

MOWI®

WOMEN'S CUP FINALS DAY

Saturday 7th September 2019, The Dell, Kingussie

MOWI®

CHALLENGE CUP

Inverness v Lovat

Throw up 1.45pm

MOWI®

VALERIE FRASER

CAMANACHD CUP

Skye v Badenoch

Throw up 4.05pm

***We Can
Tackle
Anything!***



Photo courtesy of Neil Paterson

MOWI®



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**Our name has changed.
Our commitment to shinty has not.**

MOWI®

SUPREME SALMON SINCE 1964

PRESIDENT'S WELCOME

On behalf of the Women's Camanachd Association I would like to congratulate all the teams for making it to this year's finals as we return to The Dell, Kingussie.

Last year the Valerie Fraser Camanachd saw a fantastic display of shinty with record crowds as well as being televised live. The game and occasion certainly lived up to the hype. It was a game of incredible skill, fitness and finishing.

Skye are playing in their fifth final and fourth in a row. Last year they were left bitterly disappointed to finish runners up despite again winning the 2018 league title. They will be out to show what they can do and aim for a second win of this prestigious trophy.

Badenoch (now having dropped Strathspey from their title) return to the Dell with the aim to retain the title with two in a row. They came in as the underdogs last year but proved why they should not be underestimated.

Both teams have talented players in abundance and promising youngsters coming through their ranks. This is evident in their battle at the top of the league and in this competition for the last 2 years and its set to be another cracking game.

In the Challenge Cup, Inverness return for their second year in a row showing the consistency and determination they have to remain at that level. Lovat return to the final for the third time having last played and won in 2016. I am sure both teams will have been training hard and preparing well to rise to the occasion and put on a great display of shinty.

Thanks go to all the teams who have competed in the leagues and cups this season. 2019 has seen further growth in the game and skill level and

bodes well for the future of the game.

We are very grateful to Mow who sponsor both the Valerie Fraser Camanachd Cup and Challenge Cup. Mow also support the Women's Leagues and Development Camp and their generosity is very much appreciated. We are delighted to continue to have the support of Peter Gow sponsoring the Player of the Match Awards for both games.

Grateful thanks go to Kingussie Camanachd Club for hosting this finals day for the 2nd year, after a very successful 2018 final. Use of the new stand, superb pitch and pitch side facilities with scoreboard greatly added to the occasion last year. Their hospitality and support of the women's game and welcoming feeling is exceptional.

As well as the clubs, supporters and sponsors of the women's game I would like to extend a huge thanks to the committee of volunteers that form the WCA. They work tirelessly and quietly away in the background drawing on their valuable expertise to help develop the women's game.

I am grateful for everyone's support which makes my job as President so much easier.

Finally good luck to all the teams involved today. I'm sure they will be very competitive and exciting games worthy of the occasion. Many of you will be blown away by the level of skill and fitness on display in the current game. May Women's Shinty enjoy a great day at The Dell!

Lisa MacColl

President - Women's Camanachd Association

Get Involved...

If you would like to join a women's team, try Shinty or are simply looking for more information, please visit our website, www.womens-shinty.com, or the Women's Camanachd Association Facebook page. Alternatively contact our Secretary at: womens.shinty@gmail.com. For development information contact Shinty Development Officer, Katie Drain, on: katie.drain@shinty.com / 07834 522260.

PREVIOUS WINNERS

VALERIE FRASER CUP

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 - GLASGOW MID ARGYLL)
 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 - GLASGOW MID ARGYLL)
 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

2018 – GLENURQHART (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 - GLASGOW MID ARGYLL)
 2012 – LOCHABER
 2011 – BADENOCH & STRATHSPEY
 2010 – FORTH CAMANACHD
 2009 – BADENOCH & STRATHSPEY
 2008 – BADENOCH & STRATHSPEY
 2007 – STRATHGLASS

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MOWI CHALLENGE CUP FINAL

THROW UP 1.45PM

INVERNESS

1 Caitlin **Mutch**
 2 Macy **Mercer**
 3 Carolann **Innes - Captain**
 4 Amber **McKay**
 5 Ellie **Mercer**
 6 Eilidh **Songhurst**
 7 Laura **Brandie**
 8 Joni-Kate **Reid**
 9 Aisling **Healy**
 10 Chloe **Mutch**
 11 Melissa **McKay**
 12 Katie **McMillan**
 14 Brooke **Carver**
 15 Elaine **Wilkinson**

LOVAT

1 Carrie **Rennie**
 2 Holli **Sneddon**
 4 Holy **Cameron**
 5 Ruby **Fraser**
 6 Vonnie **Stoddart**
 7 **Captain** - Laura **Gallacher**
 8 Laura **MacKintosh**
 9 Paige **MacDonald**
 10 Jennifer **Mair**
 11 Fiona **Urquhart**
 12 Ellie **MacKinnon**
 14 Caroline **MacLean**
 3 Katie **MacKinnon**
 13 Tina **Marshall**

Match Referee : **Lucy McNulty**

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 PLAYER PROFILES

1 CAITLIN MUTCH

"Cait" our goalie who also can play outfield, dependable and determined shinty Ambassador/coach/referee and role model to our youngsters.

2 MACY MERCER

"Mace" is in her second season and has improved her skills, tenacious Macy chases everything and doesn't give up easily.

3 CAROLANN INNES

"El Capitan" one of our founding players who always works hard to keep up with the younger members of the team.

4 AMBER MACKAY

"Ams" versatile player who has played in several positions. Shinty Ambassador/referee/coach and role model to youngsters, all round fun girl!

5 ELLIE MERCER

"El" has played in goals for our development squad and outfield for first team, missed part of the season to injury but fighting back.

6 EILIDH SONGHURST

"Eils" one of our tallest players she has a very nice touch on the ball and has broke into the first team this season.

7 LAURA BRANDIE

"Lors" is solid at the back and can push forward with an eye for goal, despite being one of our younger players she's always smiling.

8 JONI-KATE REID

"JK" one of our young players who has broke into the first team from our development squad. Good striker of the ball. Loves to dance!

9 AISLING HEALY

"Ash" our own Galway Girl who has only started shinty this year and become a vital part of the squad commanding the middle of the field.

10 CHLOE MUTCH

"Clo" gets teased for being small but is feisty and added goals to her game this season.

11 MELISSA MACKAY

"Mel" always giggling our pacy winger who runs all day and chips in with a few goals.

12 KATIE MCMILLAN

"KT" our goal machine. Give her half a chance and she will fire a rocket. Her goal tally is fantastic!

13 BROOKE CARVER

"Carvs" another product of our development squad she has proved to be a strong player who can adapt to many positions.

14 ELAINE WILKINSON

"Wilko" another of our founding players who picked up the game in 2014, her motivation is to encourage the younger players to enjoy the game.

INVERNESS CAPTAIN - CAROLANN INNES

It is such a privilege to be leading our team out in another Challenge Cup Final. After the disappointment on losing out in a fantastic match last year we are looking forward to going one better this year against formidable opponents Lovat.

With our new Coach Brian & his assistant Andy now settled in the girls are working harder than ever. League position may not show how we are progressing as a team, but we are quietly getting there.

The whole team are buzzing to be in the Final again and come what may, we will do ourselves, the club and our supporters proud!

BRIAN MUTCH - MANAGER

It's an honour to be able to lead these girls to their second final in my first season in charge. Thanks to Andy Reid for assisting coaching and all at Inverness for all their support! We have a great squad who train hard and compete for a place in the team.

Our journey to the final saw us travel to GMA and a hard game against Glengarry. Good luck to Lovat, may the best team win! Believe, Achieve #redtide



LOVAT PLAYER PROFILES

1 CARRIE RENNIE

"Raymonds wife" came into the squad this year. Has taken possession of the number 1 shirt for the final. Absolutely fearless & growing in confidence with each game.

2 HOLLI SNEDDON

"Hols" has a casual approach at times, but she's a deceptively fast & powerful player. Great striker of the ball.

3 KATIE MACKINNON

Younger sister of Ellie, has returned to playing this season. She doesn't mind getting stuck right in.

4 HOLLY CAMERON

Incredible fitness, very fast player. She gives 110% every training session and game.

5 RUBY FRASER

Plays U14, U17 and ladies for the club. Strong attacking midfielder who is growing in confidence all the time.

6 VONNIE STODDART

Took up the sport last year & now firmly established in the team. She's a pocket rocket with wee leggies that go like roadrunner!! Meep Meep!!

7 LAURA GALLACHER

Captain Galls is a machine. Strong and skilful. Plays in North Division 1 for the clubs 2nd team. Bit like a Duracell bunny, she just keeps going, often playing 2 games per weekend.

8 LAURA MACKINTOSH

Moved into the village and decided to take up shinty! She is developing her skills game by game. Really keen!

9 PAIGE MACDONALD

Deceptive player. "Paigey" does a power of work without looking like she's trying. Skillful and very under-rated.

10 JENNIFER MAIR

Into her 8th season, she can play anywhere and has! Dependable. Makes fab fudge!

11 FIONA URQUHART

"Chubba" is deadly in front of goals. Netted in excess of 50 times last season. Incredibly skillful, difficult to mark.

12 ELLIE MACKINNON

Trains at least 3 times a week. Loves her shinty. Recently won the MacPherson Cup playing for Charleston Academy.

13 TINA MARSHALL

T is the team OAP. Until recently was team goalie, now bench warmer extraordinaire. Lives & breathes the sport. Refereed last year's Challenge Cup final.

14 CAROLINE MACLEAN

"Caro" is the heart of the defence. Reads the game well. Solid. Captained the team to victory in 2016 Challenge Cup Final.

LOVAT CAPTAIN - LAURA GALLACHER

It's been a great honour to be the Captain of my home team this season. The Commitment, effort and hard work that everyone puts in to not only games, but training, has more than showed in our results so far this year. It's also been encouraging for me to have my Dad as team manager, he's never afraid to give me honest feedback about my performances on the park! Looking forward to leading the Lovat girls out for what will be a great final.

JAMES GALLACHER - TEAM MANAGER

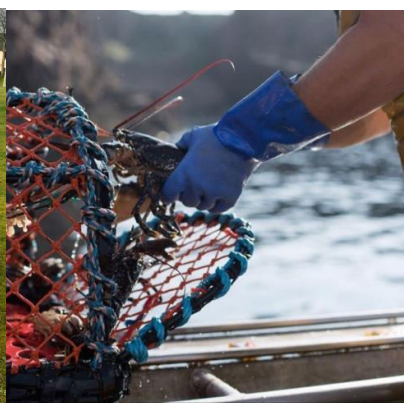
Into my second season in charge of the team. This season the squad have put in an incredible effort to make it to the final after losing out at the semi final stage last season. The girls deserve a lot of credit for putting up with my sometimes brutally honest team talks when things aren't quite going to plan!



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MQWI VALERIE FRASER CUP FINAL

THROW UP 4.05PM

	SKYE	BADENOCH	
1	Sarah Jane Ferguson	Elizabeth McGregor	1
2	Molly MacKinnon	Kirsty Deans	2
3	Christina MacDonald	Zoe Reid	3
4	Amy MacKinnon	Rhona McIntyre	4
5	Sarah Corrigall	Mairi Stewart	5
6	Holly MacPhee	Jeanette McGregor	6
7	Abbie MacLean	Shannon MacWhirter	7
8	Caitlin MacLean	Katie Falconer	8
9	Jenna Beaton	Rona Stewart	9
10	Ilana Paterson Captain	Ruth Forbes	10
11	Holly MacLean	Eilidh Ross	11
12	Ceitiadh Smith	Sarah Caird	12
14	Emma Gordon	Hope Borthwick	13
17	Lorna MacRae	Megan Ralph	15
19	Rianna Kirk	Roma Fraser	16
		Rachael Borthwick	17

Match Referee: **Ross Brown**

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.

SKYE LADIES PLAYER PROFILES

SARAH JANE FERGUSON

SJ as always, a committed and dedicated player with good solid performances in every game. A keen eye for the ball and cool as ever.

MOLLY MACKINNON

Molly has joined us in the National squad after just a year of shinty for Skye Ladies. She is a wee fighter and will not give up. She eats, sleeps and breathes shinty and it shows on the park.

CHRISTINA MACDONALD

Didi is a key figure in the Skye defence and has quickly become one of our most experienced players. There are not many players that get past Didi.

AMY MACKINNON

Amy has also stepped up from the North Div team and has proved she was worthy of her place with us. Great running and determination to never give up.

SARAH CORRIGALL

Sarah is one of the game's most prolific players and makes the game look so easy. No matter where she plays her team mates can always depend on her. A fantastic role model for the ladies game

HOLLY MACPHEE

Holly has just recently stepped up and in the last few weeks has improved her game immensely. Never scared to go in for the tackle and will keep running and fighting.

ABBY MACLEAN

Abby has been in and out of the squad this year but has always contributed by scoring goals which is what she does best.

CAITLIN MACLEAN

Vice Captain - Caitlin, another player we can play anywhere on the park, the game comes naturally to her. Her role as Vice-Captain this year is suiting her very well.

JENNA BEATON

Jenna is one of our longest standing players but has not let her game slip ever. She keeps giving her all in every game. Always works hard and always has a smile on her face.

ILLANA PATERSON - CAPTAIN

This year's Captain, Illana has settled into her role very well. Always encouraging to all her team mates with a great attitude. Illana works tirelessly in the midfield.

HOLLY MACLEAN

Holly is another young player whose future looks bright in the game. She has a lovely touch and a great awareness on the park, a hard and tough young player.

CEITIDH SMITH

Another addition from our North Div team, Ceitidh has a good eye for goal but is equally able in defence. Looking to be a good asset to our National Div squad going forward.

EMMA GORDON

Emma had some time out at the start of the season but has come back playing as hard as ever, again more than capable of playing in any position. Always shouting and a great encouragement to her team.

LORNA MACRAE

Lorna's hunger to win games never goes. As fast as ever, there are not many folk that keep up with her pace. Powerful hitting for long goals but happy to race in to catch a sneaky wee rebound.

RHIANNA KIRK

Rhianna's fitness level is endless and is a fantastic quality to help her team-mates. She never gives up and her sheer grit and determination never flails. A very committed Skye Ladies player.

SKYE CAPTAIN – ILLANA PATERSON

I'm delighted to be this year's Captain for Skye and to be able to lead the team to their 5th Valerie Fraser Camanachd Cup Final is an honour. It's been great seeing the younger girls stepping up into the 1st team this year and fitting in so well. We have all been training hard and have been working well as a team and we are all focused and looking forward to the game. Badenoch always give us a fast paced, end to end game so we are expecting no less in the Final. We could not be here if it wasn't for the support of our sponsors Jewson and the community on a whole so thank you very much we hope we do you proud.

ROBBIE GORDON - MANAGER

It's been a start stop season for us this year again, but we have had a good run of games in the cup which is a good thing. I have been lucky this year as I have been helped and aided by John Angus Macinnes, our other Skye Ladies coach. John Angus will be taking over at the end of the season so I hope he will enjoy the experience. The girls have been training well and we hope this will stand us in good stead for the game. It is always a close game between us and Badenoch so it should make for a good final.

I wish both teams all the best.





BADENOCH

ELIZABETH "LIZ" MCGREGOR

Is known for her spectacular stops. The team's confidence in "Liz" is facilitated by her calming attitude. Her reactions are as sharp as her tongue.

KIRSTY "DELIGHTED" DEANS

Famously known for her infinite showers and player of the match performances. Although she has fragile ankles, she never loses her goal scoring touch.

ZOE "RAVE" REID

The hostess with the mostess. The captain of our squad leads by example in fitness and attitude. Zoe is a skilful player who often finds herself in goal scoring positions.

RHONA "WITH THE H" MCINTYRE

Rhona has established herself in the forward line this season due to her "injuries". A dangerous player who works tirelessly to provide opportunities and assist her teammates.

MAIRI "CHEESE STRING" STEWART

We're hoping that Mairi's hamstrings allow her to channel her inner Phoebe Buffay running technique. A lightning fast player who's not afraid to take a shot.

JEANETTE "JEAN" MCGREGOR

Now has her boots fixed, so there's no slips and trips for this girl. Her ability to read the game and put in important tackles, makes her a vital part of our defensive unit.

SHANNON "2CAN" MACWHIRTER

When she's not sunbathing on her decking you'll find Shannon cheering on the girls. A strong player who never gives up.

KATIE "FURIOUS" FALCONER

We're hoping Katie has recovered from her 18th birthday celebrations in time for the final. A strong hitter of the ball, Katie is a useful player to have in a variety of positions.

RONA "HOLD THE H" STEWART

Still hasn't mastered the art of smiling for the camera but has certainly mastered the art of blocking and with her versatility she's a key part of the squad.

RUTH "OFFSIDE" FORBES

New to the game, but her hockey past has helped her fit in. Ruth is confident in taking on her opponent, and has found herself on the score sheet.

EILIDH "VEGAN" ROSS

Has pushed herself further than ever before this year and has developed fantastically as a player. When she's not napping Eilidh is on the pitch creating chances and scoring goals.

SARAH "SMILER" CAIRD

Is a devoted player who's fitness and positive attitude rubs off on the rest of the team. Her fighting drive and determination makes her a reliable player.

MEGAN "ROCKET" RALPH

Although wing centre may not be her favourite she has certainly proved her pitching wedge is more suited to this position. A strong and solid player who's not afraid of a challenge.

ROMA "FRISEAL" FRASER

Has proved herself as a versatile player who has a key role in picking up dangerous opponents. Despite being the second youngest, she's definitely the most responsible.

RACHAEL "HOTHEAD" BORTHWICK

Our international superstar is proving her commitment by flying back for the final.

Another versatile player who adds composure and culture to the defence.

HOPE 'DOPEY' BORTHWICK

If she has time between her endless backflips she can be a defenders worst nightmare. An exciting young player from the Borthwick Academy

ZOE REID – BADENOCH CAPTAIN

It's been a privilege to be captain this season, and we're really looking forward to competing in the Valerie Fraser Cup Final. There is a slight added pressure on us this year to retain the trophy, however this is keeping us motivated throughout the lead up to the big day. The team are excited to be playing Skye again, as they always provide a challenging, respectful, skilful game of Shinty. The final is quickly approaching and we would like to wish Skye Ladies the best of luck.

SCOTT CAMPBELL - MANAGER

On behalf of Badenoch Ladies Shinty club I would just like to say that we are absolutely delighted to be competing in the 2019 Valerie Fraser Camanachd Cup Final. It means a great deal to all involved at the club to get the chance to defend this wonderful trophy. We are well aware of the obstacle that lies in our path and we have nothing but respect for the opposition and what they are capable of. We have enjoyed many exciting fixtures over the years and in particular the last 5 encounters. Hopefully another exciting, dynamic and skilful display of Shinty will be on show today. We would just like to take the opportunity to wish Skye Camanachd ladies the very best of luck and may the best team win.

JEWSON

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Get Involved...

If you would like to join a women's team, try Shinty or are simply looking for more information, please visit our website, www.womens-shinty.com, or the Women's Camanachd Association Facebook page. Alternatively contact our Secretary at: womens.shinty@gmail.com.

For development information contact Shinty Development Officer, Katie Drain, on: katie.drain@shinty.com / 07834 522260.