

Scottish Fencing

Talent Squad Bulletin 1/10

Introduction

It's been a while since the release of a Talent Squad Bulletin, so there are lots of great Squad results reported in this issue. With numerous Opens, Cadet and Junior ranking events and the Commonwealth Fencing Federation Championships and UK School Games looming, this is an exciting time for all Talent bulletin is a short piece about Commonwealth event. With all time to survey your equipment. Federation have declared and the control may be as UK School Games. Check all little opportunity to rectify any and nobody needs equipment



Melbourne

Squad members. Included in this Melbourne and the forthcoming this activity, it is probably a good The Commonwealth Fencing that full FIE kit is mandatory, rigorous as it has been at the of your kit - there may be very shortcomings at the competitions problems at important events.

Both the Commonwealths and UK School Games require 'SCO' on your back and Scotland stripes (Foilists and Epeeists, both legs but non-dominant arm only).

Squad members' results of note

Some more great results by TS members:

November 2009 - Welsh Open

Women's Foil; 8th **Natasha**.

November 2009 - M8 Open

Women's Foil; 1st **Mhairi**.

Women's Sabre; 2nd **Nicole**.

December 2009 - Hereford & Worcester Open

Men's Epee; 2nd **Neil**.

Men's Sabre; 8th **Matt**.

January 2010 - Scottish Open

Women's Foil; 1st **Lisa**, 2nd **Ruth**.

Men's Foil; 3rd= **Casey**.

Men's Sabre; 2nd **Matt**.

Women's Epee; 3rd= **Ali**.

January 2010 - Essex Open

Women's Foil; 7th **Natasha**.

Women's Epee; 8th **Ali**.

February 2010 - Slough Open

Women's Foil; 3rd = **Lisa**.

February 2010 - Scottish Schools Championships

Women's Foil (Over 16); 1st **Ruth**, 2nd **Mhairi**.

Women's Sabre (Over 16); 1st **Nicole**, 2nd **Jessica**.

February 2010 - Merseyside Open

Men's Épée; 5th **Neil**.

March 2010 - Edinburgh Open

Women's Foil; 1st **Lisa**, 2nd **Natasha**.

Men's Foil; 3rd = **Callum**.

Women's Sabre; 3rd = **Nicole**.

Men's Sabre; 3rd = **Matt**.

Women's Épée; 1st **Kirsty**.

March 2010 - Copenhagen FIE Satellite

Women's Foil; 11th **Lisa**.

April 2010 - Glasgow Open

Women's Foil; 1st **Mhairi**.

May 2010 - British Youth Championships

Women's Sabre (Under 18); 3rd = **Nicole**.

May 2010 - Inverclyde Open

Women's Foil; 1st **Lisa**.

Men's Sabre; 3rd = **Matt**.

Men's Épée; 3rd = **Neil**.

June 2010 - Scottish Cadet & Junior Championships

Women's Cadet Foil; 2nd **Ruth**.

Men's Cadet Foil; 1st **Casey**.

Women's Cadet Épée; 2nd **Christiana**.

Women's Junior Foil; 1st **Ruth**.

Men's Junior Foil; 1st **Callum**, 2nd **Casey**.

Men's Junior Sabre; 1st **Matt**.

Women's Junior Épée; 2nd **Christiana**.

July 2010 - British Championships

Men's Foil; 8th **Callum**.

August 2010 - Szombathely

Women's Foil; 18 **Ruth**.

Squad update

Two names have disappeared from the squad, not because they have slipped down the ranking lists, but because they have moved out of Scotland in pursuit of fencing excellence. Michael Clark, now fences at the very successful Truro Fencing Club, which has a well deserved reputation as one of the country's best sabre clubs, and Casey Avril is moving to Hamburg to train in Germany. We wish them both the very best.



Lisa McKenzie
Mhairi De Sainte Croix
Natasha Thomson
Ruth Clarke



Callum O'Donnell



Ali Evans
Christiana Bissett
Kirsty Thomson



Neil Tannock



Jessica Murray
Nicole Pickering



Matt D'Agostino

Commonwealth Fencing Championships - Melbourne

The Commonwealth Fencing Federation Fencing Championships take place every four years and Scotland traditionally brings back a good haul of medals. The forthcoming event will be in Melbourne, Australia between the 30th September and the 6th October. Of the 13 current members of the Talent Squad, eight have been selected to represent Scotland. Unfortunately, the Championship clashes with the British Cadet and Junior Championships, important qualifying events for those with their sights firmly on British Cadet and Junior teams, and three of those selected will fence in the home event instead.

For those going off to the antipodes (including Scottish Fencers not in the Talent Squad), some timely information relevant to the forthcoming trip follows;

Australia

Where better to turn to for insight on 'Oz' than travel writer Bill Bryson's book 'Down under' in which he tells us that Australia is "the World's 6th largest country, and its largest island" pointing out that "it is the only island that is also a continent, and the only continent that is also a country" and "the only nation that began as a prison". Worryingly we are informed that "It has more things that will kill you than anywhere else. Of the world's ten most poisonous snakes, all are Australian. Five of its creatures - the funnel-web spider, box jellyfish, blue-ringed octopus, paralysis tick and stonefish - are the most lethal of their type in the world." On its age, "for 60 million years...Australia has been all but silent geologically, which has allowed it to preserve many of the oldest things ever

found on earth - the most ancient rocks and fossils, the earliest animal tracks and riverbeds, the first faint signs of life itself". The aborigines first came to Australia between 60,000 and 45,000 years ago. Australia is mostly empty - the population in 2000 was around 19 million - China grows by a larger amount each year! The Australian Dollar is currently worth around 58p.

Melbourne

Melbourne is the capital and most populous city in the state of Victoria, and the second most populous city in Australia (after Sydney), with around 4 million 'Melburnians'. It was founded in 1835 (originally called 'Bearbrass'), and renamed Melbourne after the 2nd Viscount Melbourne in 1837. Often referred to as the cultural capital of Australia, Melbourne has been ranked as one of the world's top 3 'most livable cities'.

Most fencers prefer to get at least one day away from the sports hall between the Individual and Team events and Melbourne has much to offer such as the following:

Carlton - a trendy suburb dubbed 'Little Italy' including bustling Lygon Street with its alfresco dining.

Chinatown - the vibrant Asian core of the city with shops and restaurants.

Docklands - waterfront development with restaurants, galleries, shops and leisure activities.

Eureka Skydeck 88 - dramatic views from Melbourne's tallest building.

Melbourne Aquarium - in Carlton Gardens.

Melbourne Zoo - Australian wildlife and a world-class Gorilla enclosure.

Philip Island - 90 minutes from Melbourne, Nature park with Penguin parade, Koalas, seals etc.

Queen Victoria Market - Australia's biggest and most popular outdoor market.

Royal Botanic Gardens - one of the world's great plant collections.

Climate

Melbourne has a fairly mild climate and for the period of the Championships it is likely to be between 10°C and 20°C and fairly wet - presenting no real acclimatization issues for the Scottish Team.

Time difference

Melbourne is 10 hours ahead of Scotland and so will present us with problems. You will know from having read TS Bulletin 1/09 that 'Jet lag' is more severe when travelling east (against the sun's movement across the sky), and that symptoms include tiredness, loss of concentration, loss of appetite, headache, dizziness, nausea and constipation. You should adapt to the destination's local time as soon as you can (avoid mental calculations of the time 'back home'), and adopt local patterns immediately (don't take daytime naps and get into local meal times). Avoid anything that might disrupt sleep such as late meals or caffeine. Stay in bright light during the day and sleep at night.

Travelling

It's a long haul to Melbourne, so dress in light comfortable clothing and footwear. Avoid dehydration (alcohol is a bad idea) and remember to get up and stretch occasionally on the plane. Essential medication should be in your hand luggage (don't forget your Therapeutic Use Exemption or 'TUE' for any medication) and if you wear contact lenses, have your lens case and solution to hand to give your eyes a rest. An Electronic Travel Authority (ETA) is required from the Australian Visa Bureau but your travel agent will most likely provide this free of charge with

your flight (check!).

General

Be prepared - you will be in a much better state-of-mind if for your events if you know that all arrangements have been taken care of, that you know how best to cope with the distance, that your equipment will pass and work properly and that your training has brought you to a peak. Happy hunting!

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