

# CENTRESPORT

Daring to succeed

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## World Breakthrough for Fraser

Triathlete Fraser Cartmell (pictured below) broke into the worlds top 10 by finishing 7<sup>th</sup> in the Half Iron Man World Championships in Clearwater, Florida. The Half Iron Man consists of a 1.2 mile swim, 56 mile cycle and 13.1 mile run, all much further than the Olympic events. There were 41 'elite' level athletes in the field of over 1000 athletes. Fraser qualified for the event as he won the UK Half Iron Man earlier in the year. What is even more important is that Fraser was the youngest competitor in the elite field and his future therefore looks good indeed.

There seems to be no end of awards for water skier Nicole Arthur. Having won the World Senior, European Under 21 and British U21 Championships, she has just won the Times newspaper Champions Award ahead of such prestigious candidates as 'Team Bath'. One of the main reasons given for the award was the hard work undertaken by Nicole. The Champions Award is an accolade for teams and individuals who do not compete in the spotlight but have nevertheless had an outstanding year. Nicole was deemed to be an extremely worthy winner particularly as she has had to face the rigours of training in Scotland while her counterparts train in much sunnier climates.

Curler Logan Gray is making his mark at senior level. His rink which includes CSIS athlete Ross Patterson reached the semi-final of the Lucerne Curling Men's Trophy in Switzerland. The competition which is a WCT – Europe Tournament and included 24 teams from all over Europe is highly ranked with top quality teams. Logan's rink reached the semi-final where they faced fellow Scot Tom Brewster's rink. The result was extremely close with Logan's last stone in the extra end missing by one inch for a place in the final. However making the semi-final was a remarkable achievement for such a young player.

Hockey player Andrew Sinclair gained his first senior cap when he played in the Scottish team against Ireland. The match was held on the brand new pitch which is part of the major sports development at Forthbank in Stirling. The development is part funded through the National /



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Regional facilities development project from **sportscotland** and part funded by Stirling Council. The men's match was preceded by the women's match against Ireland and there was an excellent curtain raise to what is an extremely exciting sports development.

Gymnast Andrew Mackie finished 6<sup>th</sup> overall at the British Championships. Andrew is coached by Scottish National Coach Tan Jian and is hoping to compete in the 2010 Commonwealth Games. His all round ability as well as his expertise on the Pommel Horse mean that he has an opportunity to help the Scottish team focus on medals. Andrew recently started a new strength and conditioning programme in the gym and feels that this can further help his progress.

