48 sports clubs

Over 50 exercise classes each week

Highest satisfaction rating for sport & recreation provision
(International Student Barometer survey 2009)

Over 2,000 daily customer visits
### Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>4</td>
</tr>
<tr>
<td><strong>Latest news</strong></td>
<td></td>
</tr>
<tr>
<td>Run for Fun 2010</td>
<td>6</td>
</tr>
<tr>
<td>Clothing</td>
<td>6</td>
</tr>
<tr>
<td>The Craig McWhirter Memorial Trophy</td>
<td>6</td>
</tr>
<tr>
<td>Sport &amp; Recreation Provision for International Students &amp; Staff</td>
<td>7</td>
</tr>
<tr>
<td>Alumni membership to Sport &amp; Recreation</td>
<td>7</td>
</tr>
<tr>
<td>Coaching &amp; Volunteering Programme</td>
<td>7</td>
</tr>
<tr>
<td><strong>Health &amp; Fitness</strong></td>
<td></td>
</tr>
<tr>
<td>Class popularity</td>
<td>9</td>
</tr>
<tr>
<td>New classes</td>
<td>9</td>
</tr>
<tr>
<td>Health &amp; Exercise Advice</td>
<td>9</td>
</tr>
<tr>
<td>Personal training</td>
<td>9</td>
</tr>
<tr>
<td><strong>Recreational Sport</strong></td>
<td></td>
</tr>
<tr>
<td>Drop-in Sessions</td>
<td>11</td>
</tr>
<tr>
<td>Courses</td>
<td>11</td>
</tr>
<tr>
<td>Leagues</td>
<td>11</td>
</tr>
<tr>
<td>Badminton &amp; Squash Playlists</td>
<td>11</td>
</tr>
<tr>
<td>Events</td>
<td>11</td>
</tr>
<tr>
<td><strong>Club Sport</strong></td>
<td></td>
</tr>
<tr>
<td>City of Glasgow Cup</td>
<td>13</td>
</tr>
<tr>
<td>Club Round Up</td>
<td>13</td>
</tr>
<tr>
<td><strong>Talented Athlete Support</strong></td>
<td></td>
</tr>
<tr>
<td>Sport Bursary Scheme Athlete Profile</td>
<td>21</td>
</tr>
<tr>
<td>Glasgow: Student Sport City</td>
<td>21</td>
</tr>
<tr>
<td>Blues Winners/ Awards Winners</td>
<td>21</td>
</tr>
<tr>
<td><strong>GUSA</strong></td>
<td>23</td>
</tr>
</tbody>
</table>
Welcome

Welcome to this first edition of our Sport & Recreation Alumni Network news review.

We have had many requests from graduates who want to be kept informed about what’s going on in Sport and Recreation, for example, what’s happening to the club they so enjoyed being involved in, are the facilities improving, what’s on offer for the students now and how is the sports association (GUSA) doing. This is the review for 2009-2010 and we hope you get the flavour of how vibrant and busy sport and recreation is at the University of Glasgow.

We know that for many students being able to participate in sport and recreation while at university is a significant part of their student life - it’s a place to make friends, get involved, learn new skills, and even just to relax and feel physically and mentally better.

Our participation rates are massive and with over 11,000 student members we have one of the highest HE participation rates in the UK; it’s something to be proud of.

In this issue you will see the latest Alumni news and events and read about the progress in our four key programme areas (health and fitness, club sport, recreational sport and talented athlete support).

We really hope you enjoy catching up with the news and that you will also help us develop our new Sport & Recreation Alumni Network.

Julie Ommer
Director, Sport & Recreation

Stephen Flavahan
President, GUSA
Run for Fun 2010
The annual Sport & Recreation charity Run for Fun event was a major success again this year. The popularity of this event has grown tremendously since its launch in 2007 and has surpassed all expectations in terms of participation levels and fundraising capabilities. In 2007 we had just short of 50 participants taking part and raised a total of £500, but this year over 300 people registered and have together raised just under £13,000 for the Beatson Pebble Appeal. It was a fantastic day all round with some excellent feedback being received. We all look forward to 2011 and the prospect of an even bigger and better event!

Clothing
We have a bespoke range of competitive and recreational leisure wear that embodies all that is great about the University of Glasgow. Every item is made to the highest quality, fully branded University of Glasgow and is excellent value for money. It is time to show your true colours - wear the black and yellow of the University of Glasgow with pride. Our standard range comes with the Sport & Recreation logo. However, if you were a member of a particular sports club and would like to personalise your item you can select the club logo of your choice from our online web shop at no extra charge.

Our clothing range makes an excellent memento from your student days or an ideal gift for the person who has everything. We cater for world-class athletes and recreational exercisers alike - we truly have something for everyone.

Click on the link on our homepage to browse our online shop to see the latest additions to our range: www.glasgow.ac.uk/sport

The Craig McWhirter Memorial Trophy
The inaugural Craig McWhirter Memorial Trophy took place at a sun drenched Garscube on Saturday 24th April 2010. The tournament was held to commemorate the life of Craig, a former Glasgow University student, who sadly passed away in August 2008, aged just 23. Craig, a keen member of the university hockey club, graduated with a 2:1 in Anatomy in 2001. In addition to providing an opportunity to remember Craig, the event also provided the opportunity for some ‘friendly’ competition to take place. Men’s teams from the University Hockey Club, Uddingston Hockey Club and Garscadden Hockey Club, the university’s former players club, competed for a trophy kindly donated by Craig’s family.

In addition to providing an opportunity to remember Craig, the event also provided the opportunity for some ‘friendly’ competition to take place. Men’s teams from the University Hockey Club, Uddingston Hockey Club and Garscadden Hockey Club, the university’s former players club, competed for a trophy kindly donated by Craig’s family.

With many an old rivalry being revived between the former players and Uddingston, there was never any doubt that all the players would want to put one over on their former opponents. In addition, the more ‘experienced’ players were also keen to ensure the young nippers from the university club were shown there was still some hockey talent still left in the old legs.

The trophy decider saw the current university side go in favourites against the former players, some of which after one game were feeling the effects slightly. It was the former players who struck the initial blow however, with a neatly taken goal from a penalty corner in the early stages of the first half. The university quickly struck back level before taking the lead soon after. The former players managed to bring the scores level at 2-2, before youth prevailed and the young students were too much for the old boys to handle, with Rory McCann, recently selected for the Scottish Universities side inspiring the students to a 5-2 win.

The ladies sections of the university side and Garscadden also took part in the event, with the former ladies coming out on top against the students and Helen Mills scoring a hat rick on the way to a 3-0 victory for the former ladies.

Ian and Liz McWhirter, who were present throughout the day, presented, for the first time, the Craig McWhirter Memorial Trophy to the university’s men’s captain Finlay Horn. The event raised £300, with the proceeds going to The Hazelwood Regeneration Fund,
a charity closely linked to both the university and Craig’s family. The event was a huge success and it is hoped will continue to grow in the coming years providing an opportunity to remember Craig, and to also maintain strong links between all three clubs involved. Special thanks must go to Ian and Liz McWhirter, for their support of the event and the donation of the trophy. Other notable contributions came from Nain Scobie, Rob Tyler, Lauren Smith and Gordon Mills.

Anyone wishing for further information on either next year’s event or becoming involved with other hockey alumni events, please contact Mark Huddleston (Mark.Huddleston@glasgow.ac.uk).

Sport & Recreation Provision for International Students & Staff

The impression the world has of Scottish sports might be caber tossing and the Highland Games, but at Sport & Recreation this is hardly the case. The international scene at the University of Glasgow brings together thousands of students from every corner of the globe with different sport and activity backgrounds from their home countries. Sport & Recreation ensures many of the sports international students might play at home such as American Football, Badminton & Gaelic Football are represented at Glasgow. The recent addition of handball to cater for the demand from international students is just one example of us trying to meet the demands of all of our members.

The service also promotes new sports to all members through drop-in events and courses. Students learn to swim, play basketball, badminton, squash and netball to name a few of the structured activities. Consistently in independent reviews international students have ranked Sport & Recreation the top in Scotland, the UK and amongst the very top of worldwide institutions. Whether trying out a sport for the first time or training for the Olympics, Sport & Recreation facilitates students and staff of all abilities.

Alumni membership to Sport & Recreation

Life is hard enough when you graduate from University so Sport & Recreation have exclusive membership for graduates that allow you to keep hitting the gym without it hitting your pockets.

Did you know that Sport & Recreation members are part of an exclusive club? Membership is not available to anyone off the street - you must have a relationship with the University to get membership. Once joined you can recommend Partner, Family and Friends for membership too. Our facilities are on par with what you would find in a private gym and in addition to our offerings of gym access, exercise classes and use of our swimming pool, sauna and steam room we also have a number of specialist services at discounted prices. These include chiropractic, sports injury, sports massage, herbal and homeopathic remedies and beauty treatments from our partners.

Our membership rates are very competitive and cheaper than the private gyms in the local area.

The main categories available are:
- **Full access** £28.35 per month direct debit
- **Weekday access** £22.70 per month direct debit
- **Weekend access** £8.15 per month direct debit
- **Garscube only access** £12.50 per month direct debit

For a full breakdown of membership information please go to: www.glasgow.ac.uk/sport/membership/alumni

New graduates from June 2010 onwards can join the gym for 12 months for £15 per month

To join bring along your graduation scroll, General Council Card or letter from registry as supporting evidence.

Coaching & Volunteering Programme

The Coaching & Volunteering Programme provides all current students a range of opportunities that contribute to student life and personal development. Students have been supported with coaching course costs across a number of sports including football, tennis and swimming. Volunteering opportunities have been arranged with Active Schools and Culture & Sport Glasgow so students can gain valuable employability and life skills. Here’s what one of our students had to say:

“The coaching and volunteering programme has worked well this year. I have been coaching for Glasgow Uni Tennis Club and we have seen membership soar this year with about 25-30 people attending most coaching sessions. I have also been coaching for Glasgow Uni Trampoline Club which has been going well and there is certainly a lot of potential for this club to grow further in the next few years. I have also been doing a 10 week programme in Dowanhill primary school delivering a multi-sport programme for P2s - the children have been great but you always get the usual misbehaviours but all of them have been very enthusiastic. I just want to say a big thanks for paying for most of the course, it has really helped me out and I passed the level 3 course. I’m applying for the PGCE in September 2010.”

Further information on coaching and volunteering opportunities in 2010-2011 will be available from September on our Sport & Recreation MOODLE page.
Health & fitness
Class popularity
Group exercise sessions are proving as popular as ever and a great way to exercise. The Service Development Team provide fun, motivational classes that improve cardiovascular fitness, strength, muscle tone and help with weight loss and general well-being. In the last year exercise classes at the University have been attended by an astonishing amount of members. Many classes are at capacity on a regular basis: super circuits, total body workout, core balls, step, stretch 2 harmony… proving that exercise can be fun & achieve results.

New classes
A Kettlebells class was introduced in September last year and small numbers have quickly progressed to classes running at full capacity. Kettlebells allows members of all fitness levels to exercise and results in a full body cardiovascular/muscle conditioning workout. Demand has been so high that a second class was introduced in January and we’re pleased to see that both classes are attended extremely well.

We have also introduced a new exciting class, Zumba, in September 2010.

Health & Exercise Advice
Since the introduction of the Health & Exercise Advice Centre online via our website, its popularity has increased several fold. Customers are tending to prefer the anonymous nature of initial contact before speaking to staff to discuss further if preferred.

We feel that empowerment is important as it erases any quick fix ideas & allows visitors to take control of their health & fitness whilst being aware that they can email for support if they need help as they progress. For those looking for more support such as personal training and ongoing exercise programming, the new personal training service is working well.

Sport & Recreation is open to a diverse range of visitors and feedback so far is that the service is very welcome (especially from disabled & under-represented groups). This means provision for the masses & inclusion for all.

Personal training
From February this year, Sport & Recreation have offered a personal training facility to all its members at both the Stevenson Building and the Garscube Sports Complex. This service provides support for those who have specific fitness or sporting goals who require specialised programming and one-to-one coaching. By keeping costs to an absolute minimum, (£20.00 per hour) the service is offered at an extremely competitive rate and is an affordable provision for many members. Since the service was launched uptake has steadily increased and currently there are around 15 users benefiting from regular use of the facility. It looks likely that the service will continue to grow in popularity over the coming months.
Recreational sport
Sport & Recreation offers a vast, varied provision for individuals who would like to participate in sport or activity, but are not interested in competing seriously or indeed only have limited time each week. With over 1,000 people getting involved every week the Recreational Sport Programme is as popular as ever.

**Drop-in Sessions**
These weekly sessions are organised, low-key activities in a relaxed environment with the emphasis on fun. Sessions include badminton, basketball, volleyball, table tennis and swimming.

**Courses**
Our courses run for between 6-8 weeks during term and are ideal for individuals wanting to try a new sport or activity. Some of the courses offered include yoga, pilates, squash, self-defence, belly dancing and snowboarding - look out for forthcoming courses and try something new and learn some skills.

**Leagues**
Leagues are small sided games for maximum fun, enjoyment and physical workout that are aimed at players of any ability. Leagues currently running are football and hockey and are very well attended so look out for registration dates at the start of term.

**Badminton & Squash Playlists**
Do you like to play Squash or Badminton, but struggle to find someone to play with? These contact lists give you a great opportunity to create links with other players.

**Events**
Throughout the year we organise one off events to help promote health and exercise, most notably our annual charity fundraiser Run for Fun and also our regular Health promotion days.
Club sport
McPhail. The receiving core has also benefited from some excellent rookie running back Lewis King who smashed of the rushing record by Kenny.

Among the individual highlights is the play of veterans Rory McAlpine, Gregor Beattie and Dave Mann has been a key component of this seasons’ success. Defensively the Tigers conceded an average of 5 points a game, including holding the top scoring offence in the league to just 6 points. Individual highlights include the play of Defensive Linemen Paul Polson, Luke Summers and Jeff Pawlikoski, and the emergence of rookies Rob Gilmour and Michael McHaffie.

Basketball - Mens
This club has had yet another successful season. Our first team finished 2nd in BUCS Scottish Conference 1A on points difference and then progressed onto the BUCS Final 16 where we narrowly missed out advancing to the Final 8, just losing out to Loughborough. Our second team also finished second in their BUCS league and reached the Semi-finals of the Conference Cup, losing by a single point. Outside of University competitions the club participates in the Strathclyde League Basketball Association (SLBA) Division 1. This year we won the league with a record of 14 wins to 2 losses and were by far the dominant team in the league. We also reached the Quarter Finals in the SLBA Anderson Cup. In national competitions we entered both the Scottish Cup; reaching the second round, and the Scottish Chairman’s Cup winning in the final by a massive score of 106-39. Two of our players were representatives in the Scottish University team that competed in the home nations, along with two of our current players receiving half Blues at the GUSA Ball.

We have had many successful social events throughout the year including a welcome night during Fresher’s week, Christmas Dinner/night out with the Women’s team and the club AGM where the new committee were selected. We also had our 2nd Annual Alumni game and Club dinner on 22nd May. This season we have received sponsorship from Ernst and Young as well as from O’couture; who provide us with a venue for many of our social events as well as match teas.

Basketball - Womens
The club has had a fantastic year. We experienced strong interest for the club from the very beginning with 40 girls coming out to the “Taster Session” during Fresher’s Week. The club brought in about 20 new members and kept every member from the previous year. The season began with a bang and our 1st Team ended the first semester undefeated in the 2nd division University league and in second place for the SLBA Local League, with only a single defeat to Glasgow Storm 1st team. There was strong support for the Seconds Team and a solid win in the fall season. Even more success came in the second semester with the 1st Team continuing their uncontested reign over the 2nd Division University league and in second place for the SLBA Local League, which only a single defeat to Glasgow Storm 1st team. There was strong support for the Seconds Team and a solid win in the fall season. Even more success came in the second semester with the 1st Team continuing their uncontested reign over the 2nd Division University league and in second place for the SLBA Local League, with only a single defeat to Glasgow Storm 1st team.

City of Glasgow Cup 2010
In March this year, the newly refurbished Scotstoun Leisure Centre played host to the City of Glasgow Cup, the Varsity tournament between University of Glasgow, University of Strathclyde and Glasgow Caledonian University.

Over 700 students competed across 10 sports including badminton, basketball, football, hockey, netball, rugby and swimming. After a day of high quality competition, Strathclyde were crowned overall winners with 31 points. Glasgow came in second with 28 points overall, followed by GCU on 25 points.

Next year’s event promises to be even bigger with the re-opening of Scotstoun’s athletics track and stadium; hopefully Team Glasgow will bring back the Cup.

Club Round Up
American Football - GU Tigers
The Tigers have lived up to their reputation this year as being a formidable outfit in the British Universities American Football League (BUAFL), recording an undefeated eight game regular season and earning a place in the national playoffs. The Tigers defeated Durham Saints at Garscube to earn a trip to Newcastle to play the Raiders, the reigning Northern Conference Champions, in the next round. The Tigers put on a phenomenal performance to defeat the Raiders and progress to the Northern Conference Final, a home fixture against the Loughborough Aces on 2nd May.

Among the individual highlights is the smashing of the rushing record by rookie running back Lewis King who benefitted by from some excellent offensive line play. He broke the record set by the League’s Most Valuable Player of 2004-2005, Kenny McPhail. The receiving core has also showed unprecedented success with all 8 having scored points this season. The play of veterans Rory McAlpine, Gregor Beattie and Dave Mann has been a key component of this seasons success.
Boats
Club Dinner Record Success - November saw the much anticipated Club Dinner take place at the University Union. The great efforts of Club Captain James Hayhurst to get together all members of the winning boat race crews paid off. It was a fantastic evening for all who came, with many familiar faces from the past making welcome appearances back in Glasgow. The first dinner in the club calendar also saw many new faces in attendance, with the new season’s novices and seniors experiencing the punch for the first time! The dining room was at full capacity with around 140 guests. Including all but 8 members of the Boat Race crews from 2000-2009.

The morning after the night before saw Honorary President, Charles Westwood, name the club’s three new boats following the Club Dinner. The first boat to be named was the new coxless four/quad, given the name “10 in a Row”. Following the unveiling of the four’s name there were two more boats to be given names. These were the new sculls purchased earlier in the year. Unaware of what they had been named, Charles revealed the first one. With great surprise he found out it had been named after himself, with the subsequent boat being named after his wife, Ann. The naming of the two sculls goes in someway to recognise the great and tireless contribution that the two of them make to the club, Charles in his official capacity, and Ann in her ever growing role as coach of the successful ladies novice squad. As a last minute addition to this review, the men’s 1st VIII won their 11th successive boat race against Edinburgh University, whilst in the women’s race was a very close fought event, with Edinburgh narrowly defeating the black and gold.

Boxing
This past year has been very successful for Glasgow University Amateur Boxing Club. Training numbers have been consistently high week in, week out, with many new students attending the club for the first time this year. The club has continued to cater for all students, old and new, those who are interested in the fitness side of boxing, those who are competing, and those wishing to compete in the near future. The GUABC has had a good year both in and out the ring. Outside the ring, the club had two members awarded Colours by GUSA, in recognition to their commitment towards the club and sport at the University. Half Blues were awarded to the club captain in recognition of his level of achievement within the boxing world.

In the ring, the club had three members competing in the Scottish University Championships in Edinburgh, with two reaching the finals. We also had two members of the club compete at BUCS, with club captain, Matthew Perkins, winning gold. At every bout, club members were in the fighters’ corners, and in the audience, showing their support to the club and to each other, highlighting the strong team spirit within Glasgow University Amateur Boxing Club.

Canoe
Last summer, members of Glasgow University Canoe Club spent three weeks in France, Italy and Austria paddling alpine white water. Following our return we began the academic year with a session at Bardowie Loch giving newcomers to the university a chance to experience a little of what the club has to offer. This was followed up by several river trips to introduce our new members to white-water kayaking, including a weekend-long trip to Aviemore. A trip to Machrihanish in November saw us surf kayaking on the sea and provided a great social weekend. In January, the more experienced paddlers in the club spent a weekend kayaking on the challenging white water rivers around Fort William. Throughout the year, day trips have been organised to rivers of varying difficulty around Scotland, allowing all our members to regularly paddle Britain’s best white-water. We will end the year with a weekend trip to Glen Etive and another trip to the Alps.

On the competitive front; we have had teams competing in Divisions one and three of the Scottish canoe polo league. In February, Glasgow University hosted the Scottish Universities Sports canoe polo championships, which saw 25 teams from 10 universities descend upon Glasgow for a weekend of polo. For the 3rd year running, Glasgow won both men’s & women’s competitions. Our women’s team recently travelled to BUCS, a competitive tournament featuring teams from all over the UK, where they finished a very creditable 7th place. Every Thursday, the club holds pool sessions where members work on their river skills both individually and in structured coaching sessions and members take part in training for canoe polo. We have also organised and taken part in various first aid and river safety courses.

Fencing
The fencing club have had one of the most successful seasons to date, and have also managed to attract large numbers to the club, with membership now exceeding 60 student memberships. To round off the season, the club has had two students elected to represent Scotland, at the Student Home Nations Championships in Dublin this summer. Below is a list of notable results from the season.
BUCS Events
BUCS Individual Championships:
Joe Craig Bronze in Mens Epee

BUCS Trophy:
Mens A Team Quarter Finals (3rd Round)
Ladies A Team Quarter Finals (3rd Round)

BUCS Scottish Conference:
Mens A Team - 2nd out of 4 in Division 1
Ladies Team - 4th out of 5
Mens B Team - 4th out of 6 in Division 2

SUS Events
SUS Individual Championships:
Siobhan Ramos Silver in Ladies Sabre
Kenny Batstone Bronze in Mens Foil
Hannah Toy Bronze in Ladies Epee

SUS Beginners Championships:
Hannah Toy Gold in Ladies Epee and Foil
Kalliopi Ioannidou Gold in Ladies Sabre
Patrick Dougan Gold in Mens Sabre
Laura Anderson Silver in Ladies Foil
Sophie Punteney Bronze in Ladies Sabre

SUS Teams Championships:
Ladies Sabre Gold
Mens Foil Silver
Ladies Epee Silver

Mens Epee Bronze
Ladies Foil Bronze
Men’s Sabre 4th Place

Senior Opens:
Birmingham International Open:
Joe Craig Quarter Finals
Glasgow Open:
James Calder Silver in Mens Epee
Siobhan Ramos Silver in Ladies Epee
M8 Open:
James Calder Bronze in Mens Epee
Siobhan Ramos Bronze in Ladies Sabre

Golf Club
Club Activities: It is noted that memberships are still healthy considering we are a small club. Our fortnightly range trips to World of Golf have been consistently well attended, with the club able to take a full 15-seater minibus load to all range sessions. These range trips were attended by golfers with varying levels of ability, from beginners to players who have played at International level. We feel that this highlights the universal appeal of the club. On a lighter note, the social side of the club included a themed night out in each semester as well as regular nights out after team matches.

Football - Womens
With a very successful intake of players after the Fresher’s Fayre and Taster Session our training kicked-off with high hopes from both old and new players in the club. Training was all about fitness at the start of the year, this left us in excellent condition for the league and cup games starting. The club managed an unbeaten run right up until the Christmas break which was an excellent achievement. Not only were things going well on the park but off the park there was also an amazing vibe in the club, with all the girls actively participating in our Wednesday night social events. After the winter break we made it through to the semi-finals of the Cup. Going into the last league game of the season was an epic affair as it was a must win game for us and our opponents, none other than our biggest rivals, Strathclyde. We had to win to go joint top of the league and they had to win to not be relegated. With the most impressive performance of the whole season, the girls pulled off a legendary annihilation of Strathclyde, beating them 7-0. It was the perfect end to an excellent season for GUWFC.

In terms of the team’s performance, we were boosted this year with a good intake of freshers, many of whom have become first team regulars. Despite a good start to the league campaign with early victories over Abertay and St Andrews 3rds, coupled with a battling draw against league favourites, Stirling 2nds, the team eventually finished 5th in the league.

The pinnacle of our golfing year is the Scottish Universities Championships held at Moray Golf Club in Lossiemouth. This year we were able to take a full team of 10 players up, only for the team championship to be cancelled due to blizzards! Even for Lossie this was some pretty extreme weather. However the club had a great performance in the singles championship, with four players making the cut. Furthermore Doug Pender went on to claim the bronze medal, with Sam Binning and Mark Murphy both placed inside the top 20 and Andrew Wright narrowly missed out on a top 20 placing. Against some of Scotland’s best golfers this was a terrific result.
Hockey - Mens
The 2009-2010 season has been a great success for the GUMHC, not only on the pitch, but off it as well. A strong intake of freshers at the start of the season led to fantastic seasons for all 3 of our competitive Saturday sides, as well as our 2 Wednesday BUCS teams.

This season the 1st XI had an extremely good campaign, pushing for promotion right until the last game of the season. Had it not been for a series of unfortunate injuries and availability issues then they may well have restored themselves to the heights of National Division 2. However it was a different story on the BUCS front. A strong side coupled with recent relegation led to the side storming to league victory with a 5 point margin and fantastic goal difference, to rightly return to their place in Scotland’s top university league. They also stormed to victory in the conference cup, to win the league/cup double against Glasgow Caledonian University on a rain soaked day in Dundee.

The 2nd XI too got off to a promising start and had it not been for some lapses in form at times, could well have been promoted to Central Division 1 - however they finished the season just outside the promotion places. There was a similar story in their BUCS league, eventually finishing 2nd. They also reached the Scottish Plate Final, loosing out narrowly 2-1 to a strong Watsonians side. The 3rd XI continued to build on their previous successes this season by being promoted for the 2nd season on the bounce! This came after a fantastic season that has brought forth much great talent and resulted in only 3 defeats throughout the season.

Hockey - Womens
After being relegated from National 2 last season and losing a number of key players, the 1st XI worked hard this year to build a new ethos and bring the enjoyment back into 1st XI hockey. With a number of new players including a great influx of fresher’s, we ended up being placed sixth in National Division 3. In BUCS Scottish Conference 1A we came third in the league with 11 points. We qualified for the UK National Plate, where we lost to Liverpool University 1s, the eventual winners of the competition. Having cemented our place in these leagues we look forward to bigger and better things next season.

In BUCS the 2nd XI had a really good half to the season winning every game; this success got them to the quarter finals of the cup. They got drawn against St Andrews, the eventual winners. At the end of the season the 2XI finished a very commendable 3rd place in the BUCS league. In West District One the 2nd XI were placed 5th at the end of the season, showing a mixed bag of results.

The 3rd XI were unlucky to miss out on promotion after coming 2nd in their BUCS league on goal difference. After being promoted into West District Three last season, the 3rd XI enjoyed playing a higher standard of hockey. Although this season was particularly challenging, the team still managed to win many games against teams who have been established in West District Three for many years. The 3rd XI finished their successful year in the middle of the table, securing their place in the league for next season.

Social Review: The GUWHC enjoyed one of the most successful seasons for a number of years. With club membership approaching one hundred all the socials were very well attended. There was also a new addition into the social calendar, the Inter Club tournament had a very successful inaugural year. We hope to build on this success in the forthcoming season.

Judo
This has been a very successful year for the Judo club, with membership and weekly training numbers at levels unprecedented in recent memory. We have also been very successful in contest: three players medalled at the Ultimate Judo Open in Tranent November, including gold in the U73kg kyu division; we fought at University of Sheffield International Student Teams for the first time in February; and most recently picked up another gold and a bronze at the Neil Adams Classic in Meadowbank in March.

The big news of the year was our performance at BUCS, where Jamel Aissa and Caroline Brayson won bronze in the U60kg and U63kg dan competition respectively, Danny Campbell and Andrew MacDonald took bronze in the U73kg and U90kg kyu competitions and in her first contest Nikki MacArthur took gold in the U70kg kyu competition. The club also won bronze in the women’s teams and the Scottish regional men’s team and the Northern regional women’s team won silver and bronze respectively, with Glasgow players playing a key role in both successes. Despite competing against opponents training full time, this year’s competitive successes have instilled a new drive in the club and we look forward to even greater success next year.

Karate
The club has achieved great success this year, and is arguably one of the most successful years the club has experienced in terms of medals and titles, highlighting the progress the club is making. Also, in only her second competition, one of our intermediates made it to the semi-finals. In addition, our male team managed to make it to the fight for third place but due to having only a 3 man team (5 man teams are the norm). Sadly with a win and a draw it was not enough. The club numbers have also risen in the past two years reaching a peak this year at 36.
We hope that with such a large number training, we can take our biggest team yet to BUCS 2011.

Male team Silver Medallists in Scottish University League Cup.
Senior Male -75Kg British University Kumite Champion
Senior Male -67Kg British University Kumite Champion
Intermediate Female -57Kg British University Silver Medallist
Senior Male -75Kg British University Kumite Bronze Medallist
Senior Male British University Kata Silver Medallist

Kendo
An official member of the British Kendo Association, Glasgow University Kendo Club aims to promote kendo and has made significant achievements in 3 key areas of development during the 2009-2010 season:

Firstly, equal opportunities for all. In accordance with the belief that everyone should be supported to take on kendo, the club has seen 21 new members officially joining its ranks at various points of the season.

Secondly, the promotion of personal development. GUKC maintains its 100% grading record this year with success in grading examinations held by the British Kendo Association resulting in 1 1st Dan pass and 3 passes at the 1st Kyu Level.

Finally, we strive to achieve excellence. In the University Championships we have had great success for such a young club. These include Teams Event, 3rd place - a GUKC team led by Captain Sijie Heng and included John Kennedy, Sang Soo Seo, Meisan Chan and Katie Roblou secured 3rd place in the teams event after a hard-fought victory over formidable opponents from Cambridge University in the quarter-finals, only to lose out to eventual champions, Edinburgh University "A" team, in the semi-finals.

Ladies Category, 3rd place - Meisan secured many convincing wins to come in 3rd in the ladies category.

In addition, the club has launched its brand new website this year at: www.glasgowunikendo.webs.com

The club would like to dedicate the achievements to the truly altruistic efforts of the club coaches in teaching and training without remuneration despite their busy schedules.

Lacrosse
It has been a very positive season for Glasgow University Men’s Lacrosse team, with a large intake of players in September and improving results throughout the year. With a large turnover of players from the previous year, the start of the season was tough - heavy losses showed us how much work there was to do. Gradual improvement however was achieved throughout the first semester, seeing us draw closer to our rival teams thanks to the dedication and hard work in training; our new players in particular showed a massive improvement over a short space of time. In our second semester we had the BUCS trophy to think about and with a refreshed team we got through to the Quarter Finals only to lose a close game in Northumbria after battling through snow drifts and closed motorways to get there. From that point on confidence was high and wins came much more easily taking us to second place in the Lacrosse Scotland league and establishing a good core of dedicated players to take us through to next season.

This year the Glasgow University Women’s Team saw an increase in members which is encouraging for the coming seasons. With brand new players we have worked on the basic skills required to play and moved onto more dynamic play throughout the year. Our more experienced players were more than willing to help and we have seen the team grow stronger together. Match results on the whole are encouraging considering that the team is largely made of new players, providing a great platform for the club to build on. The addition of a Cambridge Blue has proven to be invaluable for both the score sheet and simply elevating the level of play in allowing the experienced players to step up their game play.

On the social side of things as a team we are very close and have enjoyed plenty events which everyone has really enjoyed. The current team has the firm base we need to build upon for the next season and welcome in new players.

We hope that by stepping up our training programme the team can be taken from strength to strength and have another great season.

Riding
The Riding Club has thrived this year - competitively, recreationally, socially and with fundraising achievements.

Team trials this year were very competitive and due to the high levels of entry, allowed strong teams to be formed. This showed in our successful year of competitions. Our A and C Teams went through to Regional’s, the outcome of the A Team’s Regional’s is still awaited as the competition has had to be rescheduled. The club is hoping to try out new tactics next year to be even more victorious.
The individual results of several members this year were remarkable and this success will hopefully inspire the other club members to compete and push themselves to the best of their ability.

The recreational riders have enjoyed a sporting season with lots of lessons every week at Ingliston Equestrian Centre, Kingsbarn Riding Academy and Tannoch Stables. This year has seen the re-institution of our fundraising competition at Sandyflats. The event was a winner financially, with lots of fun had by all 94 members of Glasgow University Riding Club.

The social scene next year will hopefully also be combined with fundraising opportunities and more publicity to gain higher interaction between all levels of members, both teams and recreational, as well as a chance to continue our inter-club relationships with fun nights out, both on an equestrian-interest level and a more socially active one.

**Rifle**

In the last year the club has developed, and achieved great success, surpassing recent successes in previous years. We have gained a lot of new members who are keen to compete and who attend club training sessions regularly.

Due to members being more interested and motivated to compete, we have had a lot more people entering into the BUCS league this year, with our highest placed member finishing in 3rd place overall. Two of our members also qualified for the top 20 BUCS final in Sheffield. Part of the club’s success has been down to some top class coaching from a former Glasgow University student and club member, who is competing in the Commonwealth Games in India this year. The increased interest has also led to the club having a much better turnout in the SUS competitions, resulting in us filling a minibus each time, staying for the weekend, and getting involved in the socials for the first time in a number of years.

As well as having a good competitive side to the club, the social side to the club has developed as well, with most of the club coming out after training on a Wednesday. This really helped everyone get to know each other quicker, especially the new members and was definitely a big improvement on what was basically no socials the year before.

A new element to the club this year is the addition of clay pigeon shooting. This proved to be a massive success, and our members have really enjoyed the opportunity to take part in something different. The new club shotgun got a lot of use throughout the year and proved to be a solid and consistent performer no matter who was using it. By bringing a new discipline to the club, we opened an avenue for members with experience in clays shooting, with one of our fresher members this year competing to a standard that has resulted in him being selected to trial for the Scottish shooting team for next year, his trial is in June and we have confidence that he will do well and hopefully be selected to shoot for Scotland.

**Ski & Snowboard**

2009-2010 has been a phenomenal year for the Ski and Snowboard club. Around 175 fresher’s enjoyed our free taster session at the Braehead Snowdome at the start of the year, many of whom went on to become one of our 600 members! Around 175 members enjoyed incredible powder conditions and awesome nightlife during our New Year trip to Risoul, France. In Scotland, we were lucky enough to have the coldest winter since 1963. GUSSC took full advantage, organising the Scottish Universities Snowports ‘Big Weekend’ for the second year running. Members also enjoyed frequent trips to the Scottish centres throughout the winter and spring.

The club is not just for advanced skiers and boarders. Around 150 members have taken part in the GUSSC lessons at Bellahouston, with levels ranging from complete beginner, through to intermediate, race training and freestyle. This has been the first year GUSSC has had a dedicated freestyle captain and team. It has paid off in results. Graham McGrath won Gold both at the British Universities Dryslopes and at the BUSC Main Event whilst Rennie and Elliott Husband were both placed in freestyle events at BUSC Main Event, held in Alpe D’Huez, France. Connor Brolly won Gold in the Boarder-X at the British Universities Dryslopes for the second successive year. The ski race team also managed to secure a very respectable 4th position in the team dual slalom at BUSC Main Event. The academic year 2009-10 has been a fantastic success, with everything from beginner lessons to high level competition, trip to the Alps and trips up north, all brought together by one of the best social scenes at Glasgow.

**Trampoline**

2009/2010 was a very successful year for the trampoline club. Our membership numbers reached around 60, 15 more than last year. Eight people have completed their coaching qualifications this year, which means we are going into next year ready to support all of our members with quality coaching. We have also had 3 members participate in a first aid course in order to bring added safety precautions to training sessions.

We have also had a successful competitive season this year with our club winning 17 medals in total across all competitions. The club competed in Manchester, Northern Ireland, in the
This year has been one of the most successful years in Far Flung's history. As a result of doing brilliantly well at Scottish regional’s in Dundee, the open team managed to qualify for Nationals Division 2, only narrowly missing out on Division one in a crucial qualifying game with St. Andrews, which went right down to the wire. The team went to the competition seeded first and performed admirably but unable to hold seed and win the competition.

The Women’s team has had their most successful season ever. They managed to qualify for Nationals finishing 3rd at Scottish regional’s. They then went on to nationals to finish 3rd overall, and beating both Edinburgh and St. Andrews on the National stage, making this women’s team the best in Scotland.

As a club we are very social and these events are great for helping everyone feel comfortable in the club, they are also helpful in making sure that people want to renew their membership in the following year and in bringing new people into the club in the following year.

Ultimate Frisbee
This year has been one of the most successful years in Far Flung’s history. As a result of doing brilliantly well at Scottish regional’s in Dundee, the open team managed to qualify for Nationals Division 2, only narrowly missing out on Division one in a crucial qualifying game with St. Andrews, which went right down to the wire. The team went to the competition seeded first and performed admirably but unable to hold seed and win the competition.

At nationals, the team dominated all over the pitch. There were a few very hard fought games but the team battled hard and came out on top. In a heart stopping final with Exeter University, we managed to hold our nerve and become National Champions.

Special mentions go to Women’s Captain Niamh Delaney for being voted Most Valuable Player, Martin Hayes for being voted Most Improved Player and Andy Robertson for being voted Best Beginner. Also, special thanks to First team Captain Joe Crisp and Coaches Derryk Boyd, Shaun and Phil Webb for setting such a high standard this season.
Talented athlete support

Elspeth Cockburn
4th year vet student
**Sport Bursary Scheme**
The Sport Bursary Scheme helps talented athletes at the University manage the significant demands of competing in their sport at the highest level whilst undertaking their degree. With many of our student athletes regularly training in excess of 16 hours each week excluding competitions, this support is much welcomed. Support includes free access to University and Glasgow City Council sport facilities, funding to support with living and competition related expenses, strength & conditioning support, nutritional and specialist sport mentor advice. Whilst funding for the programme limits the number of students supported, 22 athletes are provided with assistance through the programme including our featured athlete below.

**Athlete Profile**
Name: Iain Scholefield  
Sport: Hockey  
Position: Midfield

**Sporting Achievements:**
I’ve represented Scotland at U16, U18, U21 and currently have 48 caps & 4 goals at Senior level. I was part of the Great Britain U21 team which won a silver medal at the Australian Youth Olympics 2007. I won a bronze medal at the World Cup Qualifier in Invercargill 2009 and have won 6 National League Titles, 3 Scottish Cups and 1 Indoor Scottish Cup with Kelburne HC.

**Who is your favourite sporting hero?**
Alan Shearer - legend

**What support have you had from the University?**
I have received a lot of support with dealing with Sport and Academic commitments. I have been allowed to sit a number of exams whilst I have been away at tournaments including Sydney and Amsterdam. I’ve also been allowed to sit my 4th year over 2 years due to the World Cup Qualifying Tournament and also the 2010 Commonwealth Games in Delhi. I wouldn’t have been able to complete my studies and play hockey without this understanding and flexibility.

**Glasgow: Student Sport City**
Glasgow is a great place for sport, evidenced by its recent nomination to the 2010 Ultimate Sport City. To raise the profile of what the city has to offer, the University of Glasgow are leading on a project to market the city as the destination of choice for talented athletes.

Glasgow: Student Sport City will showcase the excellent facilities at the University and in the wider Glasgow area. In partnership with the University of Strathclyde, Glasgow Caledonian University and Glasgow Life the project aims to attract talented athletes to the city and help to promote the University’s reputation for sporting and academic excellence worldwide.

Glasgow: Student Sport City will launch in January 2011 with the introduction of a customised website which will be viewable at www.glasgowstudentsportcity.co.uk

**Alan MacKay Bursaries**
Following the recent news of the introduction of PHM Sport Bursaries at the University, we are delighted to announce that another of our alumnus, Alan MacKay (LLB 1983), has generously agreed to support talented athletes at the University. The Alan MacKay Bursaries will be awarded each year to both male and female talented athletes at the University and will play a valuable contribution towards their sporting development.

Alan is not only a University graduate but one of a distinguished group of individuals who have had the honour of holding the Presidency at the Glasgow University Sport Association (GUSA). Euan Smith manages the University’s Sport Bursary Programme: ‘We are delighted to accept this kind donation and thrilled that the support provided for talented athletes at the University is something close to Alan’s heart. This valuable donation will ensure that another seven of our talented athletes will receive financial support as well as free facility access.

**Blues Winners/ Awards Winners**
Blues Award winners are recognised as those athletes who have excelled in their sport. The 2008-2009 award winners are:

**Full Blues:**  
Scott Houston: Swimming  
Amanda Larcombe: Rowing  
Emilia Vanni: Snowboard  
Matthew Gillespie: Running  
Derek Hawkins: Running  
Ben Searle: Trampolining

**Half Blues:**  
Elspeth Curran: Running  
Jessica Martin: Running  
Ruth Joss: Running  
Thomas Fay: Rugby  
Alexander Service: Rugby  
Andrew Thomson: Skiing  
Ross Jardine: Fencing  
James Calder: Boxing  
Jamie Munro: Boxing  
Alexander Service: Football  
Christopher O’Day: Football  
Talia Sherrard: Waterpolo  
Duncan Macrossan: Athletics  
Ugnius Zasimauskas: Basketball  
Rory Connolly: Basketball  
Mark Currie: Lacrosse  
Ian porteous: Swimming
GUSA continues to represent all students within the University and provides a strong representative voice at both local and national level with the views and best interests of our students always in mind.

The Association has enjoyed another successful year in which our clubs have excelled both on and off the pitch. This year saw the addition of another 2 sports clubs, Cycling and Kendo, which takes us up to 48 active clubs in total. Club membership numbers also increased which is another positive indicator for sport at Glasgow. High participation rates have always been something which Glasgow has strived for and this continues to be a priority.

GUSA Ball 2010
A total of nearly 550 students, staff and alumni attended this year’s Blues Reception and GUSA Ball making it one of the largest sports balls in the country. As always it is a wonderful celebration of our clubs and talented athletes and a great way to recognise their sporting achievements. The Ball this year was a great success with guests enjoying a delicious 3 course meal followed by a ceilidh and disco.

Inter Faculty Cup 2010
This year saw the return of the Interfaculty Cup - a competition spanning six sports in which teams from each of the University’s faculties are invited to enter and prove themselves to be the best sporting faculty on campus. We expanded the competition this year to incorporate an extra sport and spread the play out over two days to allow for greater support as well as more competitors.

Friday night saw Basketball, Netball and Volleyball take place in Kelvinhall International Sports Arena. Women’s Netball was a closely fought battle between the Medics and the Dentists with the Medics just coming out on top. Mixed Volleyball, our newly added sport of 2010, enjoyed a healthy turn out and some friendly competition. The Dentists, eventually reigning victorious, saw off the engineers and Vets in what was one of our closest sports of the weekend.

Mixed basketball saw some fierce competition with some of the University’s top players competing for their faculty. This was eventually won by the Law Business and Social Science faculty but not before several tight games with the Physical Science and Arts teams.

After a much-needed day off on the Saturday we reconvened at Garscube Sports Complex on Sunday morning for the outdoor sports of the Cup - Football, Rugby and Hockey. Whilst Rugby was unfortunately called off due to frozen pitches, eighteen teams entered the Men’s Football competition, the biggest entry yet, with most faculties fielding two or more teams. After group stages, quarter and semi finals, the Vets first 11 took home the trophy after a tense final.

The Engineering faculty proved victorious in the mixed hockey after seeing off the defending champions, the Medics. Overall, after points for all sports were calculated, we had a tie between the Vets and the Engineers. The weekend was rounded off with a champagne reception for winners and a night out in O’Couture nightclub which kindly sponsored the event.

Next year we hope to continue expanding the event by adding more sports to further increase participation and support.

Send us your stories
Would you like to share some of your sport and recreation memories of your time at the University with us? Whether it’s Popmo in the Stevie or fighting for top spot at Scottish Universities we’d love to hear from you.

Please send your stories to: sport@glasgow.ac.uk

Help us, help you & more importantly help the environment!
We aim to develop a relationship with our Sport Alumni by communicating with you on a regular basis. In order to do this we would like to know how you would like to be contacted.

We have produced this first Sport and Recreation Annual Review as a PDF so that we could get it to you quickly and directly while also reducing our impact on the environment by reducing our print runs.

If you are happy to continue to receive our Annual Review as a PDF and only print what you require, that’s fantastic, and you do not need to do anything.

If you would rather have us communicate with you by printed publication via traditional mail please email Grant.Reilly@glasgow.ac.uk and put ‘Print version of Sport & Recreation Annual Review’ as your subject heading and we will do our best to send you a printed version of our next edition.