

# HIGHLIGHT

## ACHIEVING NEW HEIGHTS

The Newsletter of the Highland Institute of Sport



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

With the summer now over, the Highland Institute of Sport would like to share with you some of the success stories our athletes have achieved over the summer months.

#### GOLF

##### Calum Stewart

Brora's Calum Stewart, pictured centre below, won the silver medal for finishing second in the boys' championship of the European Young Masters tournament for under-16s at Golf National, Paris in July. In what was a highly impressive performance by the Scottish boys at what is European golf's premier under-16 competition, Calum finished just two shots behind the leader. He sandwiched a one-under-par second round of 71 with two level par rounds of 72 in the 54-hole event.

More recently Calum was part of the Scotland U-16 team who came from 4-1 down after the morning games to draw 7 and a half each with England in an International game at Arbroath. Calum has also been selected to play for the Scotland U-18 team.



##### Hannah McCook

In July Hannah McCook from Abernethy reduced her handicap to her lowest to date of 4.9. However August has proved to be a great month for Hannah

who, through winning several competitions, has reduced it further to 3.5. One of these competitions was the North of Scotland girl's championships at Nairn Golf Club, where she returned a scratch round of 74, which matched the Club Standard Scratch for the day to win by three strokes. So far in September Hannah has also managed to win the UBC girls tournament for the second year in a row, where she won the scratch trophy by one shot at McDonald Ellon Golf Club.



Calum & Hannah have both been selected to be part of a 12 strong group of north-east golfers who are heading to Texas in October, where they will receive top tips from some of the best players in the world. The 11 boys and 1 girl will start their 10-day tour on October 11 which will include coaching from former Open and Masters champion Mark O'Meara and former US PGA champion Steve Elkington.

##### Sammy Vass

In July Sammy competed as part of the Northern Counties women's team where they successfully won the Northern Inter County finals at Royal Dornoch. Sammy's hole in one at this event helped with their 100 per cent winning record over Aberdeenshire, Angus County and Perth & Kinross.

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At a very wet Lanark Golf Club in July, Sammy, pictured above right, came second at the Scottish girl's championships where she was narrowly beaten by Ailsa Bain at the 18<sup>th</sup> hole.

## XC SKIING

### Callum Smith

The Huntly Roller Ski Championships took place on Saturday 12th September and this year, were blessed with weather as good as the competition. Visiting teams came from the RAF, GB Biathlon squad, Cairngorm and Highland Nordic. Callum Smith took first place in the Mens Senior competition with a new course record almost a minute ahead of second place Alex Standen (HIS).



### Sarah Young

Meanwhile Sarah Young took first in the Ladies competition, also with a new course record and 44 seconds ahead of second place. In fact standards have risen so much that the first 10 men & first 9 ladies were inside the original course records set in 2005. This weekend also saw the end of this years Snowsport Scotland Roller Ski Series.

Callum finished in 6th place overall even though he only competed in 3 of the 6 events with 1 x 1<sup>st</sup> place and 2 x 2nd places. Sarah finished in 2nd place overall in the Ladies Series with 2 x 1st places and 2 x 2nd places having competed in 4 of the 6 events.



## JUDO

### Roy Shepherd

Roy Shepherd competed and won the Bronze Medal at the Heart of England Judo Championships on 6th September 09. He had seven fights in his group, Young Men Band D Under 73kg, where there were 24 entries. The following weekend he competed at the Scottish Junior Championships (Age Banded) and won the Silver Medal.



We would like to wish all our athletes all the very best for the coming months and hopefully we will have even more success stories to report.

With Thanks to all our Partners:

