

HIGHLIGHT

ACHIEVING NEW HEIGHTS

The Newsletter of the Highland Institute of Sport



Issue No 25

January 2010

Highland Institute Athletes "Achieving New Heights"!

As the snow starts to melt, there are some people hoping to see a lot more of it, maybe not here but definitely over in Vancouver and Whistler in Canada. I am of course referring to the Winter Olympics 2010 which start on 12th February and run through to the 28th. We have a few athletes who are currently awaiting selection decisions and the main content of this newsletter outlines their season so far.

Cross Country Skiing

The main season started back in November 2009 in Sweden, where the two 17 year olds, **Andrew Young & Callum Smith**, finished 5th & 12th respectively in the junior freestyle 15km race in an international field of 50. Meanwhile **Andrew Musgrave**, who is now a Scottish Institute of Sport athlete, but continues to be supported by the Highland Institute of Sport, recorded the fastest British lap in the classic sprint race. At this time British Nordic Skiing Coach, **Roy Young** was quoted as predicting that they would make sporting history this winter – and it now appears that he was right.



Andrew Musgrave

They then moved onto Norway where **Andrew Musgrave** recorded his best total in his 11 World Cup races to date and is on course to qualify for the Olympics. However, at this stage, he still faces competition from 5 other athletes which include 3 HIS athletes Alex Standen, Andrew Young and Callum Smith.

At the beginning of December they returned to Sweden, this time Idre, where the British Nordic Ski team astonished the Swedes by taking 5 podium places. Nineteen year old **Andrew Musgrave** achieved 1st in the junior 15km and 2nd in the junior sprints. **Andrew Young** achieved 2nd in the sprints and 1st in the 15km for his age group and **Callum Smith** came 2nd in the 15km for the 17/18 age group. This saw the end of the Scandinavian tour and most of the team headed of to Alta Badia in Italy. **Andrew Musgrave** continues to race in Norway until mid January and will join the others at the World Juniors

Unfortunately illness set in amongst the team in Italy but **Callum Smith** saved the day for the British team with a storming performance around the tough high alpine route in the 10km classic style race. He gained a respectable 28th place in the Junior (U20) race from a field of 88 and earned himself 2nd place in the Under 18 age group.



Callum Smith

Meanwhile in Norway **Andrew Musgrave** added to his growing podium list by coming 3rd in the Junior sprints at Sjusjoen.

At the end of December most of the team travelled to Campra in Switzerland where **Callum Smith** won the U18 10km title. This performance brought Callum within a whisper of the GB Olympic A qualifying standard, but well within the B level standard. Only **Andrew Musgrave and Andrew Young** have achieved

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the A level Olympic qualifying mark so far. In January if was on to Oberwiesenthal on the Northern German/Czech border. Despite blizzard conditions their results proved the trip very worthwhile with **Andrew Young and Callum Smith** claimed 6th & 16th place in the U20 category which gave them 1st & 3rd place in the U18 age group.



Andrew Young

On then to Marbech in Switzerland. The Swiss dominated the U20 10km event but the British Junior Team were hot on their tails with **Andrew Young** coming 5th, **Callum Smith** 6th and **Andrew Musgrave** 9th. Just one second separated Callum and Andrew and they ended up being 1st & 2nd in the U18 age group. This was enough for Callum Smith to join Musgrave and Young as Olympic nominees. **Alex Standen** returned to racing after illness and produced a personal best for 10k classic.



Alex Standen

The next day **Andrew Young** then went on win the U18 title for the 15k pursuit race (4th in the U20). His sister **Sarah Young** (20) had her best race since an ankle injury coming in a good 11th.



Sarah Young

These results mean that the team go forward to the World Junior and U23 Championships in Hinterzarten, Germany in good shape with selections for the Olympics to look forward to.

Snowboarding

We would like to wish **Ben Kilner**, who competes in the half pipe event, all the very best with the Olympic selections.



As with Andrew Musgrave, Ben is now a Scottish Institute of Sport athlete but is continued to be supported through the Highland Institute of Sport.

Rugby

Kris Hamilton, from Wick, is one of the first in the country to benefit from a new initiative between Warburtons and sportscotland to support young athletes.

Launched in August, 2009, Warburtons Rising Star Fund is a brand new grant-based initiative, which aims to help provide cash to aspiring young athletes aiming to be selected for major competitions, including the Commonwealth Games in Glasgow in 2014.



NEW ATHLETE

We have one new athlete to mention in this Newsletter and that is James Henderson. James competes in 50m Small Bore Target Shooting. James is from Halkirk in Caithness and is 36 years old.



The Highland Institute of Sport would like to take this opportunity to wish James, along with all our existing athletes a very successful season and good luck with all Olympic selections.

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