

# Scottish Highland Games Association - Newsletter

## Message from the President

It seems such a short time since the end of season 2015 and the first Games of the season are only a few weeks away.

I look forward to meeting up with athletes, member games and officials; their enthusiasm never fails to amaze me. So whether you are involved as an athlete, cyclist, dancer, piper, heavy or tug of war, I wish you a competitive year and hope the leagues are hotly contested.

We also record that we have recently looked at our marketing and have entered into an agreement with a marketing company to improve our marketing and increase the profile of Highland Games.

President  
Charlie Murray

## Yearbooks

2016 Yearbooks are now available from secretary or any General Council member these have been held at £3 + £1 postage for 2016. These can also be ordered online from website

## Early Season Meetings

**May 15<sup>th</sup> (Sunday) GORDON CASTLE,  
HIGHLAND GAMES Fochabers**  
No Handicap events

**MAY 28<sup>th</sup> (Saturday) BLACKFORD  
HIGHLAND GAMES**  
Handicapper: A. Crawford, 7 St. Ronan's Court,  
Glenrothes, Fife KY6 2LQ Tel: 01592 753439  
(High Jump and Long Jump introduced this year)

**MAY 29<sup>th</sup> (Sunday) CARMUNNOCK  
HIGHLAND GAMES**  
**JUN 4th (Saturday) CORNHILL HIGHLAND  
GAMES**  
No Handicap Events

**JUNE 4<sup>th</sup> (Saturday) 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) CUPAR HIGHLAND  
GAMES**  
Handicapper: A. Crawford, 7 St. Ronan's Court,  
Glenrothes KY6 2LQ Tel: 01592 753439

**JUNE 12th (Sunday) STRATHMORE  
HIGHLAND GAMES**  
Handicapper: A. Crawford, 7 St. Ronan's Court,  
Glenrothes KY6 2LQ Tel: 01592 753439

## Newsletter Spring - 2016

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## S.H.G.A. Contacts

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

President, Charlie Murray  
[president@shga.co.uk](mailto:president@shga.co.uk)

Treasurer & V.P. Iain Watt  
[treasurer@shga.co.uk](mailto:treasurer@shga.co.uk)

# *S.H.G.A. Sponsors 2016*

Tomintoul Distillery

Ashers  
Ice Cream

Allison-Stiven  
Marquee Hire

Martin Smith  
Outside Catering



## Youth Relay:- Pitlochry Highland Games, 10th Sept 2016

Teams :- 2 Boys 2 Girls 12-16 years

Medals for all finalists, supplied by S.H.G.A.

Cash prizes for 1st, 2nd, 3rd. kindly donated by  
Pitlochry Highland Games

Trophy for winners presented by  
The Enchanted Forest Coy – Pitlochry



## SHGA Leagues Points system (Revised for 2016)

### OPEN RUNNING EVENTS

1st Prize money in a handicap race £100 +  
10pts - 6pts - 3pts.

1st Prize money in a handicap race £50 - £99  
6pts - 4pts - 2pts.

1st Prize money in handicaps Up to £49  
3pts - 2pts - 1pt

LADIES LEAGUE (All distances included in one League)  
As above

Championship scratch races.  
5pts - 3pts - 2pts

All other scratch races  
3pts – 2pts – 1pt (Changed for 2016)


OPEN JUMPS LEAGUE [HJ-LJ-TJ-PV]  
5pts - 3pts - 2pts

YOUTH RUNNING [All Events]  
5pts - 3pts - 2pts

HEAVY EVENTS [All Disciplines] (Changed for 2016)  
6pts - 4pts - 2pts

CYCLING [Open & Youth All Races]  
5pts - 3pts - 2pts

TUG OF WAR  
5pts -4pts - 3pts - 2pts & 1pt to all other teams in the  
competition on the day.

|                        |   |
|------------------------|---|
| Jazmine Tomlinson      | New Year Sprint Winner - Profile  |
|                        |   |
| Home                   | Jedburgh  |
| Age                    | 18  |
| Height                 | 5ft 5"  |
| Weight                 | 60kg  |
| Occupation             | Full time college student   |
| Married                | No  |
| Track PBs 60/100/200m  | 7.95s / 12.40s / 25.32s   |
| Most Prized possession | Coin Toss my Nike collection or Phone   |
| Favourite Country      | Italy   |
| Favourite Food         | Pasta   |
| Sporting Hero          | Usain Bolt, Renaud Lavillenie   |
| Best thing About H.G.  | The crowds, Always racing in front of so many different people it's a great atmosphere  |
| Favourite Film         | Deadpool, Ryan Reynolds is amazing  |
| Hobbies                | Athletics obviously, I don't do much else!  |
| Coach/Club             | Bruce Scott and Jock Steede. TLJT/EAC   |
| Best performances      | New Year. No doubts about it.<br><br>Scottish Schools 2015 indoor 200, first time under 26 seconds and a silver medal, that time set me starting the season ranked 3rd in Scotland<br>Birmingham Youth Development League with EAC, bronze in the 200 against some of the fastest u20 girls in the country. |
| Ambitions              | Still undecided. Obviously want to continue with training and see how far I can go  |
| Training               | I train 6 or 7 days a week 8/9 times a week, I spend more time on the track than in the gym but I always get in at least 2 session in the gym done.<br>Best part about training is being able to go, work hard but also have a laugh with my club mates, makes it so much more worth while                  |

## Membership Update

Glenurquhart Highland Games have been accepted into the SHGA, however Lorne and Invergordon will not be held this year but hopefully they will be back in 2017.

## New Affiliates

Gosling Highland Games 29<sup>th</sup> May

Zederik (Netherlands) 20<sup>th</sup> August



## **Drug Testing Report and Programme**

Last season, we did 10 drug tests (One Games was cancelled where drug testing had been scheduled) we are happy to report there were no positive results. The schedule for 2016 has already been set and we will be carrying out at least twelve tests.

*Ian Gurr (SHGA Drug Liaison Officer)*

## **2016 SHGA Dinner - Presentation Dance**

The annual presentation Dinner Dance will take place on Saturday 22nd October at the Gilvenbank Hotel Glenrothes. This is a joint venture between the S.H.G.A. and the Fife Highland Games Association.

## **Athlete Registrations**

Athletes are encouraged to register asap and not leave it till your first meeting. Please note that youths must also have the second part signed by parent or guardian - Form at end of this newsletter. It is also required for the purposes of possible drug testing that 16 – 18 year olds also have this second part of the form signed by parent or guardian. All athletes are informed that the SHGA does not permit the consumption of alcohol within the games arena.

## **Heavyweight Rankings System 2016**

The SHGA intend to run a rankings list for each of the heavyweight events during season 2016, this will rely on member games returning their results as soon as possible after their event. If an athlete knows they have a better performance they should let SHGA Secretary know, however any claim will require to be confirmed by the Games results coordinator.

**The Highland Area Highland Games Association (HAHGA)**, has formed to encourage Heavyweight athletes from all over the world, to compete at traditional Highland Games, within the scenic Highlands of Scotland. To maintain interest throughout the Games season, a competitive Heavies League, has now been created for all the Scottish Highland Games Association (SHGA) registered Heavy Athletes, competing within the Highland Area. The Highland Games season starts in the Highlands in July and finishes in September, at the end of the Games season, the top 6 Heavy athletes in the League, will be eligible to win various cash prizes, provided they have taken part in at least 6 of the Highland Area Member Games. Visit [www.hahga.co.uk/index.asp](http://www.hahga.co.uk/index.asp)



# THE SCOTTISH HIGHLAND GAMES ASSOCIATION

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## 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. In addition to Youths applications, all application forms for 16 to 18 years must be countersigned by Parent or Guardian to allow drug testing if selected.

### Annual Registration Fees for 2016 Season (1<sup>st</sup> January 2016– 30<sup>th</sup> April 2017)

#### Full Rate

- **Adults: - £20.00** per person (£15.00 subject to payment being received by 30 April 2016).

#### 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 2016 and understand and accept that the SHGA forbids doping, and does not permit the consumption of alcohol within the games arena. I further agree that I shall abide by the Rules and regulations (including any disciplinary procedure from time to time) 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: |
|----------------|-------|-----------|-----------|

*This must be completed in all cases where the athlete is under the age of eighteen (18).*

I, the Parent / Guardian undersigned, declare that I am the person having parental responsibility of the Athlete undersigned (the "Athlete") and that I have full capacity to give consent to the taking of a blood or urine Sample as required by the anti-doping rules of the Scottish Highland Games Association ("the Rules").

I have read and understood the Rules and I hereby:

- (a) agree that the Athlete is bound by, and will comply with, the provisions set out in the Rules and will submit to the authority and jurisdiction of the Scottish Highland Games Association and any designee(s) of the Scottish Highland Games Association including UK Anti-Doping, to apply, police and enforce the Rules; and
- (b) consent and agree to the taking of a blood or urine sample from the Athlete for the purposes of official anti-doping Testing (whether such Testing is organised by the Scottish Highland Games Association, UK Anti-Doping or any other official body) during the period of the Athlete's registration to the Scottish Highland Games Association in accordance with the procedures set out in the UK Anti-Doping Procedures Guide and the International Standard for Testing.

Dated this ..... day of..... 20...

Full Name of Parent / Guardian .....

Signature of Parent / Guardian .....

Full Name of Athlete.....

Signature of Athlete.....