the team of 10 potential JWOC juniors and 4 coaches to experience some quality



Gothenburg terrain.

In orienteering, Sweden is famous for its large intricate, detailed forests, which are notoriously difficult for non-Swedes. Orienteers from all over the world come to Sweden at some time in their running careers, with many of the top international seniors living there permanently so that they can train on the best areas in the world. So to have my first JWOC in Gothenburg was a bit of a dream come true.

During March-May 2008 I competed in various selection races throughout the UK to hear I had secured a position in the team in late May. That left the team with 2 months to focus their technique and training towards the races. 3 weeks before JWOC a group of us went out to Gothenburg for some last minute self funded technique training. The girls managed to get in contact with one of the Swedish international orienteers who let us use his apartment whilst he was away competing elsewhere whilst the boys all crammed together in a tiny holiday cabin. It was also the first time we had enough time to do some sightseeing around the beautiful city. The boys stayed out in Sweden whilst, the girls returned home in time for the tapering period.

After months of preparation it was finally time to compete in the races I'd been dreaming of running. The Scots flew out to Gothenburg early and picked up the hire cars, then spent the next 3 hours driving to the various other airports to pick up the English team-mates, ending with a battle between the cars to get to the accommodation first. We were staying at the Armed Forces Medical Centre at the western outskirts of Gothenburg. To begin with, staying there was pretty scary – we had to show ID to get into the campus and it was compulsory to wear ID tags at all times, there were

also rules on clothing – no walking around in just your bikini (wouldn't want to distract the soldiers now!) But because it was summer there were only a few soldiers there, so we were pretty much left to do our own thing and those that were there were very friendly and loved to try their English with us. The food wasn't so great on the first couple of days, but once every country had arrived and the races had begun the quality dramatically increased!

Unlike the Senior World Champs, juniors are expected to compete in every event Sprint, Middle (qualifier and hopefully final), Long and Relay. The Brits did pretty well throughout the week despite the temperature reaching over 30 degrees everyday. The girls all came in the top 60 for the middle race, which has never before been achieved by the British females, and was pretty impressive for a young team, who all have another JWOC or two to compete in. The end of the week was rounded off with the ever famous JWOC banquet, where we all have a meal and a massive, wild Multilanguage

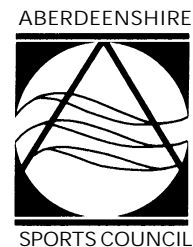


speaking party to celebrate (or commiserate) our performances together with our rivals. It was the perfect finish to a mentally and physically tough week. Next year JWOC is situated in the Italian Dolomites – I've already been out there to train. The terrain is extremely similar to the forests here in Aberdeenshire, although a lot steeper and with stunning views. I'll most definitely be making sure I get selected!

# Aberdeenshire Sports Council

## Affiliation Form 2008 - 2009

Affiliation for 2008/2009 is now due - please complete and return now! We have one of the largest memberships in Scotland. We would be delighted to welcome new clubs, organisations and individuals. For details of the full range of benefits of affiliation contact Alison Hodgson, at the address below, for a promotional leaflet or check out our website on [www.Aberdeenshire-Sports-Council.org.uk](http://www.Aberdeenshire-Sports-Council.org.uk)



Whichever method you choose, we believe that you receive excellent value for money and hope you do also! We look forward to receiving your Affiliation Form for 2008/2009

Return to: Alison Hodgson, Secretary, 1 Church Street, Macduff, AB44 1UR. Telephone 01261 813383

Name of Club/Individual \_\_\_\_\_

Numbers in Club (approx.)      Senior Male      \_\_\_\_\_      Senior Female      \_\_\_\_\_  
    Junior Male (U18)      \_\_\_\_\_      Junior Female (U18)      \_\_\_\_\_  
    Special Needs/Disabilities      \_\_\_\_\_

Contact Person (for correspondence) \_\_\_\_\_ Sport \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Telephone \_\_\_\_\_

E-mail \_\_\_\_\_ Club Website \_\_\_\_\_

I enclose at cheque for £25.00 payable to "Aberdeenshire Sports Council" (Only applicable if not electing to pay by Standing Order)

Signed \_\_\_\_\_ Date \_\_\_\_\_ Position \_\_\_\_\_

Clubs/organisations are requested to include a copy of their constitution



Cut Along Dotted Line or Photocopy and Return

## Standing Order Form

If choosing the Standing Order option, complete the information above and below, return to Aberdeenshire Sports Council and we will forward details to your bank.

Please pay the undernoted on my/our behalf.

Name of Bank \_\_\_\_\_

Branch of Bank \_\_\_\_\_ Branch Code \_\_\_\_\_

Name of Account to be debited \_\_\_\_\_

Account Number

Reference Number | 1 1 1 1 1 1 1 1 1 1 1

Note: This instruction cancels any previous order in favour of the Beneficiary under this reference

Remit to Bank      Clydesdale Bank PLC

Sorting Code Number      82-65-21

Branch Title      Inverurie

Account Number      80102294

Beneficiary's Name      Aberdeenshire Sports Council

Commencing Date      1st June 2008 (or a.s.ap. thereafter)

Standard Payment      £20.00

Frequency      Annually

Amount in Words      Twenty Pounds

Date of Last Standard Payment      \_\_\_\_\_

Special Instructions      Payments in Subsequent Years to be paid on 1st June

Please debit my/our account with the amounts of payments effected in accordance with the above instructions plus any charges which the Bank may make in effecting these payments on my/our behalf.

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

