

MOWI[®]

WOMEN'S CUP FINALS DAY

Saturday 7th September 2024, The Eilan, Newtonmore

MOWI[®]

CHALLENGE CUP

Inverness v Badenoch

Throw up 1.45pm

MOWI[®]

VALERIE FRASER

CAMANACHD CUP

Badenoch v Lochaber

Throw up 4.05pm



Photos courtesy of Charlene Macleod

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PRESIDENT'S WELCOME

On behalf of the Women's Camanachd Association I would like to welcome you to The Eilan, Newtonmore for our 2024 Mowi Cup Finals. Congratulations to all four teams for making it here today.

The Women's Camanachd Association are indebted to our Sponsors MOWI who sponsor both the Valerie Fraser and Challenge Cup, aswell as our leagues.

Great thanks also goes to Peter Gow who has supported our game since the beginning and now sponsors today's Player of the Match awards.

We are very grateful to all those involved at Newtonmore Camanachd, for welcoming us back for our 3rd year, to host our finals and making the process so smooth from the onset. Thanks to Rob and Ian for their hard work preparing the pitches for today, to Peter Ross for his parking field and to Newtonmore Highland games for the use of their equipment, we are extremely grateful to you all.

Without the hard work and dedication of the small core of volunteers on the WCA committee today would not be possible, they have worked tirelessly this last year getting everything in place to make today happen. Huge thanks to all our volunteers on the 'Events Crew' who are here today helping to make things run smoothly, to our line Judges and Goal Judges, you are all a credit to the Women's game.

Today gets under way with the Mowi Challenge Cup refereed by Craig Scott. This is the 15th year of the Challenge Cup and what a final we have in store, this game sees the return of Inverness 2nd team, they will take on Badenoch 2nds. I am certain this match is going to be a thriller, 2 very young fit sides; full of skill, passion and determination,

a final which just proves how far Women's shinty has come, as most of the girls from both teams will be younger than the cup itself, a 1st for Women's shinty. When both teams met in the league earlier this season Badenoch came out winners, but it's cup final day, I'm sure every girl will give everything to get their name on the cup. I'd like to wish them both the very best of luck and congratulate both clubs on reaching such a milestone with their 2nd teams, hopefully the nerves will settle quickly and the girls can enjoy the game as much as we will on the sidelines.

Our next game; the 2024 Mowi Valerie Fraser Cup Final where Des McNulty will take charge of Badenoch and Lochaber.

Our 20th Valerie Fraser final sees the return of Badenoch, eager for success having not reached last years, this is their 6th appearance and they will be hoping to get their name on the cup for the 4th time. It's great to see the return of Lochaber for their 3rd cup final appearance, having won it back in 2016 they will be hoping to get their 2nd victory to take the cup back to Spean.

Both teams will be hungry for success, they have strong, fit, physical & a mix of experience on both sides, so this really will be a showcase. So far in the league this year when they met Badenoch came out winners. Congratulations to both teams on reaching the final and good luck to you all.

I'd like to wish all the players, coaches and officials involved today the best of luck and I hope you all enjoy the occasion.

Finally Thank you All for coming out today to support our game, I hope you have a great day.

Karen Williamson
President

PREVIOUS WINNERS

VALERIE FRASER CUP

2023 – SKYE (Runners Up GMA)
2022 – BADENOCH (Runners up Skye)
2020 – 2021 - COVID 19
2019 – SKYE (Runners up Badenoch)
2018 – BADENOCH AND STRATHSPEY (Runners up Skye)
2017 – SKYE (Runners up Lochaber)
2016 – LOCHABER (Runners up Skye)
2015 – GLASGOW MID ARGYLL (Runners up Badenoch)
2014 – GLASGOW MID ARGYLL (Runners up Skye)
2013 – BADENOCH & STRATHSPEY (Runners up GMA)
2012 – ABERDOUR (Runners up Glengarry)
2011 – GLENGARRY (Runners up Aberdour)
2010 – GLENGARRY (Runners up Tir Conaill Harps)
2009 – GLENGARRY (Runners up Tir Conaill Harps)
2008 – TIR CONAILL HARPS (Runners up Glengarry)
2007 – FORTH CAMANACHD (Runners up GMA)
2006 – GLASGOW MID ARGYLL (Runners up Glengarry)
2005 – GLENGARRY (Runners up Edinburgh)
2004 – GLENGARRY (Runners up Kingussie)
2003 – GLASGOW MID ARGYLL (Runners up Glengarry B)
2002 – GLENGARRY (Runners up Kingussie)

CHALLENGE CUP

2023 – KINLOCHSHIEL (Runners Up Inverness)
2022 – KINLOCHSHIEL (Runners up Lovat)
2020 – 2021 - COVID 19
2019 – LOVAT (Runners up Inverness)
2018 – GLENROHART (Runners up Inverness)
2017 – GLENGARRY (Runners up Ardnamurchan)
2016 – LOVAT (Runners up Strathglass)
2015 – GLASGOW MID ARGYLL (Runners up Ardnamurchan)
2014 – STRATHGLASS (Runners up Lovat)
2013 – STRATHGLASS (Runners up GMA)
2012 – LOCHABER (Runners up Strathglass)
2011 – BADENOCH & STRATHSPEY (Runners up Lorn)
2010 – FORTH CAMANACHD (Runners up Strathglass)
2009 – BADENOCH & STRATHSPEY (Runners up Cowal & Bute)
2008 – BADENOCH & STRATHSPEY (Runners up Strathglass)
2007 – STRATHGLASS (Runner up Glasgow Mid Argyll)

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MOWI CHALLENGE CUP FINAL

THROW UP 1:45PM

	INVERNESS	BADENOCH	
1	Nyah Campbell	Thea Stronach	1
2	Charlotte Pagett	Lexi Farquhar	2
3	Carolann Innes	Orla Olds	3
6	Isla McNeil	Adele Gow	4
7	Katie Simpson	Jess Nagle	5
9	Grace Bremner	Catrin MacLeod	6
10	Kayla Hughes	Alice Lavin	7
12	Orlagh Moran	Millie Lavin	8
13	Kamryn Hughes	Aillie MacLeod	9
16	Rebekah MacLean	Laura Mommertz	10
18	Ellen Welch	Chloe Baikie	11
19	Ellie-Louise Hardy	Kate McAdam	12
		Gabi Nagle	15

Match Referee: Craig Scott

EXTRA TIME & PENALTIES

If the scores are level after 70 minutes, extra time of 10 minutes each way will be played. If scores are level after extra time, a penalty play off will determine the winners.

Inverness



INVERNESS PLAYER PROFILES

1 Nyah Campbell – ND is our goalie, I believe she is better suited to playing outfield but she stepped into goals to help the team out and she is doing an excellent job for the team. (age 15)

2 Charlotte Pagett – First season in Ladies Shinty and also involved in the Clubs U14's. Little terrier, full of tackling, running and chasing. She is working hard on improving her hitting and those efforts are coming to fruition. (age 14)

3 Carolann Innes – Founding member/player of Inverness Ladies, Carolann is a crucial part of the squad who is always available and first to say, "let the young ones play before me". Brilliant from a team management perspective (Captain)

6 Isla McNeil – Determined, well rounded player who is potentially the Clubs most potent striker but will be required in a deeper role today to ensure some parity (age 15)

7 Katie Simpson – This is Katie's first full year in ladies shinty and plays U14's for the Club. Hits well off both sides and given the opportunity to shoot has a good strike. Real potential (age 14)

9 Grace Bremner – The joker at training and master of distraction when it's time to train, but once the whistle goes, she is focused on her role and gives her best for the team (age 18)

10 Kayla Hughes – Improving well this year, starting to get to grips with the physical demands of playing shinty and dare I say, might even be enjoying matches (age 15)

12 Orlagh Moran – Another in their first full year in ladies shinty and plays U14's for the Club. Orlagh is full of running, normally in a forward direction to get herself to the back post to get herself on the score sheet. Not so keen going in the other direction, yet. (age 14)

13 Kamyryn Hughes – Kamy plays predominately in the forward line effectively and will match any opponent in a tackle. Hopefully today her shooting accuracy is in the high percentage range but more than capable of playing deeper. (age 15)

16 Rebekah MacLean – Committed to her team, very unassuming, consistent performer who is a pleasure to coach. Content to be going under the radar (age 15)

18 Ellen Welch – New addition to ISClub and novice Shinty player. Ellen's is ideally suited to the sport and the coaches are looking forward to working over the Winter on improving her skills for 2025.

19 Ellie-Louise Hardy – First season in Ladies Shinty and also involved in the Clubs U14's. Strong, quick and a good hitter of the ball. Very dependable and just requires matches to get to grips with team sports (age 14)

CAPTAIN – CAROLANN INNES

Firstly, we offer our best wishes to the other Clubs playing today. Secondly, we aim to enjoy the whole experience, be competitive, inspire everyone in our group, raise their ambition and remain engaged in Shinty.

COACHES COMMENT – BRAIN MUTCH/ DREW MCNEIL

It's our Ladies Shinty big day out so good luck to everyone and a big thanks to the WCA and all the sponsors involved. We had a tough job choosing 12 from 17 potential players today. Over the season we have required everyone, so we must thank all 17 as reaching the Final has been a collective effort #TEAM

Badenoch



BADENOCH PLAYER PROFILES

1 Thea Stronach – Thea has recently joined Badenoch Ladies. She has brought a wealth of experience and exceptional goalkeeping skills. She can give us all a fright when she goes for a run out of the goals but she is a strong hitter. Her quick decision making always allows her to clear the ball effectively.

2 Lexi Farquhar –Lexi is the youngest player in the squad but that doesn't stop her from being a pivotal part of our forward line. Lexi has an impressive 18 goals, and counting this season. Her quick shot and accuracy will make Lexi an important member of our squad today.

3 Orla Olds – Orla has led the 2nd team exceptionally well this season as captain. Orla is an experienced player who is very comfortable either in the forward line or in midfield. Her quick pace and determination makes her a tricky player for any defender to deal with.

4 Adele Gow – Adele, another youngster, has stepped up to play for our 2nd team this season, after completing U14s. Adele is a solid defender who does not shy away from a tackle, but also makes quite the forward as well.

5 Jess Nagle – Jess is a quick and solid player who plays comfortably in defence. Jess's ability to effectively read the game allows her to clear the ball out of the danger zone before her opponent gets a chance to strike.

6 Catrin Macleod – Catrin is an excellent asset to the team. She is a fast and determined player who makes a tackle at full force, making it very difficult for her opponent to win the ball. She has proven to be vital in the centre, linking up well with the forward line.

7 Alice Lavin – Alice is a comfortable wing centre, who is not afraid to either step forward or back to support the rest of the squad. Often playing on the opposite wing to her sister Millie, the pair make any game difficult for the opposing wing centres.

8 Millie Lavin – Millie is a fit player with a strong and effective hit. Millie adapts well to any position on the pitch resulting in her making a couple of appearances in our first team this season. Millie's control over the game in midfield often gives her the chance to run forward and steal a goal.

9 Ailie Macleod – Ailie, a strong player both physically and mentally, is the newest addition to Badenoch Ladies 2nd team. With this, she is a versatile player who is most certainly not shy to make a tackle and fight for every ball.

10 Laura Mommertz – Laura is another young player who plays regularly for our U14s as well as 2nd team. She has made quite the forward with a few goals this season. Laura is a determined player who works hard on the pitch.

11 Chloe Baikie – Chloe has been a key player throughout the season. She has gained experience in the boys U17s and ladies first team which has massively improved her performance. She is a calm player who's defending skills are impressive to watch as she never gives up until the final whistle. She will be a vital player today.

12 Kate McAdam – Kate is a young, fit member of our squad. Her ability to turn any player is impressive to watch. Kate also has a few goals this season and will be looking to contribute to the team today, as long as she doesn't forget any of her kit.

15 Gabi Nagle – Gabi is a key part of our centre line. Gabi is a strong, fit and quick player who is not afraid to make a tackle and hold the middle. Gabi has played for the club from development level, captaining the 2nd team last season and making 1st team appearances. She is an experienced player who holds an important role in our team today.

CAPTAIN – ORLA OLDS

Being this year's captain is a such a privilege. Leading the team into our first cup final, along with Catrin McLeod is very exciting. Our team as a whole have worked very hard this season and have all developed massively, improving our teamwork and our game. At the beginning of the season we were worried that we'd be without a coach, however our very own international first team player, Rona Stewart stepped up to the mark. Our club is very grateful to Rona as she continues to be a great leader and inspiration to our young team. We cant wait for Rona to make her comeback to the team, hopefully soon.

MANAGER – RONA STEWART

It's been a great season for the Badenoch ladies club so far with both teams reaching their cup finals. The girls entered North division 2 in 2023 after a few years in the development league so it is a huge achievement to be part of one of the biggest days in women's shinty in 2024. The team have gone from strength to strength over the season with some huge team and individual performances. It's been a pleasure to be involved with the club in a coaching role this season. We know it will be a tough game against Inverness, they are a team we cannot underestimate. Hopefully it will be an exciting end to end game. Best of luck to Inverness.

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MOWI VALERIE FRASER CUP FINAL

THROW UP 4:05PM

	BADENOCH	LOCHABER	
1	Elizabeth McGregor	Joanne Gillanders	1
2	Jeanette McGregor	Eva MacDonald	2
3	Zoe Reid	Amy Disher	3
4	Rhona McIntyre	Missy Howie	4
5	Kirsty Grant	Brooke Falconer	5
6	Mairi Stewart	Mya Carmichael	7
7	Kirsty Deans	Kira MacDonald	8
8	Ellie Miller	Leah Maxtone	9
9	Rachael Borthwick	Mairi Duncan	10
10	Hope Borthwick	Kirsty MacDonald	11
11	Eilidh Ross	Rebecca Masson	12
12	Sarah Caird	Claire Delaney	13
15	Megan Ralph	Natalie MacDonald	14
16	Grace Fraser	Hannah MacDonald	16
17	Chloe Baikie	Shannon Wilson	18
		Christy Macintyre	19

Match Referee: Des McNulty

EXTRA TIME & PENALTIES

If the scores are level after 80 minutes, extra time of 10 minutes each way will be played. If scores are level after extra time, a penalty play off will determine the winners.



© Christian Whelan

Badenoch

BADENOCH PLAYER PROFILES

1 Elizabeth McGregor – Having returned earlier this year from a phantom knee injury, ‘Betty’ is still a ninja between the sticks. Her fast reactions and ability to read the game contribute to her strong performance.

2 Jeanette McGregor – Should be more familiar with the goals after spending a year shot stopping. She has returned to her preferred position in the forward line, where her skilful and tactical play links up for great scoring opportunities.

3 Zoe Reid – Last year’s top scorer in the National Division, Zoe is continuing her form this year, leading in the Badenoch goal charts. Her quick swing and sheer determination makes her a tricky player to deal with.

4 Rhona McIntyre – Rhona is a fit, calm and composed player who controls the game from midfield. She is a versatile player who has also ventured into a more defensive position occasionally.

5 Kirsty Grant – Kirsty has made the wing back position her own this season, and has become a permanent fixture in the team’s defence. Her dribbling and clean hitting is a strength which allows her to clear the defensive area well.

6 Mairi Stewart – Mairi is one of the quickest in the team, and is an opponents nightmare as she doesn’t give them a minute. She likes to push up and support the forward line.

7 Kirsty Deans – Kirsty is an intelligent and skilful player who has a real eye for goal. When she is not getting shots at goal, she is creating opportunities which makes her a challenge for any defence.

8 Ellie Miller – Our quickest player, Ellie is a strong midfield star. Her endless determination sees her challenging her opponent in every tackle.

9 Rachael Borthwick – Has returned from the USA and has been a very welcome addition to the team. Slotting straight back into defence, Rachael is a knowledgeable player who is able to support the team from the back. A hardy player who gives everything to each game.

10 Hope Borthwick – Hope is a defender’s worst nightmare. She is quick to turn and is a great dribbler of the ball. She has been at the centre of some great play this season and has a strong shot in front of goal.

11 Eilidh Ross – Eilidh is a strong and determined player who holds the ball up well. Her contribution to the forward line has been excellent with strong linking play with team mates.

12 Sarah Caird – Sarah is a fit and rapid defender who is able to start attacking play from the back. Her experience is incredibly valuable to her teammates. She will not stop running, tackling or challenging until the final whistle has blown.

15 Megan Ralph – Megan is a solid member of the squad who can play in multiple positions. When she’s not delivering clever passes to the forward line she’s often on the end of the passes scoring goals!

16 Grace Fraser – Grace has seen an increase in game time this season and has been our best player on several occasions. She has great hand eye coordination and is a clean hitter from both sides, making her a versatile player.

17 Chloe Baikie – Chloe is the youngest member of the squad but is one of the hardest. When called upon, she has been a reliable member of the defensive unit and has had numerous strong performances against challenging opponents this year.

CAPTAIN – JEANETTE MCGREGOR

After missing out on last year’s final we were more determined than ever to return to this position this year. It’s a nice change of opponent having faced Skye in previous finals and it’s a challenge we are very much looking forward too. We’ve had some competitive games with Lochaber recently and know that they will really be up for it.

MANAGER – SCOTT CAMPBELL & IAIN ROBINSON

On behalf of Badenoch Ladies shinty club I would just like to say that we are absolutely delighted to be competing in the 2024 Valerie Fraser Camanachd Cup Final. It means a great deal to all involved at the club to get the chance to play having missed out on the opportunity last year. We are well aware of the obstacle that lies in our path and we have nothing but respect for the opposition. Hopefully another exciting, dynamic and skilful display of shinty will be on show today. We would just like to take the opportunity to wish the Lochaber ladies shinty team the very best of luck and may the best team win.



Lochaber

B. C. MacLennan, Obituary

LOCHABER PLAYER PROFILES

1 Joanne Gillanders – Her first season playing in goals for us, Scotland international with several Valerie Fraser winners medals – very experienced with a great ability to stay calm under pressure.

2 Eva MacDonald – Eva is one of our youngest but most determined players, very quick and skillful. She has all the attributes to go on to be a very important player for Lochaber Ladies.

3 Amy Disher – Our captain who leads by example and is fully committed on and off the park. Scotland international and Valerie Fraser winner. A tough tackling midfielder who plays with real determination to win every ball.

4 Missy Howie – One of our most experienced players who reads the game well with a high skill level. International Captain and Valerie Fraser winner. Injury has hampered her season but is back for the final.

5 Brooke Falconer – The youngest player in our squad - a star for our u14s! Brooke has gone from strength to strength this season and has a bright future ahead with Lochaber Ladies.

7 Mya Carmichael – Mya's second season at the club and has been a great addition. A fit and versatile with a keen eye for the ball. She will give her all to the team to try and win today.

8 Kira MacDonald – A powerhouse who's strength and fitness shines through. Valerie Fraser winner who is an excellent man marker and tackler who is having a great season.

9 Leah Maxtone – Leah is a very skillful player with an excellent touch who loves to take players on. Potent sharp shooter with several goals this season and always defends from the front.

10 Mairi Duncan – Vice captain. A vital cog in our team, Scotland international and Valerie Fraser winner. A very talented shinty player who reads the game well and a strong tackler.

11 Kirsty Campbell – A versatile player who has performed well for us in both defence or midfield. Has worked hard to improve her fitness this year and is coming on to a great season.

12 Rebecca Masson – Back after a few years out. Valerie Fraser winner and an experienced player, good reader of the game and is composed in front of goal. Has previously popped up with a final winner!

13 Claire Delaney – A determined player who works tirelessly for the team and never gives up. Valerie Fraser winner, a natural motivator always trying to bring on and encourage teammates.

14 Natalie Macdonald – A fast and agile player with a great ability to run with the ball. Scotland international and Valerie Fraser winner. An important player for us and our top goal scorer.

16 Hannah MacDonald – Our free running wing centre who never shirks a tackle! One of our top performers in the semi final to get us here today who's work rate makes her a real asset to the team.

18 Shannon Wilson – Shannon was our semi final player of the match. She is a powerful defender and excellent clean hitter of the ball off both sides. Scotland international.

19 Christy Macintyre – An original from Lochaber Ladies founding team! Back at Lochaber after a brief stint at GMA - brings lots of experience. Valerie Fraser winner and Scotland international.

CAPTAIN - AMY DISHER

It's a great honour and I'm very proud to captain the squad to our first Valerie Fraser final in 7 years. Our girls have been really committed this season, so it's great to be in this position. We have 6 girls who have withdrawn from The Ben Nevis Race today, so hope we can make it over the line. We know it is going to be a hard game against Badenoch but everyone has been training hard and we are looking forward to the match.

MANAGER - ANDREW MACDONALD

Lochaber Camanachd Ladies are delighted to be representing the club in their third Valerie Fraser Women's Cup Final. Previously we have experienced the joy of winning and disappointing defeat, but we hope today to be on the winning side. Both teams are hugely competitive and we anticipate an excellent game of highly skilled shinty. I have been coaching the team officially since 2023, rather than just shouting on the side-lines. The team have put in a huge amount of effort and have grown into an organised, committed shinty force. Lochaber Camanachd have many players in the present team who have dedicated years to growing the sport and I'm proud to be part of it.



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Alternatively

contact our Secretary at: womens.shinty@gmail.com.

For development information contact Shinty Development Officer,

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