

Helensburgh & Lomond Highland Games 2024



Saturday 1st June 2024

**The Helensburgh Highland Games Committee
would like to welcome you to the**

15th Helensburgh & Lomond Highland Games



**Failte Oirbh! Gu Geamaichean Gaidhealach Bhaile Eilidh
Welcome All! To the Helensburgh & Lomond Highland Games**

Welcome from the Chairman of the Helensburgh & Lomond Highland Games Committee

The Committee would like to extend a warm welcome to everyone joining us for this year's Helensburgh & Lomond Highland Games. We hope you have an amazing day with us and enjoy the many activities and attractions available – from traditional highland events to the children's bouncy castle; browse the many varied stalls around the field and indulge in the many tempting food and drinks choices.

These Games would not survive without your patronage and we hope you enjoy your time with us today.

We are really grateful to the support of Event Scotland in making this year possible.

Once again, Ceud Mile Failte (a Hundred Thousand Welcomes).

David Park Chair of the Helensburgh & Lomond Highland Games





Highland Games Honorary President Sephton (Mac) MacQuire (Right) with Sir Malcolm Colquhoun, Chieftains of Colquhoun Clan

The History of Highland Games

Scotland has a long tradition and history of Highland Games where Clans would compete against each other in sporting events. Early Celts viewed such events as war games where their strongest and bravest soldiers would win the games.

Some say that Highland Games originated as a clan chieftain's way of choosing the best bodyguards and the fittest fighters. Not all the chief's requirements were warlike - musicians and dancers were important for the prestige of his household. Choosing staff and supporters was done by holding competitions - good runners for couriers, strong men for defence and a range of entertainers to amuse them during the winter evenings.

Many events at today's Highland Games still use items which would have been part of everyday life in the Highlands of old e.g. round stones from river beds probably provided the original shot-putts while a Scots pine trunk shorn of its branches is still the caber as tossed today.

Many of these traditions can still be seen in Highland Games today however they are now much more sociable and fun events celebrated worldwide.

Highland Games Today

Royal Scottish Highland Games Association (RSHGA) is the governing body of Highland Games in Scotland and there are around sixty RSHGA members with a number of associated members from overseas. The Highland Games season runs from the end of May to mid September every year.

All of the RSHGA games are traditional highland games with a full range of activities in and around the arena. These events range from the heavy events (hammer throwing, tossing the caber, the shot) through to the light events (running, cycling, tug o war, highland dancing, solo piping), although not every games has every event. All these events ensure a wonderful sound and atmosphere with each of the Games offering a slightly different mix of events keeping the Games uniqueness.

These events range from small community events to larger events for example in Braemar with over 10,000 spectators. Some Games are relative newcomers while many of the events have traditionally been held for well over 100 years. Many of the Games are held to a backdrop of some marvellous scenery and the variety of activities going on in and around the arena makes for a great family day out.



Brief known History of the Highland Games in Helensburgh

- 1898 The first Highland Games to be held in Helensburgh is believed to have been held in 1898 in Larchfield Park.
- 1899 In the 1899 Games, Piper MacPherson of the Royal Scots & Charles McIntosh from Motherwell wrestled for most of the afternoon. Neither could put the other down, and the bout had eventually to be declared a draw. The football (Soccer) place kicking competition was won by Mr Matthew Dickie, who had been awarded his first international cap as Scotland's goalkeeper the previous year.
- 1900 The highlight of the 1900 Games was the ascent by balloon and descent by parachute of a lady parachutist, Maud Brooks, the Balloon was released about 4pm, climbed rapidly, and vanished into the clouds, however the intrepid Miss Brooks landed a few minutes later on the West Highland railway line, near Upper Colquhoun Street.
- 1901 At the 1901 Games the World Wrestling Championship was contested by Tom McInerney of England and George Ross the Scottish champion. To the disappointment of the crowd, the title went south with McInerney.
- 1902 The 1902 Games saw A.A. Cameron from Partick break the world record for putting the 56lb weight, achieving 40ft 10 ins.
- 1903 In 1903 the programme included tent pegging, lemon cutting, a Balaclava melee & wrestling on horseback by the Royal Field Artillery.
- 1905 Unfortunately the 1905 Games made a loss, & there were no more Games until 1924.
- 1924 Provost J.F. Duncan organised a 'Gathering & Athletic Carnival' at Larchfield Park, attended by over 4,000.
- 1949 Games were held in 1949 this time at Camis Eshan, where 15,000 people turned up on the day.
- We are not sure if any Games were held in 1950 or 1951
- 1952 The 1952 Games were again held at Camis Eshan with 14,000 spectators on the day.
- There is talk of a small Games being held in the late 1970's or early 1980's but we have not been able to find any evidence of this.
- 2008 Held at Helensburgh Rugby Club Grounds, the Games were believed to be the first for 35 years, with over 3,400 attending.
- 2009 Over 5,500 attended.

The Events Contested

Stone:

A stone is thrown in a style similar to the modern shot-put for maximum distance. The modern Track and Field shot-put has, in fact, its roots in the Heavy Events.



Weights:

These weights are metal with a chain and ring handle. There are two weight. One at 28lbs and the other 56lbs. The overall length of each implement being 18 inches. The athlete has a 9' run up and must throw the weight with one hand. The object is to throw the weight as far as possible. In a separate event, the 56 lb. weight is thrown for height. Weights: These weights are metal with a chain and ring handle. There are two weight. One at 28lbs and the other 56lbs. The overall length of each implement being 18 inches. The athlete has a 9' run up and must throw the weight with one hand. The object is to throw the weight as far as possible. In a separate event, the 56 lb. weight is thrown for height.



Hammer:

The hammer head is metal, and the shaft is wood (rattan or bamboo), or plastic (PVC pipe is sometimes used for increased durability). The total weight of each hammer is 16 lbs. (light hammer) and 22 lbs (heavy hammer). The length of the hammer can be no longer than 50" in

overall length. The hammer must be thrown with the feet in a fixed position, but a competitor may move his feet after the hammer is released.



Caber:

There is no standard size or weight of a caber but the caber is wood and typically of a length and weight so half the competitors can turn it. The caber is 'stood-up' for the athlete, with the heavy end on top. The attempt begins when the caber is lifted from the ground. The thrower may take any length of run they wish and may toss the caber from where they choose, but the caber must pass through the vertical position in order to count as a turned caber. The "clock face" method of judging is used, as opposed to distance, such that a perfect toss will flip over and land with the small end pointing directly at 12 o'clock away from the competitor.



Site Layout



20 Fun Facts about Scotland

1. Scotland's national animal is a unicorn.
2. Scotland has the highest proportion of redheads in the world - around 13 per cent of the population has red hair.
3. Scots are most likely to have blue eyes than people in the rest of the UK - the South East of Scotland has the highest proportion of blue-eyed residents at 57 per cent.
4. Imports of haggis to the US have been banned since the 70s - all the more for us!
5. Scotland is home to the world's tallest hedge. It is located near Meikleour on the A93 Perth-Blairgowrie road. The hedge is over 1,700 feet in length and 100 foot high.
6. As well as a giant hedge, Scotland is home to one of Europe's oldest trees, Fortingall Yew.
7. The Scots invented golf with St Andrews considered as the 'home of golf'. The sport has been played there since the 15th century.
8. You've heard of Nessie, now meet Morag, the monster of Loch Morar. This large and elusive female is said to have attacked two fishermen in August 1969. They saw a creature described as around 30ft long with rough brown skin, three large humps and a snake-like head. Loch Morar is even deeper than Loch Ness, more than 1000ft in places.
9. The shortest commercial flight in the world is in Scotland. The journey from Westray to Papa Westray in Orkney is approximately 1.5 miles long and takes just 47 seconds.
10. Scotland has approximately 790 islands. 660 are uninhabited.
11. The first International association football game was played in Partick. The match was between Scotland and England in 1872 and was played at the West of Scotland Cricket ground in Partick. But football was originally banned by King James I. He decreed that "Na man play at the fut ball", in the Football Act of 1424. Luckily, it fell into disuse and Scotland became home to one of the most heated rivalries in world football - the Old Firm derby between Rangers and Celtic.
12. The longest echo inside a man-made structure was recorded in Inchindown tunnels, a WWII fuel-storage facility near Invergordon in Ross-shire. Researchers from Salford University fired a gun down the tunnels, recording a record-breaking 112-second echo.
13. There are as many people with Scots heritage living in the US as in Scotland.
14. 'Braveheart' was actually the nickname of Robert the Bruce and not William Wallace. Despite this, Mel Gibson used the name for Wallace in his Hollywood blockbuster.
15. Scotland has three officially recognised languages: English, Scots and Scottish Gaelic. Just one per cent of the population use the last.
16. Edinburgh was the first city in the world to have its own fire brigade.
17. The deepest loch in Scotland is not Loch Ness. It is, Loch Morar, which reaches 1,077ft (328m) down and is ranked the seventeenth deepest lake in the world.
18. The small Scots town of Bonnybridge has become the UFO capital of the world. The town has more than 300 sightings of Unidentified Flying Objects reported every year.
19. The Scots invented the modern world.

- John Logie Baird, who was born in Helensburgh created the world's first TV picture on October 2, 1925. .
- Scotsman Alexander Graham Bell invented the telephone in Boston in February 1876.
- Where would we be today without this technology?



A Brief History of Clan Colquhoun of Luss

In the 13th century Maol Domhnaich Earl of Lennox granted the lands of Colquhoun, located in Dunbartonshire, to Humphry de Kilpatrick. Humphrey's son Ingelram de Colquhoun, who lived in the reign of Alexander III, was the first person recorded as taking Colquhoun as a surname. Around 1368, Luss, on Loch Lomond, was acquired by Sir Robert Colquhoun through marriage. From then on the chiefship has been described as of Colquhoun and Luss. Robert's son Iain Colquhoun of Luss married Margaret, the daughter of the Earl of Lennox. When James I returned from English imprisonment a few years later in 1424, one of the people he took his vengeance upon was the unsupportive Lennox. Lennox's position was devastated, and Iain of Luss took advantage of this to win the King's favour by capturing Dumbarton Castle from Lennox. By 1427 he was Sheriff of Dumbarton and by 1439 he was dead, like his King, killed by those he had treated so badly during a raid at Inchmurrin. By way of compensation, James II made Luss a free barony for Colquhoun's grandson Sir Iain. It remained this way until the 1745 Jacobite rising.

He was succeeded by his son, also John, who rose to Controller of the Royal Household, and extended considerably the family estates. In 1457 he received a charter incorporating all his lands into the free barony of Luss. The forests of Rossdhu and Glenmachome together with the lands of Kilmardinny followed a year later. In 1474 he was part of the embassy to King Edward IV of England, seeking to negotiate a marriage between the infant James IV and Edward's daughter, Cecilia. He fought at the siege of Dunbar Castle, against rebels of the King, where he was killed by a cannonball.



A Brief History of Clan MacAulay of Ardincaple

Clan MacAulay was historically centred on the lands of Ardencaple, which are today consumed by the village of Rhu and the burgh of Helensburgh in Argyll & Bute. The MacAulay's of Ardincaple were located mainly in the traditional county of Dunbartonshire, which straddles the 'Highland Line' between the Scottish Highland and Lowlands. Clan MacAulay has been considered a 'Highland Clan' by writers and has been linked by various historians to the original Earl of Lennox and in later times to Clan Gregor. The MacAulay's of Ardincaple, like Clan Gregor and several other clans, have traditionally been considered one of the seven clans which make up Siol Alpin. This group of clans were said to have claimed descent from Cinaed mac Ailpin, King of the Picts, from whom later Kings of Scotland traced their descent. The chiefs of Clan MacAulay were styled Laird of Ardincaple.

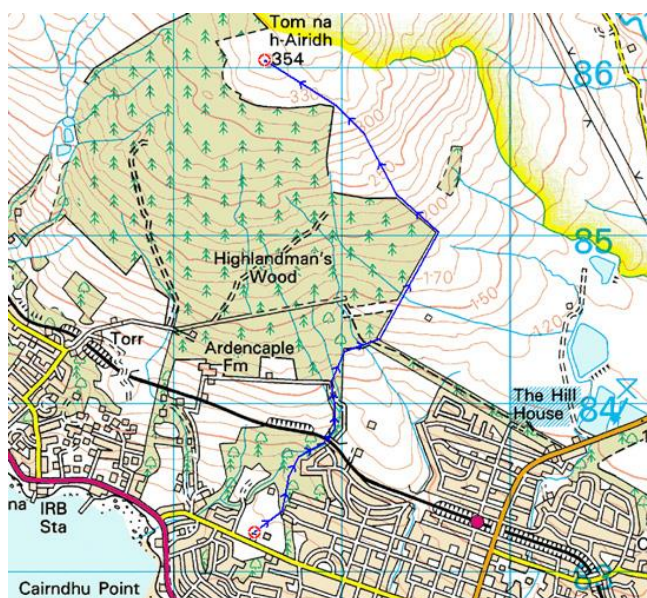


Hill-Race Rules

- Runners must start and finish at the designated point where race times will start and stop
- Runners must display a race number
- Runners must reach the top of the hill and will have their number marked by an official before commencing the descent
- Only official runners with a correctly marked race number will receive an official race time at the finish
- Results will be based on official race times, not runners own
- HLHG race official's judgments will be final
- The race will be finished 90 minutes after the start. For safety reasons all runners must return their race number to the registration area on completion of the race

Competitors Should Also Note:

- This is a hill race, which means uphill and downhill, with exception of the start there are no flat sections
- The race involves a variety of underfoot conditions
- In accordance with hill race guidelines, all runners MUST follow the exact race route - **Route Map Below – Follow the blue line to the top and return by the same route.**
- There will be NO water on the course only at the start/finish
- The race route is 8km/5miles
- Height gained 345m
- Duration if walked – 90 minutes
- The route will be marked and have marshals at points but please refer to race map in advance of starting so you know where to go.
- The race official will leave the top of the hill ONE HOUR after the start of the race and walk down the race route to check all is clear



2024 Games Programme of Events

Overview of Day

0930	Highland Dancing Stage Opens
1000	Highland Dancing Events Start
1000	Event Opens to Guests (Standard Admission & VIP-Hospitality Guests)
1015	Local/Amateur Heavy Competition

1130-1200: Official Opening Ceremony

1215	Professional Heavy Competition
1300	Athletics Events begin with 90m and 800m events
1400	Hill Race_
1405	Enter on the Day Children's Races - Short Sprint Races: U5 / 6-7 / 8-9 / 10-11 / 12+
1410	Enter on the Day Adults 200m handicap Race
1425	200m Scottish Championship Open and 1600m events
1500	Primary and Secondary School Youth Relays (See www.hlhighlandgames.scot/athletics for more information)
1530	200m Races

1700-1730: Winners Presentation

Programme by Event

HIGHLAND DANCING – SOBHD REGISTRATION NUMBER – W7

10:00 am Prompt	Primary (Under 4 to 6yrs according to entry) – 3 Classes Beginners (7 to 15yrs according to entry) – 2 Classes Novice (7 to 15yrs according to entry) – 2 Classes
From 14:00	Intermediate (7 to 15yrs) – 2 Classes Premier (7yrs to Adult) – 4 Classes



TRADITIONAL HEAVY EVENTS

FROM 10:00AM

LADIES HEAVY ATHLETIC EVENT CHAMPIONSHIP

4kg Ball – 1st Prize - £30
14lb Weight for Distance – 1st prize - £30
14lb Hammer – 1st Prize - £30
28lb Weight over the Bar – 1st Prize - £30
12lb Sheaf Toss – 1st Prize - £30
Local Caber – 1st Prize £35

LOCAL NOVICE HEAVY ATHLETIC EVENT CHAMPIONSHIP

16lb Ball – 1st Prize £30
16lb Hammer – 1st Prize £30
Burgh Stone – 1st Prize £30
28lb Weight for Distance – 1st prize £30
Chieftains Local Caber – 1st Prize £40

12 NOON

OFFICIAL OPENING OF THE GAMES

FROM 13:00PM

HEAVYWEIGHT ATHLETIC EVENT CHAMPIONSHIP – OPEN – SCOTTISH GAMES ASSOCIATION (SGA)

16lb Ball – 1st Prize £65
16lb Hammer – 1st Prize £65
The Burgh Stone – 1st Prize £65
22lb Shot Putt (Scottish Championship) – 1st Prize £120
Chieftains Qualifying Caber – 1st Prize £65
28lb Weight for Distance – 1st Prize £65
56lb Weight for Height – 1st Prize £65
20lb Sheaf Toss – 1st Prize £65
Tossing the Caber – 1st Prize £65

ATHLETICS EVENTS

WWW.HLHIGHLANDGAMES.SCOT/ATHLETICSHOME

FROM 13:00PM

RUNNING EVENTS –

YOUTHS = 11 – 15 YEARS; ADULTS 16 YEARS AND OVER

90m Open Scratch British Championship (Adults) – 1st Prize £100

90m Open Handicap (Youth) Heats

90m Open Handicap (Adults) Heats

800m Open Handicap – Youths – 1st Prize £40

800m Open Handicap – Adults – 1st Prize £70

90m Open Handicap (Youth) Final – 1st Prize £40

90m Open Handicap (Adults) Final – 1st Prize £70

Hill Run – Open – (Approx' 14:00) – 1st Prize £70

Children's Races (primary and secondary) – enter on the day

Adults 200m Handicap Race – enter on the day

200m Scottish Championship Open Scratch (Adults) – 1st Prize £100

1600m Open Handicap (Youths) – 1st Prize £40

1600m Open Handicap (Adults) - 1st Prize £70

Primary School Relays Heats – Under 12yrs

Secondary School Relays Heats – 12yrs to Under 16yrs

Primary School Relays Final – 1st Prize £20

Secondary School Relays Final – 1st Prize £20

200m Open Handicap – Adults – 1st Prize £70

200m Open Handicap – Youths – 1st Prize £40

Fun Facts about Highland Games

In the spirit of the Highland Games season, here are some fun facts about the festivities!

The Highland Games are believed to have originated in the 11th century when King Malcolm III of Scotland summoned contestants to a foot race to the summit of Craig Choinnich, overlooking Braemar, in a bid to find a fast Royal messenger.

The Cowal Highland Gathering in Dunoon attracts 3,500 competitors and around 20,000 spectators, making it the largest Highland Games held in Scotland.

The Caledonian Club of San Francisco hosts the largest Highland Games in the Northern Hemisphere in Pleasanton, California, with over 50,000 spectators attending each year.

The Latin American Highland Games are held each year in Brazil in the southern city of Sapucaia do Sul.

The most northerly Highland Games are held in Finnmark, Norway, while the most southern games are held in Dundedin, New Zealand.

Logs used in the caber tossing competition are routinely soaked in water before the event to add moisture and regain weight lost while they are not in use, the Cabers can weigh up to 11 stones in weight.

Highland dancing was originally a men-only event. However, in the late 19th century, the first women began competing. Today, 95 per cent of entrants are female.

At some French events, the traditional caber is replaced by a giant champagne cork.

Many people participate in haggis hurling – the contestant who throws their haggis the farthest wins.

The Highland Games held each June at Ceres in Fife, the oldest free games in Scotland, began under a Charter awarded by Robert the Bruce in recognition of the villagers' support at the Battle of Bannockburn in 1314.

The first Highland games in the USA took place in New York in 1836.

The Braemar Gathering, which occurs during the first weekend in September, is the only games attended annually by the British Royal Family.

At the Bellingham Highland Games in Ferndale, Washington, you can hunt the Nessie eggs, where mini watermelons are hidden around the park. The lucky hunters can swap their precious Nessie eggs for prizes.

Sponsors & Contributors



Many thanks to Helensburgh Rugby Football club for supporting and hosting the Helensburgh and Lomond Highland Games at their site in Rhu Road Higher, Helensburgh

Thanks go to Garelochhead Coaches for supporting the smooth running of the games by running a courtesy coach between the town centre of Helensburgh and the Rugby fields



Thanks go to Wilson's of Rhu for supporting us by running a courtesy coach between the town centre of Helensburgh and the Rugby fields



Thanks go to Morrisons store in Helensburgh for providing the prizes for the childrens athletics events

Many thanks to the Coop store in Helensburgh for providing us prizes for the Games



CAMERON HOUSE
ON LOCH LOMOND

We would like to thank Cameron House for sponsoring our Heavies Hammer events.