Welcome to another edition of the Sport & Recreation review.

This review will hopefully give you a flavour of the diversity of provision we are offering and some of the great successes we have had in our health and fitness, recreational and club sport programmes over the last 12 months.

Student numbers continue to grow and facilities are a hub of activity with people taking part in classes, drop-in sport sessions and club training. It is fantastic to see our University community embracing Sport & Recreation and taking time to build it into their daily lives.

I hope you enjoy this review and don’t hesitate to contact us if you want further information on any aspects of what we do – we would love to hear from you!

It has been a great year for Glasgow University Sports Association. We have more club sport members than ever before, with more teams competing in both Scottish Student Sport Competitions and BUCS competitions. Not only are we competing, but we are improving and winning with our Mens Basketball competing in BUCS Premier League for the first time. A few highlights of the year include; our Annual Awards Dinner attracting 720 students. Winning the Glasgow Taxis Cup for a third year in a row and now having a greater number of wins than local rivals Strathclyde. GUSA has moved from strength to strength this year, from another successful Freshers Week to various fun runs and fundraising events throughout the year.

I hope this review can really show what all the clubs have been getting up to and if you have any questions about what we are doing in the Association please do get in touch!
Following a successful KPMG sponsorship for 2011/12 we re-negotiated an improved deal for 2012/13.

The new agreement showed a change on emphasis by KPMG to focus on the entire student population with them focusing their marketing and engagement within both our sports facilities, being our headline sponsor for GUSA, fresher’s week, the Monster Dash and our Glasgow Championships recreational leagues. They were also an associate sponsor for our Sport & Wellbeing Week and worked closely with us to promote KPMG events via our social media.

We will be looking to develop our sponsorship agreements next year in order to provide more opportunities for our members.

Health & Fitness

Fitness classes

This has been yet another amazing year where we have seen around 77,000 members flock to our fitness classes. We listened to our members’ feedback and added extra classes to the already extensive timetable and changed classes such as Tune Up to Cardio H.I.T to attract a wider audience and appeal to the current market.

We also decided that if we were crammed indoors, we would take our members outdoors and have introduced two Park Fitness classes, where we utilise the beautiful parks nearby and surrounding areas of the University Campus. The members turn up every week, come rain or shine to enjoy this class and get a good dose of fresh air.

We recognised that, as our class timetable evolved, it became more of a challenge for our own Service Development Team to deliver everything, so we brought in more talented instructors to support the existing team. All the changes have been met with great positivity and translated into more classes full of sweat and smiles.

Here at Sport & Recreation, we are passionate about development from within. We therefore ran our first Exercise to Music programme for students and some of them are now part of the current teaching team, delivering our fitness classes.

We also had great success in developing our own attendant staff to become Level 2 Gym Instructors, which means we have more people on the ground to guide and support our members.

We are delighted to say that our intern, Mhairi McGowan, has been working closely with the Service Development team, energetically taking on formal training, in-house training and mentoring. She has successfully taken that leap from being the “rookie” to a becoming confident and capable team member. Well done, Mhairi!

We are always bringing our thoughts together for a fitness class timetable that is diverse, dynamic and in-line with the current fitness industry, so are looking forward to a fantastic 2013, where we continue to offer this outstanding service.

Gym and additional services

Our muscle conditioning suite is bursting at the seams as more and more people are incorporating strength training into their fitness programmes. Whilst everyone is eager for additional space, we are still receiving glowing reviews from happy members who are delighted with the provision.
The recently introduced platform induction has provided assistance to those who are just setting out in the ever-popular world of barbell training. The presence of experienced trainers on a Monday evening and Wednesday afternoon has helped to support these newcomers as they progress. Consequently this has encouraged other members to provide assistance to each other and there is now a friendly and productive atmosphere within the room. There are also more female members using the MC suite than ever before.

Providing first class equipment within our gym has always been a priority. At present, we are trialling Zangkong as a supplier for Olympic Barbells and plates. So far this equipment has been standing up well to the demands of a busy training room. Our experienced members and athletes have given us a big “thumbs up” on our new equipment.

The online health and exercise advice centre has increased in popularity over the last year and we receive numerous emails every week from members seeking advice on improving their fitness.

In addition, we have introduced regular “Ask the trainer” sessions where staff are on hand to answer questions and offer advice to members. This gives our customers the opportunity for some face-to-face help from excellent, highly qualified fitness professionals.

Recreational sport

Recreational sport programme
The University of Glasgow Sport & Recreation continues to offer a vast, varied provision for individuals who would like to participate in sport or activity.

If you are unable to commit to training and matches on a weekly basis, the Recreational Sport programme is for you. You can attend sport drop-in sessions, play in leagues, take part in exciting events and competitions or sign up for a course.

Events
Throughout the year we organise one off events to help promote health and exercise, most notably an annual charity fundraiser Monster Dash at our Garscube Sport Complex. Monster Dash is a fun, Halloween-themed obstacle race attracting a wide audience from across the university and local community.

Superteams 2012
The third Superteams event took place in January, and built on last year’s success with the event running to maximum team entries. We may not have donned our superman and wonder-woman outfits, but had a super bunch of people attend and compete.

The mixed teams took part in a range of indoor activities which challenged their speed, strength, endurance and skill. A team made up of SRS staff took the title of ‘Superteam 2013’, however, The Boat Club will certainly be looking to wrestle back the title in 2014.

Courses
Our 6 – 8 week courses have welcomed lots of members to new sports and activities such as Pilates, Yoga, Squash and Swimming. Courses such as aerial trapeze and beginner golf courses have also attracted great interest.

Sport Leagues
Our new league format has gone down a storm with Squash, Badminton and Football running full or close to full enrolment. We have introduced a pre-season welcome for all players and also an end of season awards night.

UG talented athletes

Here is a brief update of what has been going on in the last two years from the world of high level sport at the University of Glasgow.

Emily Maguire
Emily, a former bursar at the University who studied Maths, was part of the GB Team that won bronze at the London 2012 Olympics - a truly amazing achievement. She represented GB in every match and demonstrated her worth, in what was a largely English based squad.

Emily continues to be based in England with longer term ambitions of being selected for the Olympics in Rio in 2016. Before then, she will return north of the border to train with the Scotland squad in advance of the Glasgow 2014 Commonwealth Games.

Lauren Gray
Lauren had an outstanding year in 2013. In addition to working exceptionally hard in her final year to successfully graduate with a 2:1 in English Literature, she also had the following achievements: Scottish Junior Champion, runner up at the Scottish Championships, Scottish Student Sport Athlete of the Year, and runner up at the World Junior Championships.

Lauren was also also selected to represent GB at the Winter Olympics in Sochi, and was part of the Scottish team that became world champions. What a fantastic year!

Athlete profile
Name: Laura Muir
Sport: Athletics
Course of Study: Veterinary Medicine
Sporting hero: Chris Hoy
Sporting achievements 2012-2013:
2013 – IAAF World Championships, Moscow (GB Senior Vest) 800m - 3rd Heat, 7th Semi-Final
2013 – European U23 Championships, Tampere (GB U23 Vest) 1500m – 3rd
2013 – England Athletics U20/U23 Championships & European Trials 800m – 1st
2013 – European Indoor Athletics Championships, Gothenburg (GB Senior Vest) 1500m 2nd Heat, 8th Final
2013 - British Athletics European Trials & UK Championships 1500m 1st
2013 – British Athletics International Match, Glasgow (GB Senior Vest) 1500m 4th
2013 – Memorial Leon Bylue, Belgium 800m – 2nd (World Championships B Standard time)
2013 – Anhalt Meeting, Germany 1500m - 1st
2013 - Memorial Joséfa Odióbita, Prague 1500m - 3rd
2012 – World Junior Championships, Barcelona (GB U20 Vest) 3000m - 16th
2012 - Aviva England Athletics U20 Championships 3000m – 2nd
2012 – Scottish Senior National Championships 1500m – 1st
2012 – Scottish U20 Championships 1500m – 1st
2012 – Scottish Senior Indoor Championships 800m – 1st
2012 – Scottish U20 Indoor Championships 1500m – 1st
2012 – Scottish National U20 Cross Country Championships – 1st
2013 – Scottish Outdoor Universities 400m – 1st
2013 – Scottish Indoor Universities 400m & 800m – 1st
2012 – Scottish Universities Cross Country – 3rd
2012 – Scottish Outdoor Universities 3000m – 2nd
2012 - Scottish Indoor Universities 400 & 800m - 1st
GUSA Awards Ball 2013

This year saw 720 attendees at the GUSA Ball at the Hilton Hotel, Glasgow. The Justin Langham Award for First Year of the Year went to athlete Laura Muir. The Bob Wilson Award for Sportsman of the Year went to basketball player Calum Nicol whilst Ruth Dunn picked up the Rebecca Cooke Award for Sportswomen of the Year. The Development of Sport Award went to Gary Milne and the GUSA Drinking Horn was awarded to GUSA Health and Fitness Convenor Lucy Hems. Team of the Year went to Womens Hockey 1st XI and the William Ross Cunningham award for Club of the Year went to the Tennis Club.

Blues Winners
Calum Nicol - Basketball
Laura Muir - Athletics
Megan Gaffney - Rugby
Nicki Skrastin - Hockey
Stephanie Johnston - Rugby

Colours
Alex Erjavec - Sailing
Alex Norodom - Lacrosse
Andrew Foggo - Hares & Hounds
Charlotte Slaymark - Riding
Chris Clarke - Hares & Hounds
Colin Gill - Lacrosse
David Birrell - Tennis
Gary Milne - Triathlon
Jessica Stainer - Hockey
John Orton - Trampoline
Johnny Coyle - Sailing
Joseph Hunter - American Football
Kate Hulse - Trampoline
Lauren Smith - Riding
Michael Kinsella - Triathlon
Pamela Kent - Sailing
Rebecca Court - Cheerleading
Rennie Husband - Ski & Snowboard
Stuart Law - Hockey
Veronica Sisson - Basketball

Sport bursary scheme

The Sport Bursary Scheme supports talented athletes at the University who look to continue excelling in their sport whilst undertaking their degree. With training and competition commitments often amounting to 15-25 hours per week, this is no easy task. Sacrifices are often made to allow athletes to do well in their degree and sport, and good time management is essential.

PHM Sport Bursars

The PHM Sport Bursaries were introduced in the 2010 - 2011 academic year thanks to a willing donor. We are delighted to say that the following student athletes benefited from this generosity in the past 2 years:

2012 - 2013 PH Bursars
- Stuart Wilcox (Cycling)
- Matt Carder (Badminton)
- David Griffiths (Cycling)
- Lachlan Oats (Athletics)

Our donor’s kindness extended beyond supporting current student athletes, through a graduate bursary award that was given to Lauren Gray (see above). It was felt that whilst there is a lot of support for talented athletes at the University, often access to support following graduation is less readily available.

With Lauren Gray competing at the Winter Olympics in 2014, the funding support provided will allow her to focus on curling full time.

Several other high performing athletes receive support at the University through funding support, complimentary access to University facilities and managing their academic and sporting schedules.

Alan Mackay bursars

Former GUAC (now GUSA) President, Alan Mackay, supports a number of talented athletes. Mr Mackay’s generosity has had a huge impact and the following athletes benefited in the past 2 years:

2012 - 2013 Mackay Bursars
- Gold Award: Lauren Gray (Curling)
- Silver Award: Hazel Bracken (Taekwondo)
- Silver Award: Kenneth Ayre (Track Cycling)
- Bronze Award: Stephanie Connell (Karate)
- Bronze Award: Laura Muir (Athletics)
- Bronze Award: Scott McWhirter (Alpine Skiing)
- Bronze Award: Marc Macaulay (Karate)
Athletics

Glasgow University Athletics Club had yet another great season in 2012 - 2013. Our Taster Session attracted keen athletes of all levels, many of whom had been inspired by the summer thrills of London 2012.

Training sessions got better and better with a greater number of athletes pushing each other and improving their performance - all of which would not have been possible without the help of our dedicated coach, Andy Young. And we once again proved we are the best University Athletics Club in Scotland, winning both the Indoor and Outdoor Scottish University Championships!

Some of our athletes participated in BUCS Indoors with a number of solid performances against the best in the UK. Many were keen to compete at BUCS Outdoors too, however a lack of funding made it difficult for them to participate.

Before the Outdoor Scottish University Championships, the club went on another warm-weather training trip to sunny Albufeira. Lots of training, fun and memorable stories - all definitely contributed towards strengthening the team spirit and helping us win the title.

During the year, we were victorious over our main rivals Edinburgh University Athletics Club in a friendly competition and played an instrumental role in helping our University win the Glasgow Taxis Cup. Many of our athletes were also selected to be part of the University and College Team that competed in an International against the Irish Universities in Dublin. This was a massive achievement for the club and a great experience to remember.

The club was strongly represented at the famed GUSA Awards Ball in the hope of winning Club Trophy; however, we knew it would be difficult against all the other successful clubs. More importantly, we were there to see our own Laura Muir take home a Blues Award and the Justin Langham Award for most outstanding sporting first-year undergraduate.

Laura definitely deserved it after her outstanding performance in 2011 - 2012, winning gold in the 800m at the Scottish Senior Indoor Championships and in the 1,500m at the AVIVA Scottish Championships. She also won silver in the 3,000m at the England Athletics U20 Championships and represented GB in the 1,500m at the AVIVA Olympic Trials & UK Championships.

Laura has continued to improve since then, making it to the 800m semi-finals at the World Championships in Moscow, and won various other titles. She is currently training very hard as she has been selected to represent Scotland at the 2014 Commonwealth Games!

We are definitely improving as a club year after year, both in terms of performance and team bonding. We also decided to add a new committee position for “Fundraising Convenor”. This will be a great asset to help us grow financially and give the opportunity for our athletes to compete as much as possible.

We can’t all be elite athletes but we really motivate each other to achieve personal bests, stay healthy and we top this off with a mix of fun socials. The loss of Kelvin Hall as our training facility is an enormous blow, but we are nevertheless in high spirits and training hard towards retaining our titles!

Badminton

This year the club welcomed an array of new members of all levels: from rookies to club players and national competitors. Recreational Fridays at Craigholme Sports’ Complex are open to anyone looking for a light-hearted game of badminton and a friendly atmosphere. On Mondays we have team training coached by Commonwealth Games medallist Ray Stevens who really puts us through our paces.

Each year we aspire to make every member’s time in our club memorable and enjoyable. Every Wednesday evening team and recreational players get together at Munro’s pub. We occasionally hold big themed socials as well, often with the Muay Thai Club.

Popularity of competitive play is growing, as for the first year we have two teams in BUCS and a recreational league established with GUSA. With increasing attendance at recreational tournaments across the country, we are holding our very own for the first time this Christmas. The club this year also benefited from free tickets to the Scottish Badminton Grand Prix over at the Emirates Arena, and members were able to see some quality badminton first hand.

Last year, our team won the men’s BUCS Trophy for the first time and the club’s best player, Matthew Carder, received a Half Blues Award. He continues to be our star player, having just qualified for the main draw at the Irish Open.

At the biggest tournament of the year, Scottish Universities, Glasgow swept up the majority of titles. In men’s singles Andrew Gilliland took first, and Danny Leinster second. In women’s singles Viktoria Tsvetanova took first, and in mixed Viktoria and Danny paired up to take first again. Glasgow also took mens doubles second place with Andrew and Danny.

Other notable successes have included Jordan Lau winning doubles in the SSS West Regional Tournament and Molly Mackay taking second place in singles in the Stirling Tournament. We’re looking forward to further wins this coming year.

The club is sponsored by Viper night club and Munro’s pub, as well as receive support from the PWP Badminton Store.
Basketball – Men’s

Full Blues and Bob Wilson Memorial Trophy: Calum Nicol

This season saw the first team make the final eights for the BUCS Trophy. This is the first time a Men’s Scottish team has achieved this. The seconds and thirds teams also playing strong in their respective leagues showing signs of improvement.

After having only been in the National League for a three seasons University of Glasgow remain one of the top teams reaching the Scottish Cup Final and placing third in the table.

The end of the season saw coach Mike Lawton bid farewell in his pursuit of a career in America. Head coach Kevin McQuade was awarded West Performance Coach Award.

Two players were selected for the Scottish National University National Squad: Al Aliovic (named a co-captain) and Calum Nicol, both being in the starting line-up and contributing a lot to the team as well as being sports bursars for the University.

Calum Nicol was selected for the Scottish Senior Men National Squad and played in their two game win against England in the summer.

The professional team Scottish Rocks now officially has ties with the university team. This has allowed players of the club to practice with the Rocks team. The team strive for promotion in BUCS in the new season back into the Northern Premier division.

With hopes of providing coach Kevin a memorable season back into the Northern Premier division.

Boxing

This has been a really exciting and busy year for the Glasgow University Boxing Club. We achieved great success at the Scottish University Championships last December, which we hosted in the Debates chamber of the Glasgow University Union. We are currently preparing for this year’s championship, being held at Robert Gordon University in Aberdeen this December.

Our successes at the December 2013 University Championship ranged from planning and putting on a well-organised day to having two of our own competitors, Charles Burke and Scott Bell (pictured), make it through to the final to win gold and silver respectively.

This year we have eight competitors entering to fight for Glasgow in Aberdeen, a higher number than ever before, showing the increased interest and proficiency in our club!

We organise social nights approximately once a fortnight, usually as a wind-down after the longer and more intense training session on Wednesday.

At the beginning of this term GUABC took part in the nightclub Viper’s “Battle of the Societies”, making it through to the final, but sadly missing out on one of the top spots. We do have many more plans for exciting nights out though, so we will be prepared and ready for next year!

We are very much looking forward to the Robert Gordon University Championship and everything else this year throws at us. We are sure it will pack a punch!

Cheerleading

The Glasgow University Cheerleading Club has had a fantastic year. Our membership has continued to increase which allowed us to enter a Pom Dance team along with our Level 2 and Level 3 Cheer team at Future Cheer in Loughborough this year. We also had a team compete Level 4 Group stunt.

Our year of hard work paid off as we successfully placed 1st place in the Senior Small Pom Dance division, 2nd place in Level 3 Cheer, 14th place in Level 2, and 4th place with our Level 4 Group Stunt. We also competed the Senior Pom Dance (1st place) and Level 2 Group Stunt (2nd and 3rd place) at ACDC in Glasgow this year.

The new addition of Fundraising Convenor helped us raise funds contributing towards competition costs, uniforms and bows. We continued our sponsorship with Viper, and we were proud to have held the most successful fundraiser the club has ever had, raising over £600 with our GUC Spotted theme. In addition to this, we raised money by securing a place in the Glasgow Christmas Parade which saw some of our members dancing in the parade down Buchanan Street.

Along with this, our Social Convenors arranged lots of crazy, fancy dress filled socials for us all which contributed to the 2012 - 2013 team becoming a family once again. These included our GUC theme, Tight and Bright and, one of our favourites, Pub Golf. We also arranged a Cheer Holiday to Portugal at the end of May.

GUC had a very successful 2012 - 2013 season, however, the best is yet to come. 2013 - 2014 will see us train with our new All-star Cheer Coach, Rozłyn Hart, which will give us that extra edge and drive to come 1st place National Champions.

Canoe

The last year has been a wet and fun-filled one for the club. Taking a new set of Freshers of mixed abilities in last September and finishing off the academic year with our annual Alps trip.

Beginners soon progressed throughout the year with our trips away, including our surf kayaking trip to Machrihanish and our camping weekend at the Etive. Seventeen of us made the long journey to France - heavy snowfall over the winter and thirty-plus degree heat meant for a lot of water! Everybody got to push themselves and with not too many swims the trip was a great success. Everyone returned home in one piece, although the same could not be said for a few people’s boats!

We now have welcomed new Freshers and the fun has begun again. They were introduced to moving water at the start of term and are now mastering how to roll in our weekly pool sessions – they are soon to be pros.

In the New Year we host the SSS canoe polo tournament. We will be entering three teams and hope that the girls retaining their title from last year. Our polo team is competing across the country and we wish them the best of luck!

This year is in fact the Canoe Clubs 60th anniversary and so we will be holding a reunion ceilidh for both old and new members as a celebration. This will be on the 18 January, so if you were once a member of the club, keep the night free!

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Cycling

The last 12 months have been very successful here at Glasgow University Cycling Club.

We finished last semester with very strong performances in BUCS track and BUCS XC championships. On the track Kenneth Ayre won gold in the men’s Kilo and Jonathan Mitchell followed this success with a gold in the Men’s sprint.

Our sprint team won gold in the Men’s event, breaking the previous record. The men’s pursuit team finished the weekends success with a bronze medal. At BUCS XC Stuart Wilcox and Peter Oakley won silver medals in the Men’s Championship and Men’s Sport competitions respectively.

This semester David Griffiths narrowly missed out on a medal position at BUCS Hill Climb, but a great weekend was had by the roadies down in Buxton. We have continued the strong tradition of trips away, visiting Glentress, Kirroughtree, and Cambu amongst others. This year we are aiming to top last years competitive success, with regular track and road training. We are sure to perform well!

You can catch up on all the riding and club banter through our weekly Radisodes which are linked to through the Facebook page.

Gaelic Football

The Gaelic Football Club has continued to build on recent successes and successive promotions saw the Men’s team enter Scotland’s Division 1 for the first time.

Despite a reversal in the first match of the season, an unbeaten run saw the team qualify for the final against Edinburgh Napier University. Napier were strong favourites as they sought to win their sixth title in a row. However, Glasgow overcame a two point half-time deficit to run out winners on a score line of Glasgow 1:8 Napier 1:6 to claim a first ever Division 1 title.

The game saw Antrim inter-county star, Michael Armstrong, show just why the Irish News named him their Mr. November 2012. In addition several players, including club Stalwart and former Captain Rory McKeever, complete a run that saw them pick up silverware in all three divisions in consecutive years.

The win saw the Men’s team qualify as first seeds for the British Division 1 Championships in Birmingham. However, a team decimated by injury (and a failed ‘Justice for Coley’ campaign) was defeated by eventual winners Liverpool John Moore’s. The campaign ended on a high as there were personal accolades for Michael Armstrong and Daniel Nolan who were deservedly selected to receive British All-Star awards after some outstanding performances throughout the season.

The Ladies’ team also enjoyed a memorable year as they recovered from a frustrating league campaign to win the British Division 3 title, which saw a battling performance overcome a strong side from Birmingham University 1:3 to 1:2.

Golf

This year the league has been a hard fought contest for both promotion and avoiding relegation, with all our results swaying either side of two points. The season got off to a good start when Grant Blair (Secretary) failed to make the fairway in the first fixture of the season. However, despite this he did go onto win his match well.

Throughout the season there have been some strong individual performances with a few making their first league appearances: Craig Gill, Alex Hamilton, Dara McGreedy and Peter Templeton.

With GUSA funding, we have been able to take advantage of the indoor facilities at the Glasgow Golf Centre with laser technology allowing us to analyse particular aspects of our games. This is something which will allow us to make further improvement to our games and turn those close losses into victories.

There has also been an increase in the number of women wanting to play, so joint Ladies Captains, Laura Aitken and Ailka-Peach Molly, are looking to get an official fixture list for next season.

With one BUCS league game remaining, we are set to remain in BUCS 2A and can now look forward to social games next term at Turnberry, Royal Troon, Old Prestwick and Elie where the day often turns into how many pints you can sink, not putts!
Runner of the Year' award. Pullied away to take victory and add to his round neck and neck. In the end Ali
the Men’s series and went into the final
had been battling it out all year long in
her title in the Women’s competition,
Scottish Students Hill Race at Dumyat in
once again had an exciting climax at the
of the Des Gilmore Race Series, which
runners on a thrilling final leg, missing out finishing first by just seven seconds.
In November, Men’s silver medals and Women’s bronze medals at the Scottish Students Road Relays in
Baillieston were followed up with second place for both Men’s and Women’s A teams at the SSS Cross
Championships hosted by Strathclyde. Star performers were once again Kerrick Hesse and Laura Muir, taking second and third place in their respective races, while Kathryn Pennel finished in a very good
seventh place in the Women’s race.
At the end of November, Club Secretary Hendrik Spöring took second place in the Men’s individual
Dunbartonshire Cross Country. Neah Evans was third in the Women’s event, with Lisa Christy finishing as the first Junior Female. Deborah May joined Neah and Lisa in taking the Women’s team gold medal.
The start of February saw a team of 40 travel to Leeds for the BUCS Cross Country Champs. Kerrick Hesse
(31st) was once again first man for GUH-H, while Rhian Dawes (151st) was first finisher for us in the Women’s race. Special mention should also go to Simon Gardner, who completed the Men’s A race of about 7 miles, nursing a severe hangover from his attempt at a “24 pins in 24 hours” challenge the previous day!
Twenty members of the Hares and Hounds attended the GUSA Ball, where the previous year’s Captain and Treasurer, Chris Clarke and Andrew Foggio, received Colours for their sterling work on the club’s committee. The following week, the club joined up with GU Athletics Club for their second annual sub crawl, dressed as Jazz singers, rappers and ravers, amongst other musically-themed costumes.
After its postponement in December due to ice, the club’s 5 Mile Road Race at Garscube survived the weather in March. In addition to the financial benefits for the club, the leftover bananas from the event did not go to waste. Thanks to outgoing and incoming Social Convenors Kieran and Courtney hosting a banana party three days after the race, cakes, milshakes and several other treats were made!
Easter Weekend saw a team of 18 head to Isle of Man, where Lucy Deeny picked up 3rd place in the Junior Female category for her performances in the 10k, Hill race and 5k.
At the BUCS Marathon Championships in London, Jessica Oliver-Bell won the silver medal, finishing in a time of 2:57. There were also excellent runs for Ali Wilson (2:49) and Hendrik Spöring (2:53).

This year also saw the second running of the Des Gilmore Race Series, which once again had an exciting climax at the Scottish Students Hill Race at Dumyat in May. Neah Evans comfortably retained her title in the Women’s competition, while Ali Wilson and Peter Bowman had been battling it out all year long in the Men’s series and went into the final round neck and neck. In the end Ali pulled away to take victory and add to his ‘Runner of the Year’ award.

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The 3XI's improvement from season 2011 - 2012 to 2012 - 2013 was very substantial. They had an unstoppable season and finished undefeated across the board racking up an impressive 106 goals whilst conceding a mere 25. This allowed them to finish 1st in the West District 3 league and position 1st in BUCS 5A. A highlight of the year was the 3-1 win against Dundee 1XI, who compete in BUCS 1A. The odds were against the 3XI, yet found that their determination and teamwork communication was enough to push them into a comfortable win against what was thought as the superior opposition.

The squad has gone from strength to strength in the past year and can only hope that they continue developing and maintain the exceptional level of play under the captancy of Zoe Haddow.

This was the first year the 4XI were entered into BUCS and carried out the season unbeaten, thus to find themselves promoted into BUCS 6A which they are currently dominating. They also made it to the BUCS conference plate semi final having won a hard fought pool, where they played a very close match against St Andrews.

There was such a huge intake last year that a sister development squad was formed and their commitment and hard work at training provided a weekly feed of players to the playing squad that was certainly vital in the success of last season. Jessica Stainer, ex-captain and founder of the 4XI, was awarded Colours for her hard work at training.

Following on from the major promotion to National 2 league at the end of 2011 - 2012, the 1XI have held a solid position and have currently cleared themselves out of the relegation zone which has never been done before.

At present, the team is currently holding the highest position Glasgow University 1XI have ever played at. Furthermore in February 2013 the girls took home the Millennium Team Trophy for “GUSA Team of the Year”, following on from their consistent successes. This was a great achievement for GUWHC and for the team itself. Currently in the 2013 season, the 1XI are holding 6th position in their BUCS league and hope to continue this season to grow and develop as a team.

The 2XI have had a fantastic year finishing the 2011 - 2012 season with a solid 4th in West District 1 - two places higher than previous seasons and 2nd in BUCS. They welcomed quite a few new members to the team this year, and both team and individual play has improved greatly. Some very successful wins throughout the season took place - in particular, beating Edinburgh 5-0. BUCS however, was not always a consistent success. Narrowly losing 3-2 to St. Andrews inspired a new determination to ensure we finished as high as possible. This was followed by a very redeeming 8-1 win against Heriot-Watt.

The hard work on the pitch has been equally matched by enjoying lots of team nights together and new fitness workouts courtesy of the Nike Store. For many in the team, this has been one of the most memorable seasons they have had together as they become better hockey players and bond so much as a team. They hope for even greater success next year under the captancy of Lucy Taylor.

The future of Glasgow University Judo

Judo

2012 - 2013 saw the club committee restructured and the introduction of a vice-captain role. The social profile of the club began to improve and peaked with the celebration of our club 60th Anniversary. We organized a couple of training days throughout the year, and also welcome and Christmas events.

Our 60th Anniversary was celebrated on the 2 March 2013. We kicked things off with a training session catered for kids in the morning. We were aiming to give back to the Judo community as well as increase the profile of our club. In the afternoon, we invited Scottish Universities and Alumni to attend a training session by guest coach John Buchanan. The day finished with a dinner and ceilidh at the Hilton Grosvenor.

Our club had players competing in Aberdeen (Granite City Open), London Universities and Colleges Open, and the BUCS competitions. Our Glasgow Men’s team, consisting of Jamel, Stefan, Jamie, Ewen, and Stuart, lost against last year’s winners Anglia Ruskin 4-1, but beat Newcastle 3-2 and Leeds 4-1 in the pool stage. In the knock-outs, a narrow 3-2 loss to Edinburgh meant that, unfortunately for Glasgow, they did not get through to the repêchage.

The highlight of the year was BUCS in Sheffield with twelve of our members fighting at Judo Championships. On Saturday individual competitions saw Juliana Reis (under 57kg, Dans), Nora Beeking (over 78kg, Kyu), Jamel Tahir Aissa (under 66kg, Dans), Stefan Peters (under 66kg, Dans), Jamie Whitelaw (under 66kg, Dans), Yeong Jason (under 66kg, Kyu), David Mackay (under 68kg, Kyu), and Stuart Picken (under 100kg, Kyu) fight their way to the knock-outs.

Nora won the gold medal, Stuart Picken the bronze medal, and Jamel came fifth. Despite not getting through to the knock-outs, Nicole Torres (under 63kg, Dans), Alistair Carr (under 73kg, Dans), Jack Holt (under 73kg, Dans), and Ewen Mitchell (under 73kg, Dans), did their best and should see this as a learning experience and look forward to BUCS 2014.

On Sunday team competitions saw Glasgow Women’s team, consisting of Juliana, Nicole, and Nora, lose 2-1 in both matches against Anglia Ruskin and Bath, but the team won against Newcastle and Northumbria by the same scoreline. They took the third place in the team competition.

The Glasgow Men’s team, consisting of Jamel, Stefan, Jamie, Ewen, and Stuart, lost against last year’s winners Anglia Ruskin 4-1, but beat Newcastle 3-2 and Leeds 4-1 in the pool stage. In the knock-outs, a narrow 3-2 loss to Edinburgh meant that, unfortunately for Glasgow, they did not get through to the repêchage.

The day was finished off with Sunday team competitions where the Scottish Men’s regional team came first for the third time in a row, beating England 7-3. Jamel, Stefan, and Jack were part of the team.

The high-standard competition and so far the largest BUCS Judo ended with great results with two individual medals.

The future of Glasgow University Judo Club looks bright both competitively and socially. We have a positive outlook for improvement next year.

Judo - Player/ Grade Category

- Juliana Versiani Dos Reis/ Dans
- Jamel Tahir Aissa/ Dans
- Stefan Peters/ Dans
- Stuart Picken/ Kyu
- Tom Wayne/ Kyu
- Pierre Brun/ Dans

- Granite City
- London Universities

- Silver
- Silver
- Silver
- Silver
- Silver
- Silver
- Silver
- Silver
- Silver
- Silver

- Bronze
- Bronze

- 5th place
- 7th place
Karate

The Karate Club is a traditional shotokan style club that welcomes members of any grade or style. Weekday training is under the instruction of our Senseis Mike Mackay, David Hall and Denis Stirrat. Club training takes place three times a week and covers material passed down from generations of karate-ka and Senior grades. Saturday training features the assistance of intermediate grades, which fosters a cohesive club spirit.

Occasionally we train under guest instructors, such as Sensei Jim Downie, who bring a different perspective to our ancient style, demonstrating great skill and inspiring students to challenge themselves further in the endeavour to improve and grow as a karate-ka.

Though a traditional club, the establishment of competition memberships and increased awareness of external competitions has fostered a new side to the club with entries to BUCS & SSS.

The Club was also involved in the inaugural GU Martial Arts Seminar, which saw all the Martial Arts Clubs on campus demonstrate their art over a day event. It was a fantastic success, with a great turnout from all the clubs and will be introduced to the calendar as an annual event.

In March, the Club thanked the Board of 2012 - 2013 for their hard work overseen by Captain Mark Henderson and welcomed the incoming Board with a reshuffle of members as Hannah Gower became the new Captain, Wilhemina Tovio - Vice Captain, Beth McCrindle -Secretary, Kieran continuing as Treasurer and with a new Social Secretary - Martin Ingram.

The club is growing strength to strength with new members joining every month. Students are developing in their skills and knowledge and hopefully the club will see its first grading this upcoming December.

We may be one of the smaller GUSA affiliated clubs, but we are a dedicated one and hope that the club will grow to allow the provision of even better competitive teams, socials and general training.

SSS was a great success for the club with winning numerous titles including: 2nd place overall in the competition, and individual 1st place winners such as Stephanie Cornell in Female Senior Kata and Jamie Scott in Male Intermediate Kumite. Moreover, numerous Glasgow students won 2nd and 3rd prize gaining the club 2nd place overall in the competition.

Lacrosse

2012-13 was a busy season for Glasgow University Lacrosse with our Men’s, Women’s and Mixed squads all recording impressive performances.

Led by captain Alexandra Norodom, the Women’s team had one of their best seasons to date, finishing a close second to St Andrews in the BUCS Scottish 1A League, and putting in convincing wins over nearest rivals Edinburgh 2nd XI. We were also the only Scottish team to reach the quarter finals of the BUCS Trophy, having recorded a 12-9 win over Aberdeen 1st XII and a 10-8 victory over Newcastle 2nd XII. We travelled to Leeds for our quarter final match against their 1st XII, unfortunately losing out to a very strong team who went on to win the Trophy.

The Men’s team were a constant threat in both BUCS and the Scottish league, co-captained by Aidan Bundy and Niall Hamilton. Thanks to returning players peaking, an influx of new players and some very strong overseas imports, we had great results such as wins over Stirling and Aberdeen and even a very impressive draw against a full Aberdeen squad when we only had 9 players able to make the journey.

The Mixed Team, captained by Lydia Nicol, also had an extremely successful season and was unbeaten in the Lacrosse Scotland league. Several Glasgow girls then joined players from Edinburgh Thistle to represent Scottish clubs at the Ken Gallucio Cup and European Club Championships held in Belgium.

Both the Men’s and Women’s teams rounded off the season at the Manchester 8s tournament, where the girls put in an impressive performance beating Gloucester University 15-6 to win the Plate Final. Off the pitch, we brought a taste of Scotland to the movie-themed after party with full Braveheart costumes and patriotic renditions of Loch Lomond.

Upholding our reputation as one of Glasgow’s most social clubs, this year we held a number of events including ABC, Halloween and UV socials hosted by our sponsor, Viper. Our Lax Families event saw each “family” take on a different theme, ranging from the Beckham and Addams families to the Royal Family, and was a fantastic opportunity for new members to get to know the rest of the club.

The club was also well represented at the GUSA Awards Ball in February, where several of our members received recognition for their achievements from last season. Colin Gill and Alex Norodom were awarded Colours, and Lydia Nicol and Aidan Bundy were awarded Half Blues.

Looking forward to the 2013 - 2014 season, the AGM saw the election of our new committee. Mel Oliver continues in her position of Club Captain, and with Alex sadly leaving us, Becca Fellows and Lydia Nicol will take over as joint Women’s Captains. Tim Mottrom joins Aidan Bundy as Men’s Co-Captain, and Charlotte Toms takes up the position of Mixed Captain. Roy Williamson is taking on the position of Secretary, with Euan Rankin joining the committee as Treasurer and Olivia Collison-Owen as PR. Rob Chan continues as Social Convenor and is joined by Lucy Hers. Massive thanks to this year’s committee for all their hard work.

The 2013 - 2014 season is off to a strong start, with the Men’s team sitting in 4th in the Scottish League, and both the Men’s and Women’s teams in third in the BUCS league. Both teams have also progressed to the last 16 of the BUCS trophy – the men will face Northumbria while the girls take on Leeds Met for a shot at the quarter finals.
Netball

2012 - 2013 was a successful year for GUNC. Club president Caoimhe Maguire was instrumental in this success. Her organizational skills, passion and ambition paved the way towards a well organized, disciplined, fair and hard working netball club. This was mirrored by success with both BUCS 1st and 2nd squads making it to Christmas undefeated!

One of highlights of the year was winning the BUCS conference cup for the 2nd year running. This involved defeating Edinburgh Universities 2nd team in the semi-final followed by their 3rd team in the final. We had the privilege of esteemed guest supporter, GUSA President Chris Millar at our cup final in Aberdeen. Centre court player Laura McKinley was named player of the match!

GUNC aimed for BUCS league promotions with the 2nd squad, captained by Cat Mackison succeeding in their bid. The 1st squad where incredibly unfortunate. They had an unbeaten season up until their last match against Edinburgh 3rds, a team they had previously beaten in the Cup Final earlier that week.

GUNC’s social calendar was as busy as always. With a greater emphasis on fundraising GUNC held a successful cake sale and for the 2nd year running a ‘Boys vs Girls’ netball tournament. This year the tournament was bigger and better, held in Kelvinhall with two courts allowing four teams to play at once. The basketball boys were back again to defend their title and so they did, beating the 1st netball squad in the final to do so!

The Glasgow Taxis Cup was another highlight of the sporting calendar with GUNC contributing to University of Glasgow’s win. We beat Caledonian University 45-11 and Strathclyde 29-22 in an incredibly dramatic match.

As well as the BUCS league, GUNC had 2 teams in the GNA (Glasgow Netball Association) league. The GNA 2nds team was captained beautifully by Helen Wright.

2012 -2013 saw many players strive within the club - Kate Henry in particular improved beyond recognition. Their achievements were acknowledged at our end of year dinner: Oonagh Rusling received star player of the 2nd squad and Byrony Hart was awarded recreational player of the year. However, it was Laura White who ran away with the awards getting voted best player of the 1st team as well as star sportswoman of the club! Her effortless, natural and reliable defensive skills make her a force to be reckoned with and a credit to our club.

To conclude the year, news was announced that GUNC were granted permission by GUSA to enter a 3rd squad team into the BUCS league in the year 2013 - 2014. This team will enable us to cater for the growing demand to play competitive netball at the University.

Potholing

This year, Glasgow University Potholing Association has been more active than ever. With a large interest at Freshers’ Week this year, our first trips filled up quickly. Participants explored caves in the Yorkshire dales, including Easegill and Bull Pot of the Witches.

SRT training this year has been a bit different from the others. Due to the closure of the Kelvin Hall for the upcoming 2014 Commonwealth Games, we had to look further afield. With the help of GUSA, we secured a new training location at Garscube Sports Complex. This involved setting up SRT/abseiling rigs along one of the balconies – not for the faint hearted! However, it proved to be a success with well-attended training sessions by enthusiastic members.

One of the more social events in our calendar, the famous fancy dress pub crawl, was definitely a highlight - all of this happening in a sleepy village in Derbyshire. We also broke our “how many people can you fit in a phone-box?” record and made it to 12. This also gave our newer members an opportunity to explore the Derbyshire cave systems, and experience some of the more scenic limestone features.

One of the highlights of the past year has been our involvement in CHECC, the Council for Higher Education Caving Clubs. This is an annual meet of all the university caving clubs in the country. The weekend involved many talks about upcoming caving expeditions abroad, competitions, games and lots of networking (and of course caving!). The president of CHECC, Hellie Brooke, is also an active member within GUPA and we are very lucky to have her on board.

This has been a successful year for GUPA. We have had trips nearly every weekend throughout the semester, many social events including Bonfire Night, Christmas Dinner and pub crawls. We explored new caves and members have pushed themselves further than ever before to explore the subterranean world.
Riding

The 2012 - 2013 academic year was the most successful yet for Glasgow University Riding Club! It started with more than 100 people coming along to the free taster session during Freshers’ Week - many more than in previous years. The session created an opportunity for every single person to look around the stables (Tannoch in Cumbernauld) and have a quick ride on one of the horses. After such a great turnout, more people than ever joined the club and signed up for weekly riding lessons. We also welcomed many who had never ridden before!

We held several socials throughout the year, including the always popular “Pub Show-jumping” and a joint social with the American Football Club, both of which were a huge success.

Competitively, we have three teams (A, B and C) that compete in BUCS leagues throughout the year. The competitions involve dressage and show-jumping, both on unfamiliar horses, with only 5 minutes practice before competing.

A Team, who compete in the Championship League, consist of Camilla Ramsoy (Teams Captain), Claire Herbison, Imogen Carpenter and Sarah Fulton. After their 4 league matches, A team were unbeaten and went on to win at Regionals (making them Scottish Champions, with Sarah winning individually) to gain their place at the BUCS National Championships at Hartpury College, Gloucester in June.

B and C team also had a hugely successful year. B team was made up of Mhairi McCommish (Captain), Fran Graham, Jenny Logan and Stephanie Lynch. They won 3 out of 4 of their league matches (with Steph winning three individually to be the highest placed rider in the league!) meaning they also qualified for their Regional competition.

C team consisted of Charlotte Cooper (Captain), Rachel Malloch, Lisa Langridge and Aaron Tay who won all three of their league matches to head to Regionals unbeaten. As B and C Team both compete in Trophy league, they had to compete against each other and 2 other teams for the chance to join A team at Nationals. After a tough competition, B team came out on top meaning that University of Glasgow teams took both National qualification places from the Scottish leagues making us officially the top University Riding Club in Scotland!

Both A and B teams did brilliantly at Nationals, with A team coming overall 3rd in the Championship and B team overall 5th in Trophy. A special mention has to go to Imogen who was placed 11th individually and to Mhairi who came 4th.

We would like to thank to Charlotte Slaymark and Lauren Smith who were awarded Colours at the GUSA Ball in February for their huge contribution to the running of the riding club over several years.

The success of the club looks set to continue into 2014 and beyond with all three teams winning matches so far this term!

Rifle and Sporting Guns Club

The Glasgow University Rifle and Sporting Gun Club has increased not only its membership, but overall campus presence over the past year. We’ve grown as a club through more shooting, more competitions and more socials and hope this progression will continue. In the coming years the club hopes to further its University and public profile to develop and produce top-level shooters as well as invest in new equipment such as rifles and shooting jackets.

We had a fantastic start to the year during Freshers’ Week with over 130 people turning up to try out shooting. This was followed by a busy clay pigeon shooting taster session as well.

The club competes in Smallbore, .22 inch calibre rifle shooting, throughout the year in SSS against other Scottish Universities, BUCS against all the University Rifle Clubs in the UK and in various leagues against non-student Rifle Clubs.

We made it into BUCS last year with one of our shooters, Richard Soboliewski, coming 5th overall in the UK for the individual competition. This year we’ve increased our entry to competitions vastly and overall improved the standard of .22 shooting within the club.

The clay pigeon shooting has been a very popular aspect of the club, with numerous shooting sessions taking place throughout the year at North Ayrshire Shooting Ground in Dalry. The club hopes to start seriously competing in the next year against other University Clay Shooting Clubs (Glasgow is rare in that we combine rifle and shotgun shooting into one sports club). We’ll also look at utilising other clay ranges such as the shooting ranges in Houston.

The club also shoots and competes in Fullbore, 7.62mm (.308) calibre rifles, outdoors in the summer time. Last year was a relatively quiet season due to rifles malfunctioning, but now that they have been fixed we look forward to lots of shooting in the summer season organised by our Fullbore (and Ladies) Captain, Eleanor Gibson.

The club has been very socially active, with numerous nights to local pubs and clubs in Glasgow. We attended the very big and very messy Aberdeen and RGU SSS Competition weekend in November. Needless to say the hangover shooting did not bode too well for our results!

The club still trains at Bearsden Rifle Range on Sunday and Wednesday afternoon. We are truly lucky to have the fantastic Mike Ozmond giving up his spare time to coach us all.

The club has big plans for the future, including acquiring of new kit, further promotion of shooting as a sport on campus and even the possibility of changing the location of the range. We also hope to maintain our current support of members who shoot for Scotland and at other levels on the Smallbore and Fullbore disciplines.
Rugby - Men’s

The 2012 - 2013 season for the GURFC was one that brought a huge amount of success. Both on and off the field of play the club continued to develop and some sizeable achievements were made along the way.

The season marked the first time in the clubs history that we had a 2nd XV in the BUCS leagues. With the increase in membership numbers this was a huge stride in the development of rugby at the University of Glasgow. The club was also appointed former Scotland Sevens player, Peter Jericevich as the University’s Rugby Development Officer. Peter played a crucial part in the success of the season as he immediately had an impact on the development of the club and student rugby at Glasgow.

The club was awarded “development status” from GUSA and Sport & Recreation following a successful application by club Captain Blair Couper. This labelled us as one of the top performing clubs at the University and we gained special focus from the University as a result.

Socially, the club was as active as ever during the 2012 - 2013 season. We held our first Rugby Ball, which is to be an annual event in the social calendar, and there was also a successful tour to Newcastle, to name a few highlights.

The 1st XV managed to win two pieces of silverware during the 2012 - 2013 season and narrowly missed out on a third in the Scottish Conference Cup after losing in the final to a strong Edinburgh Uni side. The 1st XV were unbeaten in BUCS 2A and finished top of the league by some margin come the end of the season. The result, of course, was promotion to BUCS 1A - the highest university league in Scotland. The 1st XV also lifted the Glasgow Cup, which is a competition involving the other two universities in Glasgow. The game against Strathclyde was a particular highlight which the GURFC won 10-0.

The first season for our 2nd XV turned out to be a very successful won as they gained promotion from BUCS 5A to BUCS 4A after finishing second in their league. The 2nd XV also managed to win some silverware in the form of the SSS West Regional League, which is a tournament for universities and colleges in the west of Scotland. The GURFC beat the University of the West of Scotland 38-5 at Scotstoun Stadium as part of the pre-game build up for the Glasgow Warriors RaboDirect League match against the Ospreys.

The 2012 - 2013 season saw the introduction of the Glasgow Championships. This is an inter-mural competition at the University and included three sides: the Glasgow Uni Medics, Glasgow Uni Vets and a Development XV. This was a fiercely fought competition and the eventual winners were the Vets.

Highlights from the 2012 - 2013 season include winning the annual Helensburgh 7’s tournament and competing in the prestigious Glasgow City 7’s - a tournament which included the likes of Saracens, Munster and Glasgow Warriors. We also held our own Sevens tournament and the event was a huge success with an array of talent on show. The GURFC managed to finish runners up and the tournament was won by the Minevra Builders who are a side made of players from the top club sides in the west of Scotland. The event was held at New Anniesland and we are hoping this is going to be an annual event.

Special mentions should also be given to Sean Thompson, Euan McKean, John Rae and Jamie Cook for all representing Scotland Students Sevens in the Perth sevens. Furthermore, Scott McKean, older brother of Euan, also deserves a huge shout out for being selected as part of the Scottish Thistle Sevens Squad.

Rugby - Women’s

Entering our 25th year, Captained by Laura McTaggart, 2012 - 2013 was a great year for GUWRFC. Keen to develop the reputation of Women’s rugby, GUWRFC began the year with a large recruitment drive, which saw huge turnouts at the Freshers’ Week taster session.

With a strong team of both old and new girls, we took part in two leagues. The BUCS Scottish 1A League on Wednesdays, and the SRU’s Women’s Premiership 2 league on Sundays. With some big wins in our Wednesday BUCS matches, GUWRFC finished in 3rd place. In the SRU Women’s Cup GUWRFC successfully made our way to the Bowl Final at Murrayfield, on Sunday 7 April 2013. It was a tough match against Morgan, who narrowly clinched the win, but ‘the pleasure was worth the pain’.

GUWRFC also made it through to the second round of the BUCS Trophy, which saw us travel to England to take on Northumbria University. Despite several losses throughout the season, we definitely grew as a team, learning from the more experienced sides, which we will take with us into next season.

As always, GUWRFC held some exceptional socials, which included: Phobias Pub Golf, Cluedo Subcrawl, The Potatoe Olympics and a Dress as your Drinking Name AGM. These fundraisers together with support from O’Couture saw over £500 being raised for the club. We also held our 25th Anniversary Weekend which saw new and old players come together to celebrate the successes of the club. It truly emphasized the ethos and longevity of GUWRFC. During the Anniversary Weekend money was raised for Right to Play.

GUWRFC also held their annual 7s tournament, which was a huge success with a large turnout of teams. It was won once again by Melrose. This years tour took us to Munich where GUWRFC took on Munich Ladies RFC.

GUWRFC has a long history of producing talented athletes, as well as several internationalists and this season was no different. Megan Gaffney represented Scotland throughout the Six Nations Championships, as well as representing the Scotland 7s Team. Megan was also awarded a Blues. We had two players in the Scotland U20 Squad, which took on Finland, Ros Dolan and Lisa Williamson. Our Captain Laura McTaggart was also awarded a Colours.

We are proud of our accomplishments this season. Whilst it has been a tough season, the team has learned a lot and progressed in many aspects of the game, which we will ultimately expand upon next season.
Shinty

At the beginning of season 2012 - 2013 the Shinty Club were keen to build on the competitive improvement enjoyed the previous season, where we finished third in the League and second in the Littlejohn Vase competitions.

Another key goal was to maintain the social development the club had enjoyed the previous year and all would agree both these goals were achieved. For the first time a separate fitness session was introduced into the training schedule, which was deemed a very successful innovation.

The Men’s team made another strong showing in the league finishing third behind Edinburgh and Strathclyde, but only a few points away from taking the title. A highlight of the league campaign was coming back from 2-0 down to draw with Strathclyde in a tense derby game at Garscube. Huge wins were recorded against Dundee, St Andrews and Aberdeen universities. The Littlejohn Vase is as prestigious as university shinty gets but unfortunately Glasgow Men couldn’t reach the final for the third year in a row. However, there were still plenty of positives to take into the new season.

The Women’s team, in only their third season as a competitive outfit, weren’t quite able to compete for the league or reach the final of the Littlejohn Vase, but produced some great performances throughout the season.

University of Glasgow were once again well represented in both the Men’s and Women’s Scotland University Shinty Squad which took on British Universities Select Hurling and Camogie Teams in a composite rules match in Newcastle with seven (3 men, 4 women) Glasgow University players involved altogether. The Men’s team were convincing winners once again, whilst the women avenged their defeat the previous year by winning a close contest.

The club attracted lots of new members, many who had no previous knowledge of the game which is particularly encouraging and bodes well for the future of the club.

Aims for the 2013 - 2014 season are to win the Littlejohn Vase, and competitively challenge Edinburgh and Strathclyde for the league title. In addition we want to continue our strong presence in the Scotland University side whilst the club would also like to go on a weekend tour to Ireland to compete against a University Hurling club near the end of the year.

Shorinji Kempo

In the course of the last year our club has grown to include eleven new white belts, all of whom graded to yellow belts on the 2nd December. Several of us went to the BSKF summer camp, where Martin Podlubny graded to green belt.

In November, three of our kenshi went to London to take part in the BSKF Taikai. Iba Hart came back with a 3rd place in the Dan grade Embu, and Sonja Ruottunen ran off with the 2nd place in the Kyu grade embu.

The grading, which saw our white belts rise to yellow belts, also saw several senior kenshi grade. Sonja has gone on to 3rd Kyu, Michal Przydzacz graded to 2nd Kyu, Mhairi MacLean and Stephen Trotter both graded to 1st Kyu. This year has also seen our admin officer and assistant coach, Kat Thomson, go from 1st dan to 2nd dan black belt. Kat also attended the BSKF Future Leaders Seminar, after which she brought back a medley of tips and tricks, including advice on training with a bo staff.

On the 1 December we hosted a special seminar. There were 19 kenshi in attendance, of which four were guests from London: Sensei Chris Davis (an old Glasgow kenshi), Sensei Robert Villiers, Jonathan Powell, and Alice Knox. It has also been decided that the club will be hosting the annual BSKF University Training Seminar, which will see Shorinji Kempo practitioners from all over the UK gathering in Glasgow for a weekend-long training seminar.

The club also attended a massive Ceilidh for all the martial arts clubs at Glasgow University, hopefully the first in a series of inter-club events. Overall, last year has seen a lot of growth in the club, and hopefully it will continue in the New Year.
Ski and Snowboard

The club had a very successful year in 2012 - 2013, kicking off with the infamous Cheese and Wine in the Debates Chamber in the GUU with 300 members attending.

Building on the success of the previous year, a massive 364 GUSSCateers headed to the Alps the morning after Daft Friday for the biggest trip to date. With all trippers squeezed into one big hotel in the centre of resort, there was a great Glasgow atmosphere and many new friends were made by all. Les Trois Vallées proved to be an excellent choice and catered for all abilities - from complete beginners to the most advanced skiers and boarders.

Lessons were in high demand once again, running at Bellahouston for both semesters. With so many members who were new to the sport, weekly lessons were invaluable in giving beginners the chance to learn the basics and also in helping intermediates brush up on their technique both before and after the winter trip.

GUSSC was just as successful with Glasgow’s snowboarders placing 3rd in the Snowboard Duals at the British University Dryslope Championships. Stewart Gairns had impressive results in Big Air and Slopestyle, coming 2nd and 3rd respectively. Boarders Matthew Simpson, Andy Flynn and Charlotte Findlay also took places in the top 10 for Big Air and Slopestyle, as did Scott McWhirter, Ross Jardine and Shannon Campbell in ski slalom. Glasgow came 4th overall – a fantastic achievement for all involved!

Both the Ski and Board teams took 1st place in the duals at the Scottish Indoors with. We had two podium finishes in the board racing with Graeme Stirling coming 2nd and Matthew Simpson in 3rd place. Our freestylers were also on top of their game with Becca Austen taking 1st and Graeme Stirling placing 3rd (on skis) and Matthew Simpson taking 3rd place in the board category. Following these outstanding results, Glasgow qualified for the British Indoors in Castleford but the success in the Scottish unfortunately wasn’t repeated.

All the classic GUSSC socials went down well with new and returning members alike, including three-legged Pub-Golf round the West End, Après Ski and our usual tour of Glasgow’s finest pubs on the Clockwork Orange. The term was rounded off with a Thrift Shop themed AGM and the voting in of a new committee.

The last event of the year was BUSC Main Event which took place in Alpe D'Huez. A coach-full of members headed out to the Alps once again for a week of snow and nights-out, enjoying great conditions and socialising with 1000 other British University students. Our only competitor was Ross Jardine who placed 10th in Slalom and 15th in Giant Slalom.

Funds for the year were sourced by the club committee from a variety of companies including EY, Viper, Black Rabbit and Dragon Soop, providing much needed support with entry costs and allowing some old equipment to be replaced with more up-to-date gear.

After such a successful year in 2012 - 2013 with membership reaching its highest level at 586 students, there are high hopes for another excellent season for GUSSC.

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Sub Aqua

2013 has been a fantastic year for GUSAC, the University's scuba diving club. As ever, we started the year with a huge turnout at our annual sign up night.

We completed training to get lots of new Ocean Divers qualified from complete novices, as well as getting other trained divers to Sports Diver grade and onto the path of becoming Instructors.

The highlights of the year so far have been the designated “food dives” on trips to Oban - not every student club can supply its own, freshly caught scallops for dinner! There’s also the trip to Deep Sea world where we can dive with the sharks - a highlight in all the members calendars.

We are also organizing huge trips to the Farne Islands to dive with seals and visit the wrecks, the “underwater playground” at Capenwray Quarry, Skype and Sound of Mull to name just a few, as well as numerous day trips.

The socials this year have ranged from a Halloween pub crawl to a comedy night at the Stand Comedy club and have all been huge amounts of fun. There’s also the yearly Christmas dinner, where we all eat and drink far too much.

This year we also started to fundraise for a replacement boat and have had great support from a dive shop on the Southside as well as our sponsoring pub. Can’t wait to dive into 2014!
Swimming and Water Polo

It has been an intensive past year for GUSWPC, with Gold medallists at Scottish University Championships, challenges with sudden changes in BUCS rules and an impressive 115th Anniversary Alumni event.

The biggest overall achievement for the club was being awarded development status with Sport & Recreation. This allows us to design a structured development program that is currently being integrated into the club, allowing athletes to perform to a higher level than ever before. With these extra resources so far we increased: pool time and morning seasons, access to compete in national competitions, 50m training space and all deep water training for Water polo. We even do a team breakfast (bonding session) after water polo training on Sunday morning.

Throughout the year both swimming and water polo teams competed to an extremely high level and also had the opportunity to develop their team awareness and overall motivation through the resources provided by development club status.

The swimming team smashed the competition in league matches to come 2nd in Scotland. Normally this would mean an automatic entry in the 2nd tier league of British University Championships (BUCS). However due to an unannounced change to the qualification rules, BUCS decided to only invite the top team (Edinburgh) to attend. Due to the quick thinking of the swimming captains at the time, along with the club president a persuasive argument was presented to the BUCS committee which ultimately won the team the right to compete. A few days later the team competed in Leeds, performing to an exceptionally high standard.

The period 2012 – 2013 ended in dramatic style for GUSWPC last year with our 115th Alumni Match, Dinner and Ceilidh. This was made possible through the creation of a new committee role, Publicity and Alumni Convener. The entire committee put in a huge amount of effort to make this a success, from individual name tags to helium balloons! The day began with a classic league match style competition with the Alumni strutting their stuff against the young ones as well as the classic old vs. young water match. This was followed by a formal dinner in the GUU which ended in classic GUSWPC style with the no hands pudding competition. The event then progressed into the debates chamber for a ceilidh.

We also hosted other socials: Mums and Dads, Subby, Christmas dinner, Stirling Sprints pre-pre-pre-pre, pre-pre-pre, pre-pre, pres etc. This highlights that we are not only one of the most competitive clubs on campus but also the friendliest!

This year with our continued commitment to our Alumni and the development of the club we are proposing a change to the format of our AGM. This would include an alumni match beforehand and a ceilidh afterwards. Although we will not be holding a formal dinner again this year we invite you to join us for an afternoon and evening of catching up and generally good banter.

To receive more information about the event, visit: www.guswpc.co.uk and our Twitter (@GUSWPC) and Facebook page (search for “Glasgow University Swimming and Water Polo Club”). We hope to see you soon.

Tennis

Just like Andy Murray, Glasgow University Tennis Club has risen meteorically in the last few years, exemplified by our exploding number of members (now over 200 a year) and our status as GUSA’s Club of the Year 2013.

As well as focusing on the competitive side, with 5 teams, playing week in and week out, our club is different from most sports clubs in that we actively welcome all abilities and try to have fun at every opportunity. We just need to look at our head coach David Birrell, who last year won his GUSA Colours. He was an elite player at junior level, a former Club Captain and represented our 1st team for many years. He now welcomes every player of all standards as our coach and tries to pass on his tips at our 2 weekly coaching sessions.

Every year many people who have never played tennis before come to our club, stay and flourish into good players. This is thanks to people like David and the general ethos of the club.

Even though we are Club of the Year, we aren’t stopping there and want to stretch our lead at the top. We now have a session every day of the week, 5 of which are open to every single member of the club. This includes our 2 new sessions at Kelvingrove – giving us 6 courts rather than the 3 we used to have.

Our socials continue to be legendary, with over 100 at our subcraw, over 50 at our Christmas dinner and another 50 at our flat-crawl. Rumour has it even Muzza comes down for a few sets and a glass of Pimms at our socials too…
Trampoline

2012 - 2013 was an excellent year for the club as a whole with some outstanding performances. The club started the year with a healthy intake of new members, a record number in fact, shortly followed by a handful of members completing the SSS judging course allowing us to continue supporting the student league with judges and officials.

John Orton, Robyn Cuthbertson and Kate Hulse received Colours in recognition of their dedication to the sport. All had given a great amount of time and expertise to the club, as coaches, committee members, competitors and in so many other ways. We were thrilled their contribution was recognised in this way.

We started off the year with our first competition in Dundee with some excellent results 1st for Mike Fenton in elite and Tom Pinson in intervanced. The second competition was held in Edinburgh and once again GUTC were on top form with many excellent results throughout the day. These first two tournaments of the year are critical for our new members to get a feel for competition - they all did an excellent job.

This year in January GUTC ventured down to Warwick for their Open competition. GUTC did extremely well leaving with a haul of medals including a bronze for Debbie Green and Gold for Nicola McGlynn in Advanced Ladies, and Michael Fenton leaving with the silver form trophy. This was GUTC’s first trip to Warwick and it was safe to say the Scottish contingent made quite an impact!

Our biggest competition of the Scottish calendar was the Scottish Open. 2013 saw the Open held on home turf in Glasgow, with many chances to compete (individual and synchro-trampolining, DMT, tumbling and two-trick) we had interest in every event. The tournament took place over two days, drawing competitors from all over the country.

The final competition of the Scottish league was in Aberdeen, featuring great performances from GUTC including: Abi Neal who may have won the award for most spectacular landing providing the club with much amusement, and Tom Pinson who competed Elite for the first time and completed all of his moves. In total, we left with one gold, one silver and two bronze.

The fantastic performances over the course of the year secured Glasgow 2nd overall in the Scottish league behind Edinburgh. Given Glasgow’s 6th place finish the year before, this was a great achievement. All credit is due not just to our fantastic gymnasts, but also coaches and committee for all their hard work over the year.

The highlight of the year was the Irish Student Trampoline Open (ISTO) in Cork, attracting clubs from all over the UK and Ireland. GUTC performed fantastically over three long days of competition. When the results where announced GUTC were overwhelmed with our success: Nicola McGlynn 1st in advanced ladies, Michael Fenton 3rd and Ben Searle 1st in elite men, and the team of Michael Fenton, Robyn Cuthbertson, Nicola McGlynn and Caitlin Rottger came 3rd. In Level 3 DMT – Michael Fenton 3rd and Angus Yellowlees 1st, and in Level 1 tumbling – Niall O’Neill 3rd place. The club as a whole came 3rd in the competition, which we were very pleased with considering ISTO is the largest student trampoline event in Europe.

GUTC had a fantastic year in regards to competitions and all of our social events with some spectacular costumes. We hope to carry on our success and excel in the next year.

Volleyball

2012 - 2013 was an outstanding year for GUWVC. It is great to see our club grow throughout the years to become what we are today.

Several years ago, our club expanded to have a second team. This was a huge step forward as we were able to build upon and develop a greater team. Each year since then, the number of members in the club has continued to increase. We want to further promote the sport of volleyball and are pleased to see the overwhelming interest continue to grow every year. We continue to strive for growth and improvement, and were thrilled to see the 2012 - 2013 season start off with a huge turnout at try outs!

Our first team placed third in BUCS Division 1 and was top 16 in the UK. We also participated in the Scottish Cup and placed 2nd overall. Our second team was a relatively new squad - they competed in the BUCS Division 2 and had a great season as well.

Four of our players: Lorna McLean, Kim McLaren, Laima Andrejevait, and Eilidh MacDonald, were selected to represent the Scottish Student Select team. The Scottish Student Sport selected the most number of players from University of Glasgow. Our players were outstanding!

We love to have fun along with playing against the high levels of competition in BUCS. We participated in the Scottish Open Volleyball Tournament in Perth at the end of the season. We played on outdoor courts against a wide range of recreational teams and all stayed at a large campsite - what a great way to end a successful season!

We also have regular weekly drop-in sessions at the Stevenson Building for players of all levels and abilities of volleyball that want to play recreationally. It’s a great way to meet people who share interest in volleyball. We encourage all players to come join us.