

# HIGHLIGHT

## ACHIEVING NEW HEIGHTS

The Newsletter of the Highland Institute of Sport



Issue No 16

March 2007

## Highland Institute Athletes "Achieving New Heights"!

The past few months have been an exciting time for the Highland Institute of Sport whose athletes have enjoyed some great results. Most notable at this current time is the Highland Institute of Sport having their first World Champion.

### **World Champion** **Sarah Macintyre**

Highland Institute Curler, Sarah Macintyre (Dingwall), has enjoyed a highly successful season with her new team. Sarah won the Scottish Junior Curling Championships, competed at the World University Games in Italy and returned from Minnesota with the greatest achievement of all – a World Junior Curling Championship Gold medal.

Sarah, who was selected to the Highland Institute last year, joined a new team for the new season. This team selection has proved fruitful and Sarah is obviously delighted with her successful season; "it's a great achievement to win the World Championships in my junior career. The team has been together for one season and we've worked really hard to do well together and win the Scottish. The World's was the finishing touch to a perfect season. The trip was a rollercoaster ride from beginning to end, but our coaches kept us focused and we knew we could do it. They always told us 'if you can dream it, you can win it'.... and we did!"



**Sarah Macintyre in action at the Junior Scottish Curling Championships**

### **Grand Prix Final for Ben**

Snowboarder, Ben Kilner (Banchory), returned from injury in style becoming the first British Snowboarder to reach a final in a Snowboarding Grand Prix. The US Grand Prix are considered the equivalent of a World Cup in Snowboarding. Ben's smooth riding style has helped his performance go from strength to strength this season. Ben qualified 6th at the USA Grand Prix, Idaho as a result of his performing two huge Straight A's, a Front 7, Cab 7 and Front 9. All hits were ten feet plus above the lip of the half-pipe.



**Ben Kilner gets good height out of the half-pipe**

### Squash

Alan Clyne (Munloch) continues to follow a busy competition and training schedule. Alan won his 1st Selection Event beating the 2nd and 3rd ranked players in Scotland. He then went on to represent the Scotland A team in the Four Nations Tournament in Holland (with Holland, South Africa and Wales) winning four out of five matches. Whilst in Holland, Alan competed in a local Dutch Tournament where he played well and reached the semi-finals eventually losing to the player ranked Top 50. Alan has recently won the Scottish University Title for the 3rd year in a row and the Inverness Club Championships. Alan's next major competition is a Selection Event which should see him picked for the European team to compete in May.

Ewen Urquhart and Greg Lobban (both Inverness) have also been following a busy competition schedule. Both represented Scotland at the Welsh Championships where Greg, who finished in 5<sup>th</sup> place, was the highest placed Scottish U/15 player, Ewen finished in 17<sup>th</sup> place.

In the Scottish National Championships Ewen and Greg played well finishing 3<sup>rd</sup> and 2<sup>nd</sup> respectively. Greg also won the Midlands, the East and came 3<sup>rd</sup> at the Irish, whilst Ewen came 2<sup>nd</sup> in the East.

Greg and Ewen have both been selected to compete at the Home Internationals in Yorkshire at the end of March, and Greg has been selected for the U/15 Scottish Team for

the European U/15-17 Team Championships to be held in Szeged, Hungary in May. With these competitions on the agenda, both athletes continue to work hard to ensure they maintain this level of success.

### On course for the Youth Olympics

Gavin Clark (Lhanbryde) won Gold at the Lakeland Open, the Scottish Closed, the Heart of England and Silver at the Midlands. Gavin became GB Number 1 after winning Gold at the British Championships (Oct '06), his number one position was retained after success at the Northwest Open in February this year.

In addition to this success, Gavin competed at the Ukraine A tournament and was extremely pleased with his performance, finishing 7th with four wins and two losses.

These results should help Gavin secure his goal of a place on the GB squad for the Youth Olympics and European Cadet Championships. Selection for these events currently hinges on success at the Dutch tournament at the end of March

On the back of his success, Gavin was chosen for a Foundation Merit Award from Scottish Sports Aid.

### New Athletes

The Highland Institute of Sport welcome on board new Scottish Cycling athletes; Magnus Davidson (Cromarty), Mark Sinclair (Dingwall), Kenta Gallagher (Inverness) and Jason Macintyre (Fort William). Ben Kilner (Banchory) is a new Snowboarding selection, Sammy Vass (Tain) a new Golf athlete and Roy Shepherd (AIness) a new Judo athlete.

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.

The Highland Institute of Sport would like to congratulate Kelsey MacDonald for her recent selection to the Scottish Institute of Sport.

With Thanks to all our Partners:

