

# KILMORE

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## HIGHLAND GAMES

### SATURDAY 25<sup>TH</sup> JULY 2009

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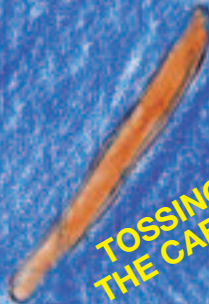
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Best wishes to all competitors and visitors to the Games

# KILMORE AND KILBRIDE HIGHLAND GAMES

*Failte*

*Welcome to the Games*

As Chieftain I bid you welcome to the 2009 Games, and hope you all enjoy your day.

Our front cover this year is designed by Alison Clark, P6, Rockfield Primary School, with further illustrations throughout the programme by Alyssa Usher, P3; Ellen Barlow, P5, Luing Primary School and Kirsty MacInnes, P5/6 Rockfield Primary School.

This year we are again delighted to have a demonstration from Oban Longbow Club and an opportunity to try your skill.

Our website is **[www.kilmore-and-kilbride-highland-games.co.uk](http://www.kilmore-and-kilbride-highland-games.co.uk)**.

I am sure that you will agree that we have an exciting range of entertainment for you. As visitors, please do not feel left out since there are a number of novelty events available for you to take part in.

Again, this year we are taking part in the Local Athletic Championships League for 11-15 year olds, along with the other Games in Argyll.

We are to be entertained by one of the very successful Oban High School Pipe Bands this year with support from members of Oban Pipe Band.

We are grateful to Mr and Mrs Whittle for the facility of this excellent park which gives our Games such a special setting.

The Games would not be possible without the support of our sponsors and all the volunteers who have helped us put the Games together. To them, many thanks and in particular to our MC, Ronnie Campbell.

Welcome all, enjoy your day and have fun!

John MacColl, Chieftain



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# HIGHLAND DANCING COMPETITION

Commencement : 11.00a.m.  
(Under S.O.B.H.D. Rules Reg. No. A02)

## DANCES

- |                             |                                |
|-----------------------------|--------------------------------|
| 1. 16 Pas-De-Basque         | 6. 1/2 Reel of Tulloch         |
| 2. Pas-De-Basque & Highcuts | 7. Lilt (4 steps)              |
| 3. Highland Fling (4 steps) | 8. Flora MacDonald (4 steps)   |
| 4. Sword Dance (2 & 1)      | 8. Sailor's Hornpipe (4 steps) |
| 5. Sean Truibhas (3 & 1)    | 10. Irish Jig (4 steps)        |

Classes may be altered according to number of entries

<b>PRIMARY</b>	<b>CLASS 1</b>	<b>6 years and under</b>	1 2 3 4
<b>BEGINNERS</b>	<b>CLASS 2</b>	<b>9 years and under</b>	3 4 5 6 7 8
	<b>CLASS 3</b>	<b>12 years and under</b>	3 4 5 6 7 8
	<b>CLASS 4</b>	<b>13 years and over</b>	3 4 5 6 7 8
<b>NOVICE</b>	<b>CLASS 5</b>	<b>12 years and under</b>	3 4 5 6 7 8
	<b>CLASS 6</b>	<b>13 years and over</b>	3 4 5 6 7 8
<b>INTERMEDIATE</b>	<b>CLASS 7</b>	<b>12 years and under</b>	3 4 5 6 9 10
	<b>CLASS 8</b>	<b>13 years and over</b>	3 4 5 6 9 10
<b>PREMIER</b>	<b>CLASS 9</b>	<b>12 years and under</b>	3 4 5 6 9 10
	<b>CLASS 10</b>	<b>15 years and under</b>	3 4 5 6 9 10
	<b>CLASS 11</b>	<b>16 years and over</b>	3 4 5 6 9 10

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# HIGHLAND DANCING

Highland Dancing goes back into the mists of antiquity, for there were dancers in Scotland even before the days of bagpipes, when dancers performed to the music of the harp. The steps have been handed down from one generation to another, and Highland Dancing is considered by the experts of all dancing nations to be of a very fine standard in grace, rhyme and technique. To be an accomplished Highland Dancer, the competitor must start at an early age.

## **The Highland Fling**

The Highland Fling is the classic dance in the Highland repertoire. The steps are simple but because of this they must be superbly executed and positions strongly held – the test of traditional Highland Dancing.

## **Ghille Callum**

Ghille Callum (sword dance) is a dance of victory handed down from the earliest times when the victor danced over the sword of his vanquished enemy and his own sword crossed over the top. A difficult dance, bristling with technique.

## **The Seann Truibhas**

A flowing, graceful dance, executed at first in slow tempo and the last two steps in quick tempo. Seann Truibhas is the Gaelic for 'old trousers' and it is popularly believed that this dance came into vogue after the '45 Rising when the wearing of the kilt was a punishable offense and trews had to be worn by the Highlanders.

## **'Hallachan'**

A Clansman's Highland Reel, said to have originated on Deeside at Tullich churchyard. When the minister failed to appear one Sunday in winter, the congregation stamped their feet and chafed their arms, freezing from long waiting. A dance ensued which was named 'The Reel O'Tulloch' or 'Hullachan' – a favourite dance on Deeside.

## **The Irish Jig**

The Irish Jig danced at Highland Games is meant to be a parody of an Irishman in a highly agitated state of mind. The steps are traditional but the arm movements and gestures are not. Arm movements are an intrinsic part of Scottish dancing, and so the Scots added them to the Irish Jig in a humorous salute to their Celtic brethren across the Irish Sea.

## **Sailor's Hornpipe**

Common to many parts of the British Isles, this dance derived its name from the fact that it was usually accompanied by the music of the 'horn pipe', a common instrument comparable to our present flute. In time the dance became popular among seafaring men and is now associated with sailors. The modern dance is performed in nautical costume and imitates many typical shipboard activities usual in the days of wooden ships and iron men. You will readily spot rope hauling, climbing the shroud lines, and others.

## **The Scottish Lilt & Flora MacDonald's Fancy**

These dances are among a group of Scottish National Dances now being performed at Highland Games. The Aboyne dress is worn for these dances. This costume resembles the native dress worn by women in Scotland in times past and is very feminine. The dances done in this costume are softer and more lilting in character.

Almost everyone has at some time, danced. It is one of the most common shared experiences in the world. With this view in mind, whether a participant or spectator, I hope you will enjoy this traditional Highland Dancing Competition.

# PIPING COMPETITION

Starting at 12 noon

## EVENTS

### CHANTER

1. March – 11 years and under – (2 parts)

### PIPING

(15 years and under)

2. March – (4 parts)
3. Strathspey & Reel
4. Jigg
5. Slow Air

(under 18 years – Open)

6. March
7. Strathspey & Reel
8. Jigg
9. Slow Air

(Seniors – Open)

10. March
11. Strathspey & Reel
12. Hornpipe & Jigg

**Note:** Events 1, 2, 3, 4 & 5 are confined to competitors who live within Oban High School catchment area. Events 6, 7, 8, 9, 10, 11 & 12 are open to competitors from all areas.

### AWARDS

Winning competitors in events 1, 2, 3, 4, 5, 6, 7, 8 & 9 shall be awarded a Medal. Medals shall be given to the first five places. Winning competitors in events 10, 11 & 12 shall receive the following prize money: 1st – £50; 2nd – £25; 3rd – £15 and 4th – £10.

### TROPHIES

Overall Winner of events 2, 3 & 4

Overall Winner in events 6, 7, 8 & 9

Local Competitor in events 6, 7, 8 & 9

Overall Winner in events 10, 11 & 12

Winner of event 5

The Donnie A. Ferguson, Memorial Trophy

The Cologin Cup

The Scotch Corner Cup

The MacDougall Cup

The Ronald Morrison Memorial Trophy

**Note:** Local competitor is defined as being a resident within the catchment area for Oban High School.

Suggesting that the bagpipes aren't Scottish through and through may be nothing short of treason to some popple, but nevertheless it's a fact.

The folk lore of many other countries prove that bagpipes have been making music all over the world for several centuries. For a start there were the Greeks, Persians and Chinese, closely followed by the Romans and even Egyptians. The latter guaranteeing a rousing send-off by putting a set of bagpipes in the mummies' caskets.

Going back to our old friends the Romans, the Emperor Nero was reported to have been a skilled player. And since the fiddle wasn't invented until the 16th Century it's highly unlikely that he used that particular instrument while Rome burned. Whether he picked up a set of pipes is purely speculative.

If the musical historians are to be believed, the first use of the instrument in Scotland can be traced back to 100 AD. Whatever its origins, it still takes a Scot to hit the right note on the bagpipes. But that doesn't mean they're full of wind!

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# ATHLETICS AT THE GAMES

Athletics have always taken place at Highland Games, though some events have more traditional rules from that adopted by the modern Olympics.

This year, to encourage our young budding athletes, the Argyll & Bute Local Athletic Partnership have introduced a league for 11-15 year olds. The league covers four Highland Games – Inveraray, Tobermory, Luss, Kilmore, and finally Oban Games on the 27th August.

The events today that count towards the league are 100m, 400m, Long Jump, High Jump and Shot Putt. The overall Boy and Girl league winners will be presented with the league trophy at the Oban Games.

Please encourage our youngsters today, and can you spot any rising stars? If so remember the name – you saw them first at Kilmore & Kilbride Highland Games!!

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# PROGRAMM

TRACK	LIGHT FIELD
11.00	Long Jump Girls 11-15 and Women
11.15	High Jump 11-15 Girls and Women
11.30	Long Jump Boys 11-15 and Open
12.00 200 Open and Women 200 11-15 Girls and Boys	
12.30 800 Open and Women	High Jump Boys 11-15 and Open
1.00	
1.30 100 Open and Women 100 11-15 Girls and Boys	
2.00 Open 3000 Over 16 Men and Women	
2.30	
3.00 400 Open and Women 400 11-15 Girls and Boys	
3.30	
4.00 1500 Open and Women	
4.30	



The Kilmore Games Committee would like to take this opportunity to thank all those who provided the sponsorship for events and the advertising in the programme, and also to those whose donations and assistance have contributed to making the Games Day possible.

# OF EVENTS

## HEAVY

## FUN

Hammer – 11-15 and 16-21 Boys  
Light Shot

Light Hammer

*Pipe Band*

Shot Putt 11-15 and 16-21 Boys  
Heavy Hammer

*Children's Races (Under 11)*

*Pipe Band*

Weight over Bar – 11-15 and 16-21 Boys  
Shot Putt – Women

*Pillow Fight*

Caber – 11-15 and 16-21 Boys  
Weight for Distance

*Wellie Boot*

*Pipe Band*

Caber

*Haggis Hurling*

Weight over Bar

*Pipe Band*

Tossing the Sheaf



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## Kilmore Games Trophy List 2008

1	Barn Cup for Open Hill Race	
2	Royal Bank Quaich Open 100 metres	Matthew Turner
3	Clyde Cement Veterans Shield	Duncan Stewart
4	Mary Wren Plate Ladies Tug of War	
5	Kilmore C. C. Cup Men's Tug of War	
6	Archie Gillespie Under 21 Boy	Matthew Turner
7	Bruce Lindsay Plate Under 21 Girl	Hayley Stewart
8	Dungallon House Cup Open Track & Field	Matthew Turner
9	Mr & Mrs Brown Cup Open Heavies Champion	S. Aitken
10	Glenfeochan Cup Overall Ladies Champion	Hayley Stewart
11	Lorne Insurance Brokers Cup Games Champion	S. Aitken
12	Oban Rare Breeds Best Youth Athlete	Matthew Turner
13	West Coast Building Supplies Shield – Youth	David Beckett
14	Dantes Shield Best Youth Heavy	Lorne Colthart
15	Soroba House Hotel Cup Best Senior Lady	Hayley Stewart
16	Mr & Mrs D Coates Shield Best Overall Boy	D. Colthart
17	Ian Matheson Shield Best Junior Track – Boy	Ian McDowall
18	Shield Best Junior Track Athlete 12 – 15 years	Katrina Durie/Frances Young
19	West Highland Crofters and Farmers – Junior	D. Colthart
20	Skinner MacArthur Shield Best Junior Heavy	D. Colthart
21	Ladbrook Cup Junior Girls Champion	Katrina Durie/Frances Young
22	Mr & Mrs Dickie Cup for best Local Athlete Under 16	
23	Killorn Hill Race for Girls	
24	Jean Cowan Junior Boys Hill Race	
25	Jean Shop Shield for Under 9 girls	Linda Morton
26	Mogil Motors Shield for Under 9 boys	Calum MacKittenrich
27	Muriel Breckenridge Shield for 9 – 11 girls	Melissa Robertson/Lynne MacLean
28	Musdale Cup for 9 – 11 girls	Melissa Robertson/Lynne MacLean
29	James Gillies Shield Best Local Under 11	Craig MacIntyre
30	Sheryl Peters	
31	Sutherland Cup	
32	Games Committee	
33	Ardoran Marine	
34	Donald MacFarlane	
35	Johnston & Paton	
36	The Cologin Cup	Neil Jordan
37	Scotch Corner Cup	Neil Jordan
38	MacDougall Cup for Best Overall Piper	Angus MacColl
39	Donnie Ferguson Memorial Trophy	D. J. MacDougall
40	The Ronald Morrison Trophy for Slow Air	D. J. MacDougall
41	Bank of Scotland Primary Schools Shield	

# HEAVY EVENTS

## 1—PUTTING THE BALL OR STONE

Although shot putting was introduced into international athletics 'only' 100 years ago it had for centuries been a traditional event in the Highlands using smooth round stones from the river bed. The stones originally weighed 14 lbs but more recently the standard weights of 16 lbs and 22 lbs have been adopted.

## 2—WEIGHT THROWING

Traditionally there are 3 weight throwing events, 28 lbs weight for distance, 56 lb weight for distance, and throwing the 56 lb weight for height. To ensure that our competitors have some strength left for Tossing the Caber later in the programme, we in Kilmore omit the 28 lb weight for distance event.

## 3—THROWING THE HAMMER

In amateur international events a special wire shafted hammer is used but on the Highland Games circuit the wooden shafted hammer – 4 ft 2 in long and weighing 16 lbs or 22 lbs – is preferred.

## 4—TOSSING THE CABER

The object of the exercise is to toss the caber (tree trunk) in a straight line, describing an arc, finish in the 12 o'clock position in relation to the thrower's run up. No standard weight is laid down, but the top 'heavies' can toss a 20 ft caber, 10 inches thick and weighing around 140 lbs.

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*The MacLeod family wish all at Kilmore Games a very successful and enjoyable day.*

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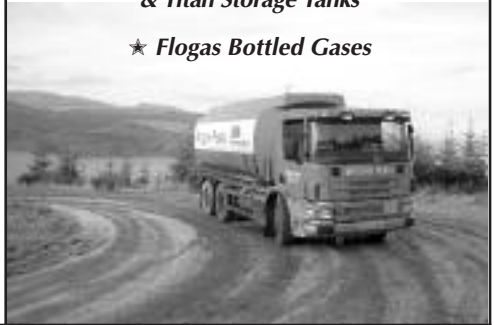
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# TRACK, LIGHT FIELD & HEAVY PRIZES

## HEAVY EVENTS – over 21

**Shot Putt, 16lb Hammer, 22lb Hammer, Caber, Weight over Bar, 56lb Weight for Distance**

	1st	2nd	3rd	4th	5th
Caber – <i>Sponsored by Derek Wilson Carriers</i>	£75	£50	£25	£10	£5
All other Heavy Events	£40	£25	£15	£10	£5
Heavy Championship (excluding Caber)	£100	£50	£25	£20	

## TRACK & LIGHT FIELD EVENTS – 16 and over

**100, 200, 400, 800, 1500, 3000, Long Jump, High Jump**

100 and 3000m <i>Sponsored by Lerags House</i>	£75	£50	£25	£10	£5
All other Open Track & Field	£40	£25	£15	£10	
Open Track & Field Championship (excluding 100, 1500m & 3000m)	£80	£35	£15		

## WOMENS TRACK AND LIGHT EVENTS – 16 and over

100 and 3000m	£30	£20	£15	£10	
All other Women Track & Light Field	£20	£15	£10		

**VETERANS' SPRINT** *Sponsored by Kings Knoll* £20 £15 £10 £5

**TOSSING THE SHEAF** £40 £25 £15 £10

## YOUTH (16-21) and JUNIOR (11-15) HEAVY EVENTS

**Hammer, Caber, Weight over Bar**

## JUNIOR EVENTS (11-15)

**100, 200, 400, High Jump, Long Jump, Shot Putt**

Youth Boys	£15	£10	£5		
Junior Boys and Girls	£8	£6	£4		

*New records attract a prize of £10*

# RULES

1. Competitors taking part in the Games do so at their own risk.
2. The Committee reserves the right to accept or refuse any entry.
3. All competitors to appear in proper dress, otherwise the Committee shall have the power to disqualify. In the heavy events the judge will have the power to bar any competitor who, in his opinion, is inexperienced!
4. Competitors must report to the Marshall before competing in each event, and must leave the ring after each event.
5. In all events there must be a minimum of three competitors otherwise the event will be cancelled.
6. The decision of the judges shall be final, and indisputable.
7. The Committee reserves the right to alter any prize for any event without prior notice as and when they decide it desirable.
8. Protests or objections must be lodged in writing with the Secretary immediately after the event. A deposit of £1 must be lodged with the protest or objection, and will be forfeited if the protest or objection is, in the opinion of the Committee, considered to be frivolous or petty.
9. Competitors may take part in events in an older age group but will not qualify for points.
10. In non-open events Birth Certificates must be produced on request or the competitor will be disqualified.
11. The Committee do not hold themselves responsible for any accidents occurring within the Games Park or Car Park.
12. No unauthorised person will be allowed inside the ring. The public are reminded that many events are dangerous and are requested to keep clear of the throwing area.
13. All Trophies are for annual competition. The winner to be responsible for the return of the Trophy to the Secretary, at least one month prior to the next Games.
14. It is the responsibility of the contestant to report in time for the appropriate event. Failure to do so will cause the contestant to be omitted.
15. The Stewards may postpone or abandon any competitions if necessitated by inclement weather or for any other reason. They may also alter the timing of events or add or delete events at their discretion.
16. The Committee expect trophy winners to meet the cost of engraving their own names.
17. Competitors for Trophies **must register** with the Secretaries if they wish to enter.
18. Competitors will be disqualified for use of banned substances in accordance with S.G.A. Rules.

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# KILMORE & KILBRIDE HIGHLAND GAMES RECORDS

## HEAVY EVENTS

LIGHT HAMMER – S. King(2000) .....	147' 11"
WEIGHT OVER BAR – M. Hunter .....	15' 6"
SHOT PUTT – Gordon Martin (1997) .....	54' 11"
TOSSING SHEAF – M. Gunn (2002) .....	22'0"
WEIGHT FOR DISTANCE – B. Aitken (2000) .....	39' 5"
HEAVY HAMMER – S. King (2000) .....	120' 5"
HEAVY SHOT PUTT – B. Aitken (2000) .....	45' 0"

## LIGHT EVENTS

100m – Ian McGurk (1996) .....	10.07 secs
200m – Ian McGurk (1998) .....	22.86 secs
400m – Ian McGurk (1998) .....	50.00 secs
800m – Paul Walker (1998) .....	2 min 7 secs
1500m – J. Wheeler (1984) .....	4 min 26 secs
HIGH JUMP – Ruaraidh Graham (1996) .....	1.80m
LONG JUMP – Ruaraidh Graham (1996) .....	6.11m

## LADIES

100m – S. Johnston .....	12.5 secs
200m – H. Steward .....	28.3 secs
400m – S. Johnston .....	63.3 secs
800m – S. Johnston .....	2 min 49.3 secs
HIGH JUMP – D. Fortune .....	1m 50cm
LONG JUMP – H. Steward .....	4m 67cm
SHOT PUTT – H. Steward .....	29'31/2"

## YOUTH GROUP – AGE 16 to 21

SHOT PUTT – D. Horn .....	52' 3"
28LB WEIGHT OVER THE BAR – S. King (1985) .....	18' 5"
LIGHT HAMMER – S. King .....	126' 11"
LONG JUMP – D. MacRae .....	5m 92cm
HIGH JUMP – S. MacCallum (1996) .....	1.76m
100m – A. Coates (1984) .....	10.75 secs
200m – Keith Preston (1997) .....	24.4 secs
400m – Keith Preston (1996) .....	55.34 secs

### Girls

100m – H. Wills (1984) .....	12.38 secs
200m – H. Wills (1984) .....	29.3 secs
400m – C. Olsen (1983) .....	66.1 secs
HIGH JUMP – C. Thompson (1992) .....	1m 50cm
LONG JUMP – Halcyon Wills (1985) .....	4m 71cm

## JUNIOR – AGE 11 to 15

LONG JUMP – Lorne MacLuckie .....	5.87m
HIGH JUMP – Gavin Donn (1997) .....	1.66m
100m – I. Coates (1984) .....	11.21 secs
200m – I. Coates (1984) .....	25.93 secs
400m – A. MacGregor (1989) .....	62.7 secs
HAMMER – D. MacKinnon .....	95' 11"
28lb WEIGHT OVER BAR – I. MacColl .....	13' 8"
SHOT PUTT – I. Boyd .....	43' 7"

### Girls

100m – Hazel Jeffrey (1985) .....	12.9 secs
200m – H. Milton (1995) .....	30.30 secs
LONG JUMP – Hayley Steward .....	4.59m
HIGH JUMP – Julie MacKenzie .....	1.50m
SHOT PUTT – Hayley Steward .....	27'2½"





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## NOTES

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