

MOWI®

WOMEN'S CUP FINALS DAY

Saturday 2nd September 2023, The Eilan, Newtonmore

MOWI®

CHALLENGE CUP

Kinlochshiel v Inverness

Throw up 1.45pm

MOWI®

**VALERIE FRASER,
CAMANACHD CUP**

Skye v GMA

Throw up 4.10pm

***We Can
Tackle
Anything!***



Photos courtesy of Moreen Pringle & Iain Cochrane

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

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VICE PRESIDENT'S WELCOME

On behalf of the Women's Camanachd Association I would like to welcome you to The Eilan, Newtonmore for our 2023 MowI Cup Finals. Congratulations to all four teams for making it here today.

The Women's Camanachd Association are indebted to MOWI for sponsoring both the Valerie Fraser and Challenge Cup, as well 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, to host our finals and making the process so smooth. Thanks to Rob for his 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.

I would like to express my appreciation to all those on the WCA committee who have worked tirelessly to make today happen and thanks to all our volunteers who are here today helping to make things run smoothly, running lines and Goal Judges, you are all a credit to the Women's game.

To start the day off referee Willie Macdonald will take charge of the Challenge Cup. We see the return of Kinlochshiel, on their unbeaten run, take on Inverness in the hope of retaining the Challenge Cup title. Inverness appeared in the 2018 final,

however with great club development this year sees their 2nd team competing for today's silverware. Both teams are very fit and skillful and I'm sure all will rise to the occasion and we will be in for a great game, good luck to you all.

In our next game Deek Cameron will take charge of the Valerie Fraser Cup Final, where Skye face Glasgow Mid Argyll.

This will be both teams seventh final appearance. Skyes sixth in a row and hoping to make it their third cup win. GMA last appeared in 2015, they will be hoping to make this their fifth win.

Both teams have new and experienced players, fit, physical and determined. When they met in league action earlier this year, they drew 2-2, so I'd say we are in for a thriller, but who will be crowned Valerie Fraser Cup Winners?

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

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

Thanks again for continuing to support Womens Shinty.

Karen Williamson

Vice 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 section on the website, www.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

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

2022 - KINLOCHSHIEL (Runners up Lovat)
 2020 - 2021 - COVID 19
 2019 - LOVAT (Runners up Inverness)
 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 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

	KINLOCHSHIEL	INVERNESS	
1	Lisa Falconer	Nyah Campbell	1
2	Maree MacKenzie	Ciorstan Hughes	5
3	Tegan Bruce	Isla MacNeil	6
4	Alaina MacLennan	Katie Simpson	7
5	Laura MacLeod	Grace Bremner	9
6	Emily Gordon	Kayla Hughes	10
7	Effie MacLean	Naomi MacRae	11
8	Niamh Morrison	Orlagh Moran	12
9	Poppy Glasgow	Kamryn Hughes	13
10	Lexie MacKenzie	Rebekah MacLean	16
11	Isabelle MacKenzie	Ruth MacDougall	17
13	Katie MacRae	Madison MacKay	18
17	Lorna MacRae		

Match Referee : **Willie MacDonald**

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.

KINLOCHSHIEL PLAYER PROFILES

1 Lisa Falconer. Lisa has been with the team from the start, although her past role was in the forward line. Covering a few games in goals last year, she showed a flair for her new found position. Lisa has had some crucial saves already this season, showing what an eye she has for the ball, whether it be reaction saves from the edge of the D or a long range shot dropping in on goals.

2 Maree MacKenzie (Captain). Maree is consistently one of Shiel's strongest, most skillful and dedicated players over the last few years. Another player who represented the north U14 team before going on to U17 and senior. Very popular with all her teammates. So much so she has won the players' player of the year the last two seasons. A fantastic role model and captain.

3 Tegan Bruce. Tegan is a strong defender who benefited greatly from u14 last year and now features in the u17. This is only her second season but already she is one of the main stays in the team. Tegan is dedicated, hard working and gives her all in any game

4 Alaina MacLennan. Alaina is a talented player who has been with the team since the start. Her battle, drive and stamina stand out on the field at any level of shinty. You can always rely on Alaina for a goal when games are looking tight.

5 Laura Macleod. Laura played shinty for Plockton High School alongside many of the team. Joining Shiel last season, Laura showed great determination, stick work and showed she was a good clean hitter of the ball. Laura played a big part in last year's final, and without doubt will do the same again this year.

6 Emily Gordon. Emily, formerly a Glengarry player moved to Shiel, her home team at the start of the season. From day one, showing great speed and determination. Emily has really grown as a player as the season has progressed and is now a key player in the centre line and is also able to cover in defence.

7 Effie Maclean. Effie has shown great fitness, skill and determination this season. She has become a great centre line player, who can help create goals as well as score them. With Effie's determination and drive she will never give up, making her a formidable opponent.

8 Niamh Morrison. Niamh is another young player who has benefited from U14 last year and has featured in u17 this season. She has the ability to turn any defender and create scoring opportunities.

9 Poppy Glasgow. Poppy is now on her second season with the team. As a newcomer to shinty, Poppy has shown the right mindset and determination from day one. Now a fantastic wing centre that can run all day which has earned her a place in the u17 on many occasions

10 Lexie Mackenzie. Lexie came up through Lochcarron primary shinty to Shiel. Last year saw her feature in the north u14 team and this year sees her scoring goals for Shiel U17 as well as the Ladies, through her speed and ball control. Lexie also had the honour of being awarded North Division 2 player of the year last season, It's so hard to believe she is only 14.

11 Isabelle Mackenzie. Tibby is a very deceiving player with great awareness and touches, that seem to effortlessly open up a defence. She has an ability to read a game and react seamlessly to any situation. Returning after a few years break Tibby has been an amazing asset in the forward line.

13 Katie Macrae. Katie has been with the team from the very start, in fact one of the main instigators in starting the team. Katie missed last season but has returned this year and certainly made her mark. Katie has shown a fantastic work ethic at training as well as on match days. She will play a major part in the centre line.

17 Lorna MacRae. Lorna is probably one of the most renowned and feared forwards in women's shinty. Joining the team last season was a major boost to everyone. Lorna has shown great commitment and scored plenty of goals this season, but more importantly she has been an inspiration to other players who have watched and learned from the way she can run at a defence and create space for herself.

KINLOCHSHIEL CAPTAIN - MAREE MACKENZIE

Becoming captain, part way through last season, and having the honour of leading the team to a second Challenge Cup final this season is really something. We have a good close team, who I know will be giving everything on the day. Beating Inverness will certainly be a challenge but hopefully, if we play the way we can we can do it.

KINLOCHSHIEL MANAGEMENT TEAM - ANDREW MACKENZIE ASSISTED BY ALASDAIR NIXON AND PAUL MACRAE

It's an absolute privilege to lead the KLS Ladies shinty team into their 1st Challenge Cup Final. Helping me to lead the team this season and this final I am blessed to be working with Ali Nixon, Martin Macrae & not forgetting Sandra Macrae who all bring their own skill sets and dedication to the team that is so vital today as the ladies' game has come along way since I began as an enthusiastic father on the side-lines supporting my daughter. The WCA shinty space is an exciting place to be today with so many highly skilled players, coaches and a next generation that will ensure that the future will be very bright for years to come.



INVERNESS PLAYER PROFILES

1 Nyah Campbell. Inexperienced goalkeeper, very much at the start of her learning process if she chooses to commit fully to the position going forward. Still playing Under 14's.

5 Ciorstan Hughes. "patriarch" of the group. Captain Ciorstan is the focal point, on and off the pitch for the whole squad. Came out of retirement to play alongside her Nieces and lead the group. Never a dull moment around Ciorstan and always one sentence away from going too far with her stories

6 Isla McNeil. One of the stronger players in the group. Works hard on her shinty in and out of training which has paid dividends and a big follower of the "Shinty Channel". Isla will go out determined to win the battle versus her opponent today. Still playing Under 14's.

7 Katie Simpson. Katie started the 2023 season too young to play in North 2 but as soon as she had her 13th birthday she got matches. She has become a stronger runner, goal scorer and always ready to get on and play her best.

9 Grace Bremner. Joined the group mid-season and became very popular with all the squad thanks to her bubbly character. Huge potential going forward, she has shown a willingness to learn, improve and have fun. Grace is one of the old ones at 17.

10 Kayla Hughes. Kayla is new to shinty this year and the conversion from "dancing" will take some time losing those twinkle toes. Her all-round skills need to improve but that will come quickly with training and playing time as her effort in matches is excellent. Still playing Under 14's.

11 Naomi MacRae. During team talks or explaining drills Naomi likes to let her mind drift and when challenged openly says hysterically "I wasn't listening". Having said that, she reads a game very well and has a well-rounded ability. Still playing Under 14's.

12 Orlagh Moran. Another in their debut year. Much to Orlagh's annoyance she had to wait a little longer for her 13th Birthday and gets offended when goalies save her shots. Carries the ball well when in possession and added some velocity to her shooting.

13 Kamyrrn Hughes. One of the twins. We don't have many in the squad that can be described as a strong player who can hold their own in a tackle against a bigger, more mature opponent, Kamy can. How effective Kamy is today will go a long way to determining the team's threat up front. Still playing Under 14's.

16 Rebekah MacLean. Most improved player in 2023. She either has the best pair of shin pads ever made or a high threshold for pain. Beka is effective in all areas of the team and just does what is asked of her without flinching. Still playing Under 14's.

17 Ruth MacDougall. Best described as having a "diesel engine" and pound for pound the most effective player in the squad. Never gives up, extremely quiet, efficient, and effective. Still only 15.

18 Madison Mackay. "Madi" likes to do just enough, seldom gets out of 3rd gear in training or in matches. If Madi chooses to play in 5th gear in the final today, Inverness defence will be hard to penetrate. Very experienced player for a 15-year-old.

INVERNESS CAPTAIN'S COMMENTS

We are looking forward to the match today against Kinlochsheil the reigning Champions and runaway League leader. Our aim will be to play our own way, try our best, enjoy the whole experience and shake hands at the end

COACHES COMMENTS - BRAIN MUTCH/ DREW MCNEIL

We offer our best wishes to our opponents Kinlochsheil, hopefully both teams can serve up plenty of goals. Inverness took a leap of faith at the start of 2023 and all credit goes to these young ladies who jumped into North 2, blindly. They have exceeded all our expectations and we hope they inspire more girls to not just play shinty but to enjoy it as a Sport and make friends



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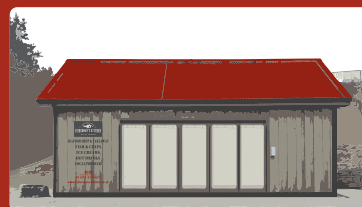
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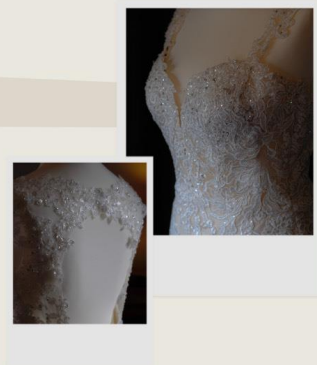
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MOWI Valerie Fraser Cup Final

THROW UP 4.10PM

	SKYE	GMA	
1	Sarah Jane Ferguson	Dan Oberholzer	1
2	Leah MacLeod	Laura McCafferty	2
3	Christina MacDonald	Alana Harrison	3
5	Donna MacKenzie	Sarah Whear	4
6	Lexy MacLeod	Abi Kirkland	5
7	Sarah Yoxon	Rachel McCafferty (VC)	6
8	Caitlin MacLean	Christy Doherty	7
10	Ilana Paterson	Caitriona Stark (C)	8
11	Catherine Robertson	Christy MacIntyre	9
12	Katherine Dibble	Lucy McNulty	10
14	Sadie MacDonald	Kirsty Rodger	11
15	Teri MacLeod	Kirsty Gray	12
19	Rhianna Kirk	Shona Fisher	13
21	Molly MacKinnon	Joan Nicolson	14
		Millie MacRae	15
		Katie Higgins	16

Match Referee : **Deek Cameron**

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

1. Sarah-Jane Fergusson - SJ has had another great season, doing a great job of guiding her team from the back. Nice and cool but very confident. A great communicator from the back of the park.

2. Leah Macleod - Tireless and tough with a can do attitude, loves nothing more than getting stuck into a good tackle. Works hard and never gives up. A great team player.

3. Christina Macdonald (Vice captain) - Didi has been outstanding this season, absolutely solid at the back and great at guiding her younger teammates. Her experience has shone through this year with solid performances all season.

5. Donna Mackenzie - Donna has been a great addition to the team again this year. Determined, solid and a keen eye for goal. She is a strong and talented all-rounder with a good attitude and clever play.

6. Lexy Macleod - This is Lexy's second year playing and her confidence has grown massively. She is quick on the ball and is not scared of a tackle. Has a great attitude and always gives 100%.

7. Sarah Yoxon - A great asset to have back in the team this year with her keen eye for goals. She has been a key player up front for us this year with her experience and extremely nice touch. A great role model for the whole team.

8. Caitlin Maclean - Caitlin has been dominating the centre of the park this season with her exceptional reading of the game. A very versatile, experienced player who adapts well to any position on the pitch and a great communicator who is heard all over the park.

10. Ilana Paterson - Ilana is having a great season as well. She is a key role in the middle with her strength, fitness and strong hitting. Ilana puts everything into her shinty and it really shows on the park.

11. Catherine Robertson - Another one of our young players who can put a shift in whether in the centre or up front. She's not scared to get involved physically and is a very determined player.

12. Katherine Dibble - As cool as they come. Katherine has just returned this season and has slotted back in like she has never been away. Mainly playing at the back but not looking out of place on the dust either.

14. Sadie Macdonald - A player with a laid back approach and no sense of panic. She works hard and takes on each challenge with undaunted intent. She has proven herself as a solid, strong and reliable all rounder and an asset to the team.

15. Teri Macleod - The youngest player on the team, only her second year playing for the ladies but has made a name for herself on the centre line. Her great fitness and never give up attitude has made her a valuable team player.

19. Rhianna Kirk (Captain) - Rhianna has shown again, what hard work and dedication can achieve with fitness levels that seem endless. Mainly playing in the forward line this year, she has had a keen eye for goal. Her enthusiasm on and off the pitch spurs everyone along.

21. Molly Mackinnon - An experienced player. Strong hitting and tackling coupled with her determination makes Molly a key player in defence or midfield.

CAPTAIN – RHIANNA KIRK

I have really enjoyed this season so far with the girls. We have been training hard and had a chance to gel as a team. Each game has given us the opportunity to get stronger with the younger ones who have recently stepped up into the first team and been outstanding. After being so close to getting the cup back last year we are very determined. All the best to both teams on the day.

COACH/MANAGER– JENNA BEATON

Absolutely delighted to be in the Valerie Fraser Camanachd Cup Final. It means a great deal to still be involved when I haven't managed to play this season. The journey has been far from easy, but the girls have worked so hard to get here and are under no illusions that the final will be just as hard. All the best to both teams on the day, it will hopefully be another great show of shinty for the women's game.



GMA LADIES PLAYER PROFILES

1. Dan Oberholzer - Dan has stepped up as goalkeeper this season and has done a fantastic job. They have played a crucial role in our progression to the final. They have great ability to anticipate and react to the ball which has resulted in several great saves throughout the season.

2. Laura McCafferty - Laura is a very experienced and all-round great player who reads the game well. She will create problems for any player that she is marking. She leads by example and acts as a role model for her Teammates.

3. Alana Harrison - Alana is a key player who helps to lead the team from the full back line. She is a fantastic hitter on both sides and can consistently clear the ball to the opposite side of the park. Her strength and perseverance in a tackle makes her a formidable opponent.

4. Sarah Whear - Sarah is very capable player who will hold her ground in defence and midfield. She is always looking to support her teammates and will go the extra mile to put in a tackle and clear the ball. Sarah will put in a shift every game without question making her a really valued member of the team.

5. Abi Kirkland - Abi is a powerful player who has dominated the centre line this season. Her enthusiasm and stamina are evident and she will be everywhere on the pitch during a game. Abi is another strong hitter in the team who will feed the ball in and shoot at any opportunity she gets. The well-deserved recipient of goal of the season.

6. Rachel McCafferty (Vice captain) - Rachel is a tenacious and skilled player, consistently leaving her mark on every game she plays. She is a key playmaker, and often creates attacking opportunities from all over the park. As our vice-captain, Rachel is extremely dedicated and her ability to direct the game makes her a natural leader. Strong in a tackle and quick off the mark - Rachel is a force to be reckoned with in the mid-field.

7. Christy Docherty - Christy is a very skilful player who consistently plays to a high standard game after game, season after season. She has an amazing ability to remain composed under pressure. Christy's experience shines through in every game that she plays.

8. Caitriona Stark (Captain) - Caitriona is our fabulous captain and has shown great commitment in leading the team. Caitriona's fitness and strength from crossfit training are a real asset to the midfield line. She is not hesitant to take a shot from midfield and has been known to score a goal or two. A role model to all players in the squad and leads by example.

9. Christy Macintrye - Christy is versatile player with an ability to play in any position asked of her. She has made valuable contributions in both defending and scoring goals this season. She has been known to run up munsros for fun meaning she has stamina to play consistently until the final whistle.

10. Lucy McNulty - Lucy is a very determined player with a fantastic eye for the ball. She patrols vast areas of ground to support her teammates and creates goal scoring opportunities. This impressive skillset has made her the top goal scorer in our team this season.

11. Kirsty Rodger - Kirsty is a very hard working and enthusiastic player. These attributes have allowed her to adapt and shine in her new position at full forward. She will relentlessly chase the ball and has a good eye for the goal. This has allowed Kirsty to score several important goals this season.

12. Kirsty Gray - Kirsty is dedicated member of the team with great fitness and agility. She compliments the play of her teammates and uses her experience to create her own chances at scoring. This has allowed Kirsty to both set up and score several goals this season.

13. Shona Fisher - Shona is another keen crossfitter who uses her strength and stamina to her advantage. This means she can run about everywhere during a game and make it look effortless! Shona's tenacity has been pivotal in her scoring important goals for us in tough games this season.

14. Joan Nicolson - Joan is a very able player who brings lots of experience to the forward line. She plays clever shinty and is forever making tactical passes and shots on target. Joans efforts have been rewarded with several goals this season, particularly her hatrick in the semi-final.

15. Millie MacRae - Millie is new to playing shinty but her natural abilities as an athlete has allowed her to fit in well in the forward line. She is quick off the mark and makes good space to finish goals. She even netted a couple of goals on her GMA debut!

16. Katie Higgins - Katie is a new player to GMA but has a wealth of experience growing up with the sport. She has so much enthusiasm and high energy, which motivates all those around her. A strong finisher from all angles, Katie is a great addition to the forward line.

MANAGER - GRAEME MACDIARMID

I was delighted to be asked to come along and help with the Coaching of GMA Ladies this season, after 17 year's coaching Glasgow Gaelic School- The Gaels. The Ladies Squad has impressed me with how keen and determined they are to succeed. Individual player improvement has been remarkable this season and this has come about by hard work and the desire to improve by all players! Lastly, I would like to wish Skye all the very best of Luck today - a great team, who I'm sure will do their Island proud, regardless of the result!

JEWSON

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in the 2023 Valerie Fraser
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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**.