

# COUNTDOWN

## TEAM SCOTLAND NEWSLETTER

Issue 28 – Autumn/Winter 2018

## Duncan Scott caps off 2018 with top award

Swimmer, Duncan Scott capped off a spectacular year by being named as the 2018 Scottish Sportsperson of the Year, at the Team Scotland Scottish Sports Awards.

With a host of sporting stars in attendance, the evening was an inspirational celebration of their outstanding achievements, as well as the success of individuals, schools, clubs and teams across the whole of Scottish sport.

The 21-year-old swimmer became Scotland's most successful athlete ever at a single Commonwealth Games, with six medals at Gold Coast 2018, followed by four medals at the European Championships in Glasgow. Named Male Athlete of the Year for the second year in succession, Duncan was also awarded the overall title, putting his name on the Emirates Lonsdale Trophy alongside past winners including Sir Chris Hoy, Sir Andy Murray and Dame Katherine Grainger.



Duncan Scott

Duncan's success came on a superb night for the University of Stirling swimming programme, when his coach Steven Tigg took the Coach of the Year award.

Collecting his awards Duncan Scott said: "It's been a great year in terms of results. With the Commonwealth Games and the Europeans after it, representing Team Scotland and then competing in front of a home crowd in Glasgow, that's pretty special in one year."

"I knew I'd had a good year, so that I would be in contention, but I didn't know that I would win it. Scottish sport has been incredible this year and it just seems to be getting better and better each year. The nominations were phenomenal and there were so many athletes in that room that have competed at such a high level and

done their country proud, so to come away with this is really special. I'm just thankful for all the support that's behind me."

In the Female Athlete of the Year category, Laura Muir's sensational season, which saw her claim three global medals and win the overall 1500m Diamond League crown, alongside successfully completing her veterinary degree, gave her the nod.

Cycling also had a successful night, winning Governing Body of the Year, and Neil Fachie, with pilot Matt Rotherham, being named Para-Sport Athlete of the Year, after winning two gold medals at the World Para-Cycling Championships and repeating the same double just two weeks later on the Gold Coast.

Para-Cycling was in the spotlight once again, as 2012 Paralympic gold medallist David Smith MBE took the Team Scot of the Year award in recognition of his incredible drive and determination in the face of adversity. A true ambassador for Team Scotland and Scottish sport, his fight to continue to compete at the top level goes on, despite the sad news that his spinal-cord tumor has returned.

There were huge receptions for both Scotland's men's cricket and rugby teams, popular winners of Sporting Moment of the Year and Team of the Year respectively.



Laura Muir



Some of the award winners

Cricket's historic win over England in their One Day International, was the moment that captured the heart of the nation and majority of the public vote. Whilst Rugby's Calcutta Cup heroics gave them the nod over Team Scotland's Basketball and Lawn Bowls teams from Gold Coast and Celtic FC for Team of the Year.



Scotland's most successful athlete in Commonwealth Games history, after winning a record fifth gold in Gold Coast, Alex Marshall MBE was honoured with the Lifetime Achievement Award in recognition of an outstanding, and still ongoing, career. A Scottish international since 1987, Gold Coast was an incredible sixth Games appearance for Team Scotland. He also holds the record for the most World titles with 20, beginning with three gold medals

at the 1992 World Outdoor Championships and continuing all the way through to a record sixth World Indoor Singles title in 2015.

In contrast, at the start of his career and selected to represent Team Scotland in Gold Coast at the age of just 16, Lucas Thomson was the winner of the Sir Peter Heatly Trophy as Young Athlete of the Year. He has had a phenomenal 12 months, finishing fifth in two finals in Gold Coast and going on to win a silver and two bronze at the European Junior Championships, four medals on the senior FINA Diving Grand Prix Series and gold at the World Junior Diving Championships.

Individuals and organisations driving success at all levels of Scottish sport were also honoured. Jim Hay was named as Volunteer of the Year for his work in Squash, SAPC Community Sports Hub took Community Hub, Club or School of the Year, whilst there was a special award marking the 2018 Year of Young People for 18-year-old Kamil Cybulski, recognising his outstanding volunteer work with Glasgow Devils Basketball Club.



SAPC Community Sports Hub

Hazel Irvine and Dougie Vipond host the awards



Paul Bush OBE, Chair of Commonwealth Games Scotland, said: "Tonight has been a fantastic celebration of what has been a golden year for Scottish sport, with our athletes excelling across a packed schedule of championship events."

"A huge thank you to our partners and sponsors, whose support has made this fantastic event possible and enables us to properly recognise the achievements of the individuals, teams and organisations that help to put Scotland on the sporting map."

Over 550 people joined the celebrations at the Edinburgh International Conference Centre, where the evening was hosted by highly respected TV presenters Hazel Irvine and Dougie Vipond, with funds raised for the Scottish Commonwealth Games Youth Trust.



David Smith MBE

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Jen becomes a record breaker in Glasgow

## Team Scotland pays tribute to five-time Commonwealth Games medallist Jen McIntosh

Scotland's most decorated female athlete in Commonwealth Games history, Jennifer McIntosh, has announced her retirement from competitive shooting.

Paul Bush OBE, Chair of Commonwealth Games Scotland paid tribute to her remarkable career, wishing her all the best for the future: "Jen has been an inspirational figure for Team Scotland athletes in her three Games and hugely successful at World and European level. She is a great ambassador for Commonwealth Games and for the sport of shooting and I hope that she continues her involvement in some capacity as she steps away from the field of play."

Following silver at the 2008 Commonwealth Youth Games in Pune, Jen won two gold and a bronze at the 2010 Commonwealth Games in Delhi, aged just 19. She went on to become the most decorated female athlete in Scottish Commonwealth Games history – a record previously held by her mother, Shirley - by adding silver and bronze to her tally at Glasgow 2014.

Looking back on a career that also saw her compete for Team GB at two Olympic Games and win medals at World, Commonwealth and European Championships,



she said: "This has been an incredibly difficult decision to make, but was actually taken some time ago and is not in any way a reflection on recent performances or results. Over time, circumstances change and we have to reconsider what it is we really want from life and if the cost of chasing a dream is truly worth it."

Jen competed at her third Commonwealth Games at Gold Coast 2018 in April and, earlier this month, won bronze at the World Championships in South Korea, alongside sister Seonaid and Zoe Bruce in the 50m Rifle Prone Team event.

"I have achieved a huge amount over the last ten years and I am incredibly proud of what I have accomplished," she added. "Sport will always hold a special place

in my heart. It has taught me to enjoy the pursuit of excellence, not just the achievement of it. Those are values that I intend to live the rest of my life by and I am incredibly grateful for having had the opportunity to learn that."



## CHAIR'S VIEW

PAUL BUSH OBE



2018 is certainly proving to be another golden year for Scottish sport, with our athletes excelling across a packed schedule of major events including the Commonwealth Games, Winter Olympics and Paralympics, World Championships, Grand Slams and the European Championships and Para-Championships.

There have been so many highlights for me personally, but as CGS Chair it was a huge privilege to be on the Gold Coast in April to witness Team Scotland win 44 medals, our best ever medal tally at an overseas Games. The 11 days of competition included so many inspirational and memorable performances.

I would also like to acknowledge the huge success of Glasgow 2018, the first-ever multi-sport European Championships. Another world-first on Scottish soil, that allowed the British team to rise to the occasion.

These results demonstrate the significant commitment and hard work of all involved across Scotland's world-class sporting system. And in the case of CGS, how we built on the incredible success of Glasgow 2014 and continue to show our ambition to push the boundaries on the international stage. A huge thank you to our member sports, who not only shared, but strived to achieve our collective ambition and to **sportscotland** and the Scottish Government for their continued expertise, support and investment.

However we must not be complacent. There are undoubtedly significant challenges ahead, as the CGF continues to make the case for the Games to maintain its place in the congested international sporting calendar. We also know just how difficult it still is, to secure sufficient funding for high performance sport, to continue to deliver the fabulous results now expected and that generate such national pride and inspiration.

Everyone in Scottish sport must work together, to demonstrate even better, how sporting success at the highest level positively impacts on young people and communities across the country, making it an attractive investment for both the public and private sector. Our thoughts and energy now turn to Birmingham 2022.



## Reflecting on Gold Coast medal bonanza

After Team Scotland's best ever Commonwealth Games in Glasgow four years ago, it was fantastic to see Scotland's athletes step up once again at Gold Coast 2018, to set a new record medal tally for an overseas Games. Participating in all 18 sports on the programme, the team smashed their pre-Games medal target of 29, climbing onto the podium an incredible 44 times, winning 9 gold, 13 silver and 22 bronze. There were also many ground breaking performances throughout the 11 days of thrilling sporting action down under and here are just some of the highlights.

The scene was set from the Opening Ceremony, where multiple Olympic, World, European and Commonwealth medal-winning athlete, Eilidh Doyle, nominated by her fellow athletes, led Scotland into the Carrara Stadium - the first female athlete ever to do so.

At 224 athletes, this was the biggest team Scotland had ever sent to an away Games and included a record 93 women. There were also 18 Para-Sport athletes, competing in six of the seven disciplines, as Gold Coast hosted the biggest ever Para-Sport programme with 38 medal events.



Marc Austin took the first Scottish medal of the Games and a first ever Triathlon medal for Scotland, putting in an inspirational performance to claim bronze in the Men's Individual event, ahead of World and Olympic medallists Alistair and Jonathan Brownlee. Beth Potter became the first athlete to compete in two sports for Team Scotland at a single Games, competing in the Triathlon individual event and team relay, before going on to compete on the track in the 10,000m.

## CYCLING

The first gold of the Games came from Para-Cycling duo Neil Fachie and Matt Rotherham, as they carved almost two seconds off the previous Games record in the 1000m Time Trial on the opening night in the velodrome. The pair went on to win a second gold in the Sprint, breaking the World Record in qualifying. It sparked a



medal rush as eight cyclists claimed 10 medals between them, including four gold, with Mark Stewart in the Points Race and Katie Archibald in the Individual Pursuit the other athletes to top the podium.

There were also medals for Neah Evans, Jack Carlin and Callum Skinner, whilst it was a family affair for the Archibalds as Katie's brother John took silver in the Men's Individual Pursuit – the pair becoming the first brother and sister to win Commonwealth Games medals for Scotland on the same day.





## AQUATICS

Aquatics won the most medals with 11 – 2 gold, 4 silver and 5 bronze. Duncan Scott was the star of the pool as he racked up six medals, including a first ever gold for Scotland in the 100m Freestyle. Hannah Miley took a third successive medal in the 400m Individual Medley, silver this time to add to the golds in Delhi and Glasgow, while fellow defending champion from 2014, Ross Murdoch also had to settle for silver in the 200m Breaststroke. There was also a silver for Mark Szaranek in the men's 400m Individual Medley as well as relay medals in the men's 4x100m and 4x200m Freestyle.



The divers continued where the swimmers left off, with James Heatly winning 1m Springboard bronze, Scotland's first Diving medal for 60 years, the last being won by his grandfather, Sir Peter Heatly at the 1958 Cardiff Games. This was swiftly followed by Grace Reid taking gold in the same event to become the first female Scottish diver to win a medal at the Commonwealth Games.

## LAWN BOWLS



It was an incredible performance from Scotland's bowlers on the hard baked greens at Broadbeach, with all 10 returning home with medals. There were first ever medals for both men and women's Triples, as they steadily accumulated two gold, two silver and a bronze, to become the most successful nation of all-time in Commonwealth Games Lawn Bowls.

Ronnie Duncan and Derek Oliver, both making their Games debut, were double gold medallists in the Triples and Fours.

Competing at his sixth Commonwealth Games, Alex Marshall won gold in the Fours and silver in the Pairs to take his career tally to five gold and one silver and become Scotland's most successful Commonwealth Games athlete of all time, with teammate Paul Foster only just behind him with four gold and a silver, moving up to third on the all-time list.

## SHOOTING



Also making his sixth Games appearance, shooter Ian Shaw took bronze in the Queen's Prize Pairs alongside Games debutant, Sandy Walker, while David McMath, competing at his first Games, took Scotland's first ever individual gold in the Men's Double Trap, setting a Games record in the final.

Seonaid McIntosh added to her family's Commonwealth Games legacy, with two bronze medals in the rifle events. A fourth Commonwealth Games medal and first in an individual event for Neil Stirton with silver in the 50m Rifle Prone and a first Games medal for Linda Pearson, with bronze in the Women's Double Trap, rounded out a successful Games on the range up in Brisbane.



## BASKETBALL



Basketball made a return to the Games after a 12 year absence and the nation was gripped by the heroics of the team.

The only team without a FIBA ranking, they defied pre-Games expectations to remain undefeated until the semi-finals, eventually finishing fourth, the best ever result at a Games by a Scottish team sport.





## BEACH VOLLEYBALL

There was a ‘first’ too for Beach Volleyball, as the sport made its Commonwealth Games debut against the stunning ocean backdrop down at Coolangatta.

Both Scotland’s men’s and women’s pairs acquitted themselves strongly against world ranked opposition, reaching the quarter-finals.



## GYMNASICS



Having won their first ever Team Event medal at Glasgow 2014, Scotland’s gymnasts followed up with their second – the men winning bronze, despite the loss of Kelvin Cham through injury. Veterans of the 2014 team, Daniel Purvis and Frank Baines then went on to win individual bronze on Floor and Parallel Bars respectively.



## BADMINTON



The final day of competition saw Kirsty Gilmour collect her second Badminton Singles medal in succession. She added bronze to her Glasgow 2014 silver, turning the tables on 2014 gold medallist, Michelle Li of Canada.

## ATHLETICS



With five medals, Athletics celebrated their biggest medal tally since 1990. Hammer thrower Mark Dry led the way, replicating his bronze medal winning feat from Glasgow 2014 with his final throw. Flag bearer Eilidh Doyle took a third successive silver medal over the 400m Hurdles, while there was also silver for 18-year-old Maria Lyle in the Para-Sport T35 100m.



Jake Wightman was the final medallist on the track, bouncing back from the agony of a fourth place finish in the 1500m, with bronze in the 800m.

However, there was final day drama and contrasting fortunes for Scotland’s two Marathon men. There was an outpouring of concern and well wishes for long-time leader Callum Hawkins, as he succumbed to the heat with just a mile to go, while team mate Robbie Simpson came through for bronze and Team Scotland’s final medal of the Games.



## BOXING



Boxing maintained their impressive record of at least one medal at every Games, with John Docherty and Reece McFadden both winning bronze. There was another first for Team Scotland, with two female boxers, Vicky Glover and Megan Gordon, taking to the ring.

## ROUND-UP



Micky Yule just missed a medal coming fourth in Para-Powerlifting, while Lisa Tobias set new Scottish records in the Weightlifting 48kg category. Netball finished in ninth place, a narrow loss in a thrilling game with Malawi proving critical, while Table Tennis reached the last 16 of the team event. There were tough draws for both Wrestling and Rugby 7s, with the latter missing out to World Champions South Africa, with just one from each pool to go through to medal matches. In Squash the Men’s Doubles just fell short, reaching the bronze medal match for the third successive Games.



And so to the Closing Ceremony, where the most successful Scottish athlete at a single Games, swimmer Duncan Scott, was chosen to carry the flag for Scotland in recognition of his outstanding achievement.



## Looking forward to Birmingham

Whilst the memories of a fantastic Commonwealth Games for Scotland on the Gold Coast are still fresh, attention has quickly turned to Birmingham 2022, the next Games hosts, located only a five hour drive from Glasgow.

Commonwealth Games Scotland CEO, Jon Doig OBE, and Head of Games Operations, Elinor Middlemiss, recently conducted the first of a number of regular visits to the city, to familiarise with what Birmingham has to offer and gain an overview of preparations. Of particular interest are the plans for the Athletes' Village in Perry Barr, where construction is well underway and the nearby Alexander Stadium, well known to many of our top track and field athletes, which will undergo a significant redevelopment for the Games.

Elinor Middlemiss commented: "The Birmingham Games looks set to have a similar feel to Glasgow, with most of the

venues already in place. The National Exhibition Centre will act as a precinct for a number of sports, just like the SECC in 2014.

"Many of our athletes regularly compete in Birmingham at UK and international competitions and the familiar climate, competition timing and support environment should give us a massive competitive advantage compared to the Gold Coast. We anticipate a strong performance again in 2022 across all the sports and in particular we welcome the return of Judo to the programme, a sport in which we performed so well in 2014."

Reflecting on the advantages of a UK based Games in the normal summer competition period, Jon Doig added: "With Team Scotland success at the Commonwealth Games being so important to Scotland, our planning will once again be rigorous, to ensure nothing is left to chance



and that we can build on the success of Glasgow and Gold Coast.

"From what we have seen so far, Birmingham will be great hosts and with the city's close proximity, we anticipate a great travelling support roaring the team on. We look forward to working closely with our partners and supporters in Scotland and in Birmingham to ensure we deliver a performance that makes the country proud once again."



### Birmingham 2022: 27 July – 7 August

The current sports programme includes:

**Compulsory sports:** Athletics and Para-Athletics, Aquatics – Swimming and Para-Swimming, Badminton, Boxing, Cycling – Road, Gymnastics – Artistic, Hockey, Judo, Lawn Bowls and Para-Bowls, Netball, Rugby 7s, Squash, Table Tennis, Triathlon, Weightlifting, Para-Powerlifting, Wrestling – Freestyle.

**Selected optional sports:** Aquatics – Diving, Basketball (3x3), Wheelchair Basketball (3x3), Cycling – Mountain Bike, Cycling – Track, Para-Cycling, Gymnastics – Rhythmic, Para-Triathlon.



Erin Wallace

## Making a difference for young athletes

The Scottish Commonwealth Games Youth Trust has been a proud partner of Team Scotland for nearly 30 years, during which time it has supported many talented young athletes through a number of schemes, helping them to optimise their performances and strive for selection and international medal success.

Past beneficiaries who have gone on to compete with distinction at Commonwealth and Olympic Games include medallists Kirsty Gilmour (Badminton), Jennifer McIntosh (Shooting), Robbie Renwick (Swimming), Eilidh Doyle (Athletics) and Charlie Flynn (Boxing).

### PHM Athlete Award

Thanks to continuing support from a private individual, 16 talented young athletes from ten sports have received awards from the PHM Scholarship Support Fund for 2019.

Established in 2012, the fund provides awards of up to £1,000 to athletes under the age of 26, towards their preparation for significant major events including the Commonwealth Games. This year applications were open to all CGS member sports, and Para-Sport athletes have also been recognised for the first time.



Scott McLay  
**LOTTERY FUNDED**

Amongst the athletes set to benefit, is swimmer Scott McLay, Scotland's most successful Commonwealth Youth Games athlete, winning five medals at Bahamas 2017. Scott then stepped up to win a relay bronze at Gold Coast 2018.

Other members of the Gold Coast 2018 team receiving an award include Vicky Glover, Scotland's first female boxer and Erin Wallace, who won 1500m gold at Bahamas 2017 and then competed in Triathlon on the Gold Coast.

Caitlin McClatchey, Chair of the Trust and former Team Scotland swimming double gold medallist said: "We are truly indebted to this private individual who continues to recognise the potential of young

### How to support

If you would like to help us make a difference for more talented young Scottish athletes, then please contact us to discuss becoming a partner or supporter with a one-off donation, regular giving or by supporting the Team Scotland Sports Awards event. Call 01786 466480 or email [scgyouthtrust@teamscotland.scot](mailto:scgyouthtrust@teamscotland.scot)

athletes in Scotland and whose support has already delivered tangible benefits for many athletes.

"The transition from youth to senior level is a crucial time in an athlete's development and this support allows them to fully focus on realising their sporting aspirations. We received over 50 applications for much needed support and we would love to hear from other individuals or organisations who could help us to expand the programme."

### UoS Scholarship

As part of our long term partnerships with University of Stirling, the Youth Trust supports up to three athletes on their International Sport Scholarship programme. This enables athletes to flexibly combine academic studies, with sporting careers at the highest level.

### Achieve Programme

Work is underway to explore how the hugely successful Achieve Programme, first established for the 2010 Games, can be evolved, funded and reintroduced for Birmingham 2022.

Since 2010, 135 participants have been through the programme, with 28 making the step up to compete or coach for Team Scotland. A shining example is boxer John Docherty from the 2014 programme, who won medals at both the 2015 Youth Games and Gold Coast 2018.

In future, the Achieve Programme will place even greater emphasis on ensuring that all young people with sporting talent and aspirations, regardless of their background, can be supported to achieve their full potential. It will include experiential elements of the proven 2010 and 2014 programmes, along with additional aspects, covering self-development through the unique learning opportunity of a multi-sport environment.

Vicky Glover



Follow the action, search

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