

HIGHLIGHT

ACHIEVING NEW HEIGHTS

The Newsletter of the Highland Institute of Sport



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April 2010

Highland Institute Athletes "Achieving New Heights"!

Firstly we would like to start by saying a big well done to all those who competed at the Winter Olympics in Vancouver this year.

Ben Kilner – Snowboarding



Ben had a great warm up to the Olympics where he took his first ever podium place in the World Cup half-pipe held in Calgary. In Vancouver he managed to achieve his target of making it through to the semi final stages and finished in 18th place. Ben has gained valuable experience at Vancouver and is already looking forward to Sochi 2014.

Curling

The men's GB Curling team, which included **Ewan MacDonald** from Inverness, narrowly missed out on a semi-final place at the Olympics, when they were beaten by one point in a tie-breaker with Sweden, resulting in 5th place.



Ally Fraser completed an undefeated week at the Scottish Junior Curling Championships in

Aberdeen. In early March his team represented Scotland at the World Junior Championships in Flims with **Blair Fraser** as their 5th player. They lost their first game, they then won the next nine games in a row but lost the final winning a silver medal.

Cross-Country Skiing

Team GB's young cross-country skiing pair of **Andrew Young** and **Andrew Musgrave** said their experiences of competing at the Vancouver 2010 Olympic Winter Games will be invaluable for their future sporting careers. **Musgrave's** performance in the 15k pursuit was the best GB Olympic result ever in terms of percent behind the winner and **Young** in the top 20% of GB performances in individual races in all Olympics.



Following the Olympics Andrew Musgrave(20), claimed the biggest prize of his career when he won the men's Norwegian Junior Championship 10km Free technique race....on his 20th birthday! This is a stunning result for Andrew (right on the attached picture) and the first time a British skier has outperformed the Norwegians at their own championships.

Squash

In early February there was a minor upset at the Junior National Championships in the Boys U19 where the in-form No 2 seed **Greg Lobban** managed to come from behind to defeat No 1 seed Sam Allan in 4 games, 9/11, 11/2, 11/5, 11/1. The other HIS athletes also played well and came 3rd, **Ewen Urquhart** and 5th, **Ally McCorquodale**.

Highland Institute of Sport

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Greg

The boys under 17 category saw **Jamie Henderson** take 5th place.

All four of the HIS squash players went to Lille in France to compete in the French Junior Open in Mid February. In the U19 section **Greg Lobban** came 19th, **Ally McCorquodale** was 36th and **Ewen Urquhart** was 51st. All 3 of them will have another year in that age group and will be joined by **Jamie Henderson** who came 27th in the U17 section this year.

In Mid March the 4 of them went to the Welsh Junior Open where **Greg** was 11th, **Ewen**, 13th and **Ally** 14th in the U19 section and **Jamie** had a top 10 result in the U17 section.

Rugby

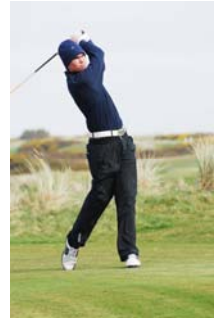
The Rugby Six Nations took place in February and March and **Kris Hamilton** was selected to play for the Scottish U20 side. Scotland tied 8-8 with France, lost 20-12 to Wales, beat Italy 18-16 and lost 27-6 to England and 44-15 to Ireland. These results ended up placing them 5th in final table.



Kris will be attending training camps in May to hopefully be selected to represent Scotland in Junior World Cup event in Argentina.

Golf

Early March saw Brora's **Calum Stewart** represent Scotland in the Boys Quadrangular in Biarritz (with Sweden, Italy & France). Italy beat Scotland on the last day 5-4 to win the title with Scotland coming second.



New Athletes

We have two new athletes from the world of Cross Country Mountain Biking who have recently joined the Highland Institute of Sport.

Yuka Gallagher is from Inverness and will be 15 in July.

Ben Miller who is from Duror in Argyll and will be 15 this May.



Both athletes competed in the Scottish Cross Country SXC series in 2009 and came 2nd in their relevant sections (juvenile women and juvenile men).

We would like to take this opportunity to wish both Yuka & Ben along with all the Highland Institute of Sport athletes the very best for the coming season.

With Thanks to all our Partners:



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