

# CENTRESPORT

Daring to succeed

The Newsletter of the Central Scotland Institute of Sport



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## Gold on Gold on Gold

Central Scotland Institute of Sport Water Skier Nicole Arthur (pictured) proved she is on track to become one of the worlds best athletes. Nicole won the gold medal at the European Under 21 Championships in Belgium, beating Belgian Kate Advionsen on her home waters. As a result of this and other wins at senior level, Nicole has been selected for the British Team to compete in the European Senior Championships in Greece next month. Nicole said " with my Under 21 results and because all my scores have been up there with the senior women they thought they'd give me the chance. The event is in the Athens Olympic rowing lake and will be a great experience.'

Another gold was captured by triple jumper John Carr who won the event at the Scottish National Championships at Scotstoun at the weekend. John set a new personal best of 15.07 metres and he has now repeatedly achieved personal bests in competition in the long jump and triple jump this season. Four days later John made his television debut at the 'Celtic Cup' at Grangemouth where he competed for the Scottish Senior Team. John cleared 14.86 into a very strong headwind. This was coupled with team mate Gillian Kerr's jump of 12.44 metres to give a Scottish win in the triple jump over Ireland and Wales. Also at the National Championships, Elayne Henderson cleared 5.84 metres to win the bronze medal.

A third gold medal was won by Hill Runner Iain Donnan at the Scottish selection trials in Cairngorm. The trials were to select the team to compete at the World Hill Running Championships in September. These will be held in Turkey. Iain's time of 50.46 was remarkable in that it was over 3 minutes better than that of the second place runner. Iain has had a broken season due to injury and illness but now appears to be coming into his true form.

Youngster Cameron Steele had mixed emotions after finished in the top 1/3 of the boats at the world junior championships in the waters around Los Angeles. On the one hand it was a great experience which will help Cameron to prepare for top international events in the future. On the other hand Cameron was not satisfied with his overall performance and result. However this dedicated young athlete has the desire to improve in the future and climb up the world rankings.



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