

# HIGHLIGHT

## ACHIEVING NEW HEIGHTS

The Newsletter of the Highland Institute of Sport



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The past few months have been an exciting time for the Highland Institute of Sport whose athletes have enjoyed some great results. This month I will be focusing on some of our Cycling athletes and the fantastic achievements they have made.

### Kenta Gallacher

#### Cross Country Cyclist

#### Leading the British & Scottish Youth Series

In 2007 things were looking pretty good for Kenta with no less than 5 first places a second and a third in the Scottish Cross Country Series. He was also placed between 2<sup>nd</sup> and 7<sup>th</sup> at the British Cross Country Series. However, 2008 is going even better with four 1<sup>st</sup> in the Scottish Series and two 1<sup>st</sup> and a 2<sup>nd</sup> in the British Series and is currently leading both the Scottish and British Series.



Kenta, who has just turned 16, began Cross-Country cycling 4 years ago. In 2006 he was selected by Scottish Cycling to join their “Talent Team” Performance Programme. However he has proved that he is more than just a Cross Country Cyclist as he has recently added the Scottish under 16 Road Race title to his list of achievements this year.

But Kenta is not alone as Mark Sinclair won 1<sup>st</sup> place at Round 3 in the Scottish Youth Series along with three 2<sup>nds</sup> and a third and is now ranked 5<sup>th</sup> in the British Youth Series. Mark who is from Culbokie near Dingwall has also recently turned 16.

### Mark Sinclair



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## Magnus Davidson

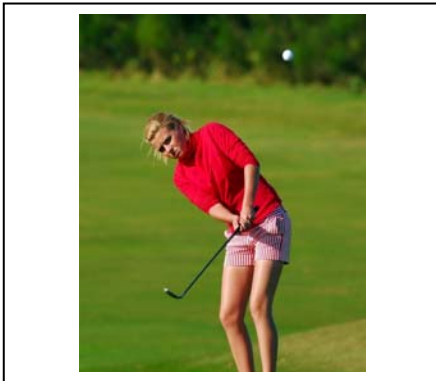
Still with cycling but on track and road is Magnus, from Cromarty on the Black Isle.

Magnus who is 17 competes in the Junior category and this year is leading the Super Six Junior Series. He has a 1st, two 2nds and a 3rd so far with one race to go.



## GOLF Sammy Vass

Tain, 16 year old, Sammy Vass, who earned her first Scotland cap last summer, taking on England, Wales and Ireland at under 16 level, has moved into the national under 18 team this summer for the European Girls Golf Team Championships at Murcar Links (8-12 July).



Sammy qualified for the event after sparkling performances in her first Scottish Ladies Championships, staged by her favourite Moray Old Golf Course at Lossiemouth. However she not only qualified that day but also sat her Higher English Exam in the clubhouse afterwards, which she passed.

More recently, Sammy won a three-way play-off for the North of Scotland girls' golf championship at Anchor Golf Club. Sammy beat her 2 opponents (including her 14-year-old sister Julie) at the second extra hole to head of a field of 26 girls.

## New Athletes

The Highland Institute of Sport would like to welcome on board our new athletes;

### Squash

**Jamie Henderson** - Jamie has just turned 15 and lives in Thurso.

**Ally McCorquodale** - Ally lives in Inverness and will be 16 later this year.

### Curling

**Blair Fraser** - Also from Inverness has become the youngest of our curling athletes at the age of 17.

### Alpine Skiing

**Sophie Readman** from Dunblane aged 19

**Eilidh McLeod** from Edinburgh aged 17.

**Kenneth Morton** from Perth aged 22

### Cross Country Skiing

**Andrew Young** and **Andrew Musgrave** have become the Highland Institute of Sports first ever XC skiers.

We offer our congratulations to all new athletes and would like to reinforce the message that our commitment is to enhance their training opportunities and offer assistance to any existing support mechanisms the athletes currently have.

With Thanks to all our Partners:

