

# HIGHLIGHT

## ACHIEVING NEW HEIGHTS

The Newsletter of the Highland Institute of Sport



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### Highland Institute Athletes "Achieving New Heights"!

The past few months have been a very exciting time for the Highland Institute of Sport whose athletes have enjoyed some great results. Most notable at the moment is the fantastic end to the season for Snowboarder Ben Kilner and a silver medal at the European Youth Olympic Winter Festival for Blair Fraser.

#### Ben Kilner Snowboarder

As mentioned in the November Newsletter, Ben has set himself a target to be selected for the 2010 Winter Olympics in Vancouver. This season he has had 5 top 20 finishes from 9 World Cup Halfpipe events and earned his best World Cup finish ever by coming 9<sup>th</sup> at Valmalenco in Italy at the end of March.



However after a busy season competing in World Cup events, Ben then went to Laax in Switzerland to compete in the British National Championships where he was successful in taking the British Halfpipe title. Only competitors ranked in the top 40 in the world next January will be able to compete at the Games the following month. Ben is currently ranked 22<sup>nd</sup> in the World so is on course to qualify.

#### Blair Fraser Curling

Inverness curler Blair Fraser helped Team GB's men's curling team win the silver medal at the 9th European Youth Olympic Winter Festival (EYOWF) in Poland in February.

The team, all Scots, fought a closely-contested final match that went down to the last stone. The Swiss team scored two in the final end to win the match 6-5.

"We played well as a team and we made big improvements from the start to the end of the competition," said Blair. "The other games we played well and won the games comfortably."



"The Olympics is a long term goal for me so this was a great experience and I've never been to anything like that before," said Blair. "The sort of people we were playing are the best in their countries so it gives us good hope for the future."

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## Greg Lobban Squash

Greg entered the event at second seed but managed to successfully win the U17 Scottish Championships on 8th February 09 and only lost one game in doing so. His results are as follows;  
3-0 against Edinburgh Qualifier  
3-0 against Ally McCorquodale (HIS)  
3-0 in the semis against Chris Shinnie  
3-1 in the finals against Douglas Kempself



## Andrew Musgrave XC Skiing

In February, Andrew Musgrave, from Huntly, recorded the best performance by a British athlete for a number of years at the FIS World Cross Country Championships in Liberec, Czech Republic and in doing so was the youngest skier to finish the race.  
Eighteen year old Musgrave had the race of his life to finish the 30km Double Pursuit race in 45th position – his first appearance at this distance having only raced at 20km before today.



Roy Young, Head Coach said “to have achieved a finish position and percentage from the winner like this at 18 is incredible. It was a fantastic performance that surpassed even our expectations of Andrew, every time we worried he might

be flagging he picked it up a gear and worked incredibly hard to pass the next skier. He even managed to beat the reigning World Under 23 Champion”.

## Alpine Skiing

Congratulations to Andy Noble and Dougie Crawford who recently came 3rd and 4th at the British Land National Ski Championships at Meribel in France and who are both on track to qualify for the Winter Olympics in Vancouver 2010.

## Wheelchair Curling

Also, well done to Mo Simpson who has had a great end to the season by reaching the semi-finals of the Scottish Championships.

## NEW ATHLETES

The Highland Institute of Sport would like to officially welcome our 2 new athletes, Emma and Hannah.

**Emma Atkinson** is 16, from Farr and is a Downhill cyclist.



**Hannah McCook** is 15, from Nethybridge and is a golfer.



The Highland Institute of Sport would like to take this opportunity to wish Emma & Hannah, along with all our athletes a very successful season.

With Thanks to all our Partners:

