



# Newsletter

## Spring 2011

### Message from the President

It is a great honour to be your President for the next three years.

First of all, on the Members behalf, I would thank Ian Grieve for his able leadership of the Association for the past three years and I am delighted that he and Ethel Webster have agreed to continue as our secretaries. Congratulations to our Treasurer, Iain Watt, on becoming a first time father and despite his new role he has also agreed to continue his astute stewardship of our finances.

Our Member Games are the custodians of one thousand years of Highland Games traditions and my main plea is that all committees make a real effort to attract new and young helpers to keep our unique events alive. Above all, do remember that we are all volunteers. So keep everything in perspective and have fun.

Have an enjoyable and successful summer season.

Jim Brown MBE

### Message from the Secretary

With the new season only a few weeks away I wish all competitors a successful and enjoyable season and hope that April was not our summer again. Can I urge as many athletes as possible to register prior to the games starting to save everyone time and stress on the day. There is a registration form enclosed and you can also register on line at [www.shga.co.uk](http://www.shga.co.uk) and your card will be sent out, but make sure you leave enough time before your first event.

Ian Grieve

### Changes at the S.H.G.A.

At the recent A.G.M. Jim Brown took over as president for his three year term and Charlie Murray was elected as Vice Chairman, who has reported that he is honoured to be elected and intends to get round all members games during his period of office.

Ian Grieve has taken over as Secretary and Ethel Webster has kindly agreed to stay on in the capacity of Assistant Secretary.

Iain Watt stays on in his role as Treasurer

In this issue

- Registration Form
- Sponsors
- Dubai Highland Games
- Profile – Martyn Paterson
- Early Season Meetings
- Profile – Chris O'Hare
- Drug Testing 2011

S.H.G.A. Contacts

**Secretary, Ian Grieve**  
[secretary@shga.co.uk](mailto:secretary@shga.co.uk)

**President, Jim Brown**  
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**Vice President, Charlie Murray**  
[vicepresident@shga.co.uk](mailto:vicepresident@shga.co.uk)

# THE SCOTTISH HIGHLAND GAMES ASSOCIATION

## COMPETITOR REGISTRATION

All competitors wishing to take part in ANY SHGA-registered events (including hill races, running, cycling, light field and heavyweight events) at SHGA Member Games MUST be registered with the SHGA PRIOR to competing.

Only registered competitors will be permitted to take part in official events, be awarded points towards the SHGA leagues and be entitled to collect prize money, trophies or medals being presented by the SHGA. Unregistered athletes are not entitled to any cover under the SHGA's Personal Injury Insurance Scheme (which covers all athletes up to 75yrs old). Membership of amateur clubs should be declared on the application form and members must wear club vests.

### Annual Registration Fees for 2011 Season (1<sup>st</sup> January 2011 – 30<sup>th</sup> April 2012):

#### Full Rate

- **Adults: - £20.00** per person (£15.00 subject to payment being received by 30 April 2011).

#### Concessionary Rate:

- **Seniors:** A reduced annual fee of **£10.00** applies to all competitors aged **65 and over**.
- **Youths:** A reduced annual fee of **£10.00** applies to track and field competitors aged **under 16, or** cyclists aged **under 17**. Photocopy birth certificate required for new Youth registrations (not required for renewals).

**Tug-o-War Teams: - £40.00** per team without insurance cover – to obtain cover please register as individuals, on the terms noted above.

**Day Registration:** Athletes who only wish to compete at ONE event in the year may pay a 'single use' fee instead of full registration at the following rates: Adult £3, Youth £1, (Tug o War £10/team). Insurance is not included and will not count towards leagues. Any further participation will require full registration at the standard rates.

Completed forms should be submitted with the appropriate fee to:

**Ian Grieve, 54 Crawford Gardens, St Andrews, Fife, KY16 8XQ.**

**Cheques or Postal Orders should be payable to "Scottish Highland Games Association"**

**Year Books** - Copies are available with your registration at **£4 each** (includes p&p).

**Insurance** – Athletes are encouraged to arrange their own Public Liability Insurance cover; note that this is not provided by SHGA.

**DETACH AND RETAIN THIS TOP PORTION**

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COMPLETE THIS LOWER PORTION AND RETURN WITH FEE

### **APPLICATION FOR REGISTRATION WITH THE SHGA**

I, the undersigned, wish to register as a competitor with the SHGA for season 2011 and understand and accept that the SHGA forbids doping. I further agree that I shall abide by the Rules and regulations of the SHGA and consent to the random testing for prohibited substances which may take place at any time and to inform the SHGA prior to competition of any medicines I may be taking at that time.

Please circle the discipline in which you intend to compete:

RUNNING  
EVENTS

CYCLING  
EVENTS

HEAVY  
EVENTS

LIGHT FIELD  
EVENTS

NAME: \_\_\_\_\_.

DATE OF BIRTH: \_\_\_\_\_.

ADDRESS: \_\_\_\_\_.

\_\_\_\_\_.POSTCODE \_\_\_\_\_.

EMAIL: \_\_\_\_\_.

TEL: \_\_\_\_\_.

CLUB (IF APPLICABLE): \_\_\_\_\_.

SHGA REG N<sup>o</sup> (renewals): \_\_\_\_\_.

**SIGNATURE:** \_\_\_\_\_.

Tick box to receive SHGA Newsletter:

SHGA USE ONLY:	DATE:	AMOUNT: £	SHGA REP:
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Home	Clackmannan	
Age	18years	
Height	5' 10"	
Weight	9st 12lb	
Occupation	Accounting and Finance Student	
Marital Status	Single	
Years on HG Circuit	6 years	
Favourite Venues	Markinch, Airth and Bridge of Allan	
Favourite Countries	Anywhere that's warm	
Favourite Food	Anything with chicken I like	
Sporting Hero	Has to be Usain Bolt, he has brought a completely new dimension to athletics	
Best thing about H.G.	Winning and the prize money is always a wee bonus	
Worst thing about H.G.	The cold Scottish weather	
Favourite possessions	Has to be my spikes	
Favourite Film	The Longest Yard	
Book	Any sportsman's Autobiography is a good read	
Hobbies	With training and Uni I don't have much time on my hands but I could always find times to go out at the weekend with mates	
Coach	Eric Simpson	
Best Performances	Winning the New Year Sprint or being part of the Scotland 4x400 Squad that won the UK School Games title and broke the Championship record at Cardiff in 2009	
Something we do not know about MP	I have previously represented GB in American Football where the team finished 2 <sup>nd</sup> at the European Championships and I was awarded the Most Valuable Player of the Championships	
Ambitions left in Athletics	Still plenty of ambitions left in Athletics with the main long terms goal at the moment being able to Qualify for the Commonwealth Games in 2014 in Glasgow then hopefully follow on from that with Success on the Olympic/World stage	
Training	Train 6 days per week, 4 of which are running sessions, 3 track and 1 park session, as well as 2 gym sessions.	

The New Year Sprint was a great experience for me, and an achievement that I will live with for the rest of my life. It feels great to have joined the famous 'Roll of Honour' which is full of many great athletes. Winning the sprint was such an unbelievable and satisfying experience, as for the 3months leading up to the Sprint I had put in many hours of training, and Miles of travelling to meet up with my Coach Eric Simpson and training partners to get the suitable work in to prepare me for the Sprint.

The support I received from my family and friends was great, and it felt good to reward them by winning. I always knew it was going to be tough as there was a lot of good runners in the race, and I was on a really tight handicap so I knew I had to produce me best possible running on the day if I was going to have any chance of winning, which luckily enough I did. The conditions were tough, which I found out on the Friday where I lost in my heat, but was luckily enough to qualify as a fastest loser, which I have been reminded on many occasions I was lucky as in pervious years only heat winners qualified for the finals, but I was able to keep my nerve over night on the Friday night as I knew I still had a lot to give in the X-Ties and Final. I was a little nervous before the X-Ties I had the favourite to win overall in my X-Tie, but I was able to control my nerves and ran to the best of my ability and got up in the Fastest Time of the 4 X-Tie winners which felt great. I then knew I was going to start the final as the favourite, but luckily enough I was able to keep my composure and give my best running, which I knew I had to do. As I crossed the line I threw my hands in the air in delight and was unable to control my emotion as I knew all my training for it had finally payed off, and I had achieved my goal.

Home	West Linton, Peeblesshire (Studying in Tulsa, Oklahoma)
Age	20 years
Height	5' 8"
Weight	140lb
Occupation	Student/Athlete
Marital Status	No
Years on HG Circuit	4 ish
Favourite Venues	Crieff and Peebles
Favourite Countries	Scotland, USA & Ireland
Favourite Food	Mince & Tatties drowned in brown sauce
Sporting Hero	Haile Gebrsellasie
Best thing about H.G.	Brilliant environment, great people and fantastic crowds
Worst thing about H.G.	When it rained
Favourite possessions	Scotland flag and pictures of family keep me sane being out here i
Favourite Film	The Fighter
Book	Of Mice and Men
Hobbies	Running obviously and playing football with friends
Coach	Dave Campbell (Scotland) and Steve Gulley (USA)
Best Performances	2nd at NCAA indoor Nationals, 3.56 Mile (4th in the world for indoor season) Beating Alan Webb (American mile record holder) in the mile
Most prominent H.G. memory	My Dad and I were on our way to my first ever H.G. at Blackford and about an hour into the drive I realised that I had forgotten my spikes. I remember turning round and flying back to the house to get my spikes. Talk about a "rookie mistake" as the Americans would put it.

## Chris O'Hare Profile



I started out be coached by Charlie Russell in Peebles and Innerleithen and running the Highland Games circuit most weekends. After a while I moved my training into Edinburgh to train with Dave Campbell at Meadowbank every Tuesday, Thursday and Saturday. I then started to run more amateur races on the track but still loved to compete in the Highland Games. After finishing my 6th year at Peebles High School I went to Edinburgh Napier University to study Sports Science. After a year at Napier I decided it was time to take my athletics career to the next level and I transferred to The University of Tulsa in Oklahoma, USA. Although it was really hard to leave my family, friends and the best country in the world, I had to make the sacrifice to further my running career.

I now study Kinesiology and Biomechanics at Tulsa and I love it here. I have a great group of guys to train with and the USA loves their collegiate sports so there is so much money put into it that I feel like a fully sponsored athlete sometimes... Until I have to come back and study all night.

I really do miss the Highland Games circuit and although it has been a while since I was last at a Highland Games I look forward to seeing all the familiar faces and the sound of bagpipes when I return to Scotland.

### Chris breaks 4 Minutes

Chris O'Hare (Tulsa University) ran the mile at the Tyson Invitational Mile Indoors at the Randal Tyson Track Centre, Fayetteville, Arkansas.

He was hoping to run sub 4 Minutes prior to the race and with consistent split times and good pace making by fellow Tulsa athlete Brian Tabbs, he achieved a massive P B of 3.56.48. Chris is now the youngest Scottish athlete to break 4 Minutes and is second on the Scottish all time rankings for indoors.

Before going to Tulsa, Chris has trained with the Dave Campbell Squad since he was 10 year old, and won many races in the Borders and Scottish Games

Click here to see video <http://www.youtube.com/watch?v=tfeAhNhecNs>

**S.H.G.A. Contacts 2011**

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[secretary@shga.co.uk](mailto:secretary@shga.co.uk)

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[treasurer@shga.co.uk](mailto:treasurer@shga.co.uk)

**The SHGA is indebted to the following sponsors for their support in 2011**

Allison-Gray, Marquee Hire

Martin Smith, Outside Catering

Ashers, Ice Cream

William Grant & Sons Ltd

**S.H.G.A. Leagues 2011**

The SHGA have agreed to improve the various leagues by introducing a fourth place and increasing the prize money to some of the places, the points awarded are as before. It is hoped that this will increase the interest in the leagues and keep competition going to the end of the season.

All Adult Leagues  
(Running, Cycling, Heavyweights, TOW and Jumps)

1st £100, 2nd £60, 3rd £40, 4th £20

All Youth Leagues  
(Running and Cycling)

1st £50, 2nd £30, 3rd £20, 4th £10

The points system which will be used is

Scratch Races	2 Points to winner Only
First Prize up to £49	Points 3, 2 and 1
First Prize £50 - £99	Points 6, 4 and 1
First Prize £99 on	Points 10, 6 and 3
All Youth Events	Points 5, 3, and 2
Light Field & Cycle	Points 5, 3, and 2

Please note the Championship leagues will not be held this year, as they are not competitive enough and can be won by an athlete attending only one H.G.

**Presentation Dance 2011**

The annual presentation Dinner Dance will take place on Saturday 12<sup>th</sup> November at the Gilvenbank Hotel Glenrothes. This is a joint venture between the S.H.G.A. and the Fife Highland Games Association



## Drug Testing 2011

With the SHGA's commitment to drug testing and with the financial support from SpotScotland we will be carrying out testing at more venues this season.

Changes have also been made to the list of banned substances with some being removed from list, please check this at

[www.ukad.org.uk](http://www.ukad.org.uk)

Additional information also available from SHGA  
Drug Liaison Officer

Iain Gurr  
isiang@tiscali.co.uk

## Early Season Meetings

### **MAY 28th (Saturday) BLACKFORD HIGHLAND GAMES**

Handicapper: A. Crawford, 7 St. Ronan's Court,  
Glenrothes, Fife KY6 2LQ Tel: 01592 753439

### **JUNE 4th (Saturday) CORNHILL HIGHLAND GAMES**

No Handicap Events

### **JUNE 4th (Sunday) HELENSBURGH & LOMOND HIGHLAND GAMES**

Handicapper: A. Crawford, 7 St. Ronan's Court,  
Glenrothes KY6 2LQ Tel: 01592 753439

### **JUNE 5th (Sunday) MARKINCH HIGHLAND GAMES**

Handicapper: A. Crawford, 7 St. Ronan's Court,  
Glenrothes, Fife KY6 2LQ Tel: 01592 753439

### **JUNE 11th (Saturday) BEARSDEN & MILNGAVIE HIGHLAND GAMES**

No Handicap Events

### **JUNE 12th (Sunday) STRATHMORE HIGHLAND GAMES**

Handicapper: A. Crawford, 7 St. Ronan's Court,  
Glenrothes KY6 2LQ Tel: 01592 753439

## Highland Games Dubai ??

Thursday morning March the 10th I drove in 10 inch of snow heading to Edinburgh airport on route to Dubai, after a 2 hour stop in Paris I was on my way. Arriving at midnight local time I was welcomed by 20 degrees and lost luggage, so after some choice words I was promised to have my bags within 24 hours and be upgraded on my flight for the trip home.

Friday 11th 8am breakfast and meet the contacts from Herriot Watt Uni (Dubai) for a games planning meeting, the meeting went well, all very positive with news of a last minute caber being organised.

With no luggage it was decided I would go clothes shopping so for lunch I went the 7th biggest shopping mall in the world and two hours later I looked pretty dapper in my new threads, that night we all went out for a meal, we sat outside overlooking the tallest building in the world and enjoyed a pork free meal.

Games day, up early breakfast at hotel, bacon made out of beef, and eggs, we all got picked up at our hotel for an hour drive out of the city into the desert to the uni campus passing highland games signs along the way. When we got to the games field the Dubai students were all dressed in tartan with , basketball, volleyball and football competitions in full swing a lot of the students were busy and the rest got involved in running races, tug o war, and a Dubai student band played some proclamers covers.

The caber arrived and being 8" squared and 20 feet long not to mention weighing about 200kg, it was decided i would do some putt and weight for height and distance it's hard to find a tree in a desert. Along with 80 odd dancing girls and a twenty strong Dubai Pipe band I think that the crowd all enjoyed them self at the 1st Dubai highland games in 35 degrees heat.

The Sunday was spent a little bit hung-over but I managed to do a bit of sightseeing and buy my kids some good pressies.

Pete Hart  
Strathardle Highland Games  
Perthshire