



Forres July 2009

British Championships

Well done to all who took part in this event. It was one of our biggest competitions for a while with competitors from as far as Norway and Ireland taking part. We had success in the following events with our students at this years Brits with a total of 7 Gold, 5 Silver and 12 Bronze between them. It was going to be quite a feat with over 360 competitors on the day. Special mention must go to Rachelle Fawcett (Forres) winning Gold in Sparring and Gold in Special Technique yellow belt division and also Maree McDonough(Forres) Gold in Pattern and Gold in Power Test Black Belt division. Kristopher Carbis (Forres) won Gold in Blackbelt Power test along with a Bronze in both Sparring and Special technique.

Rest of results as follows:

Forres students

Callum Neilson, Gold sparring (Yellow belt)
Fraser Neilson, Silver Patterns (White belt)
Matthew Stephen, Silver Sparring and Bronze Patterns(White belt)
Rachel Fraser, Silver Special Technique and Silver Patterns (Green belt)
Graham MacPhee, Bronze Sparring (Blue belt)
Cameron Thomson, Bronze sparring and Bronze Pattern (Red belt)
Callum McCulloch, Silver Special technique(Black belt)
Greig Sim, Bronze Pattern and Bronze Power (Black belt)

Korean Kickboxing

Congratulations to all who were successful on passing their requested rank at the exam and also to Kirsty Summers who won 2 Bronze at the Battle of Moray competition hosted by Kaizen Kickboxing.

Kids Camp

We will be holding a Kids Camp on Thursday and Friday 30th & 31st July. Drop off between 8am and 9am and pick up by till 6pm. Packed lunch required and cost is only £40 for both days. Booking forms available at reception.

Awards Night

Forres club's annual awards night on Saturday 14th November. Tickets available soon.