CHAPTER 5

AWARDS ENCOMPASSING EXCELLENCE, EXPERIENCE AND ENGAGEMENT

Friday 1 May
Club, Team, Athlete of the Year

Being the Difference through Club Excellence, Experience and Engagement

**Lord Campbell Athlete of the Year Award**

The Athlete of the Year Award shall be awarded to the sportsperson who has demonstrated outstanding athletic performance.

**Saints Sport Team of the Year**

The Team of the Year Award shall be awarded to one of the Athletic Union’s club teams for outstanding performance in competition.

**Wallace Prize for Most Improved Club**

The Most Improved Club Award shall be awarded to the club which has shown the greatest improvement in management and results over the academic year, specifically across the areas of excellence, experience and engagement. This award is accompanied by a monetary prize of £500 which may be used by the club for any legitimate club purposes.

**Saints Sport Club of the Year**

The Club of the Year Award shall be awarded to a club which has shown the most outstanding commitment to achieving excellence, experience and engagement.
Francis Millward
Judo
Winner
4th Year – Chemistry

Francis has won a plethora of gold medals this year: SSS Gold, SSS Men’s Team Gold, BUCS Gold, Strathkelvin Gold. His winning performances are consistent to say the least, especially considering he has maintained these results since last year after winning BUCS Bronze in his first two years. He has been selected for the European University Sports Association Games for the second year in a row. Francis has continued to be a part of the club’s coaching team and is a true role model for other members of the club.
Kirstin Giddy
Boat
Finalist
4th Year – History

Kirstin reached the third assessment of GB trials U23 selection with a 7:10 minutes 2km qualifying time. She has represented Scotland for two years, winning two gold medals at the Home International Regatta in W8+ and W4- in 2019. This year, she reached the quarter-finals of Henley Women’s Regatta for the third year running. Amongst a series of medals that she has won with the Boat Club, she won the club’s first gold medal in W2- and bronze in W4+ at BUCS Regatta 2019 alongside a bronze medal at Scottish Championships Regatta in W2-. She became Scottish Champion in W4+ at Scottish Championships Regatta and also won a gold medal in WC2- at Scottish University Championships 2019. Kirstin was also awarded the University Shield in W4- at British Rowing Senior Championships 2018.

Vinson Wong
Fencing
Finalist
2nd Year – Physics & Maths

During the summer of 2019, Vinson won 1st place at The GB Cup and Student 4 Nations Team event, whilst achieving 2nd position at the RAF Open and Student 4 Nations Individual Event. He also placed 18th at the Hong Kong President Cup (Nationals). His success has continued through the season. Alongside captaining the St Andrews Men’s 1st Team, which is 1st Place in Scottish 1A League and qualified for Trophy finals, Vinson has competed internationally. He represented Hong Kong’s national team at the Turin Grand Prix and his success at the Italian regional competitions led him to qualify for the Italian Nationals. He also won 1st place at the individual and team Stirling Sword competitions. Vinson finished the BUCS Individual competition in 18th place.
This season the Women’s 1st Team won BUCS Scottish 1A for the first time. Their victory was achieved by winning all 10 of their matches without dropping a point. They scored 70 goals in all competitive games and only conceded 10. The team also reached the 4th round of the BUCS Trophy and the final of the Scottish Student Sport Cup for the first time in 8 years. They are an incredibly hard-working group of players who give everything they have to becoming the very best they can be as players and as people. The success they have experienced this year was only possible through all the extra work they put in throughout the season. Individually and collectively, they committed to the extra pitch and analysis sessions and it certainly paid off. We all look forward to watching the squad continue to develop next season and beyond.
Senior Men’s Boat Team
Finalist

The Senior Men’s Boat Team became Medium Academic Pennant winners and broke a club record at Head of the River 2019. They were Scottish Champions in M2- at Scottish Championships 2019, whilst also winning their first gold medal in M2- and bronze medal in M4+ at BUCS Regatta 2019. The team placed 16th overall in BUCS Regatta Victor Ludorum and reached the semi-final of Henley Royal Regatta for first time in club history.

Women’s Tennis 1st Team
Finalist

Having previously faced BUCS relegation battles in the top division, this season the Women’s 1st Team finished the North Premier in 3rd place. They won 5 out of 10 matches, with the losses having been very competitive matches. The team were also successful in the Scottish National League where they finished 2nd place in the top division. The women’s commitment has been consistently excellent, despite long trips for away matches. The squad have enjoyed much individual success, but their commitment to develop as a team has been a strong example for the other women’s teams this season.
The Women’s Team had a successful season, winning BUCS Scottish Division 1 for the first time. They won 60/60 of their games before missing promotion by only 2 games in the national playoff. The Men’s Team finished 2nd in BUCS Scottish Division 2 and also won the BUCS Men’s Scottish Conference Cup for the first time in the club’s history.

The Squash Club has seen a complete renewal this year. A new programme of regular and semi-compulsory training for two mixed squads with biweekly training from a new student coach has increased commitment levels and the overall standard of the club. Additionally, after running a financial deficit in 18/19, the club redesigned their membership structure and moved their accounts online. Their effort to improve their social media presence was also integral in growing the club.

In an effort for more people to get involved with the sport, the club started open ‘ladder sessions’, which have successfully increased participation in recreational squash at the University. The increased engagement of club members is shown by the fact that most committee positions were contested at the AGM, in contrast to 3 positions being unfilled last year. Also, the club worked with the local charity, Families First, who help children with behavioural and learning disabilities, to schedule squash sessions for the second half of the semester.
Excellence
This year, the Fencing Club have supported one of their athletes, Vinson Wong, to begin competing at an international level. The Women’s 1st Team placed 4th in the Northern Premier League and the Men’s 1st Team reached the final of the Trophy. They have earned the second highest BUCS points across Saints Sport clubs in 2019/2020 season.

Experience
Before starting BUCS competitions, the club ran a beginner’s course to allow more athletes to join teams and compete. The club have supported athlete development, having 5 L1 and 1 L2 student coaches. They have also provided facilities for wheelchair fencing in order to include all levels of physical ability within the sport.

Engagement
The Fencing Club held a student-run ‘Friendly Fencing’ session with Balmullo Scouts and have coached individuals in the wider community, including two pentathletes. The club frequently participated in university-wide campaigns, such as Breast Cancer Awareness, Purple Friday and Women in Sport.
Judo Club
Finalist

Excellence
The Judo Club had a series of excellent results this year, winning 7 medals at the Scottish Student Kyu Grade Championships and a further 14 at the Scottish Student Judo Championships, including a notable gold for the Men's Mixed Grade. In the BUCS competition, 2 gold medals were won and two first time competitors placed fifth.

Experience
The club entered more competitions this year to support the development of athletes. An external coach was secured for the full year to support and develop the existing student coaches. There was improved planning of sessions to enhance the coherence between sessions and ensure the club could cater to a wide ride of ability better. Many individuals graded up and moved into higher competition categories this year.

Engagement
Membership to the club has significantly increased and the club have made an effort to engage with the wider Saints Sport community by running a judo session for Women's Rugby. The club has also supported Athletic Union campaigns, such as Purple Friday and International Women's Day.
The Boat Club had a very successful season. UStABC athletes got 3 gold medals in W8+, W4- and W4+ at Home International Regatta 2019 for Team Scotland. They also became Scottish Champions in M2- and W4+ at Scottish Championships 2019. First gold medals and 2 bronze medals were also gained at BUCS Regatta 2019 and UStABC were runners-up of the Scottish Student Rowing Victor Ludorum 2019. The Women’s Team reached the quarter finals of Henley Women’s Regatta for the third year running and the Men’s Team made club history by reaching the semi-finals of Henley Royal Regatta for the first time. They were also Medium Academic Pennant winners and broke a club record at Head of the River 2019. In the GB Trials, 2 athletes progressed through the first round and 1 continued through the second round. The club has shown great depth this year because gold and silver medals were also won in the beginner relays at Scottish Rowing Indoor Championships 2019.

Experience

UStABC is entirely run by students. This provides many leadership and management opportunities for students, particularly on Saints Regatta Committee. Saints Regatta is the largest student-run regatta in the UK. There are opportunities to develop life-long connections with the club through the alumni and supporters club, Eden Boat Club. The Boat Club also conducted their most successful fundraising campaign to-date on the SaintsFunder platform, raising £35,000 for new equipment.

Engagement

The club saw a 200% increase in beginners from 2018-19, showing a huge rise in student engagement. The club has engaged with pupils at Lochgelly High School, running weekly indoor sessions for them and there are plans to begin learn-to-row courses for the local community next year. The Boat Club also raised £1092 for Maggie’s Fife through a 24-hour ‘Ergathon’, took part in the Row Britannia campaign, and were the first sports club at the University to sign Scotland’s Mental Health Charter for Physical Activity and Sport. The establishment of the club’s Welfare Team helped raise awareness surrounding mental health through campaigns such as ‘Movember’.
Club of the Year Award

Football Club
Finalist

Excellence

This year, the Women's 1st Team were crowned champions of BUd Scottish 1A for the first time. They achieved this by winning all 10 of their league games along the way. This team won 13 of 14 games played and progressed to the 4th round of the BUd Trophy. They also progressed to the SSS Cup Final for the first time in 8 years. The Men's 1st Team won the Conference Cup for the first time in 4 years and also progressed to the Queens Park Shield Semi Final. Many other teams in the club have also enjoyed successful seasons. The Women's 3rd Team progressed to their furthest ever stage of the Conference Cup and the Men's 3rd Team finished mid-table in Tier 4 to sustain their place as one of the highest ranked 3rd teams in the country. The Men's 6th Team recorded their highest ever BUd points return, whilst the Men's Amateur Team are on track for promotion and have made it into the latter stages of the prestigious Fife Cup.

Experience

Both 1st Team squads have made a strong effort to gain experience in their sport by trialling GPS software and having weekly individual, team and unit video analysis sessions to give themselves the best chance of improving. The club have supported Junior Saints and the Saints Leadership Programme and provided non-competitive club members with weekly activities to help players gain experience. The Football Club have a clear ethos of strong behaviour qualities, which is reflected on a daily basis through the interaction with Saints Sport staff, opposition teams and the Grounds team, always leaving changing rooms tidy and putting goals together at the end of games and training.

Engagement

Communicating with alumni, sponsors and families of players has been one of the club's goals this year. The creation of an online matchday programme and the first Thanksgiving event to celebrate the club's American members were successful initiatives. The Football Club have frequently engaged with the local community, continuing their outreach work with St Leonards School and St Andrews Girls Football Club. The club has also been involved in a number of charitable projects: a charity cycle to Manchester which raised over £4000 for Bloodwise, donating to food banks, raising money for Coppafeel, and raising awareness of mental health.
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EXCELLENCE IN THE FACE OF ADVERSITY
Many clubs have practiced **excellence in the face of adversity** this year and have truly pulled together to support individuals having a tough time with their mental or physical health, or to shine a light on things that are important for the greater good. Here we look at three different initiatives which reflect ‘excellence in the face of adversity’.

**Cairo to Cape Town: Two boys on a bike for sight**

On World Sight Day, 11th October 2018, and with the support of an R&A International Scholarship, University of St Andrews students Alex McMaster and Merlin Hetherington set off on a tandem to cycle the length of Africa, a 10,000 km journey across the continent from Cairo to Cape Town.

Their journey took them through some of the most medically under-resourced regions of the world, where they delivered training to health workers and students with the Arclight, an instrument developed for eye care in St Andrews.

The trip was not without problems and the boys decided to abandon the tandem bike due to issues with saddle pressure. A lot of walking ensued, but after a few weeks of hauling their belongings by foot across the wild Masai Steppe, they were saved by ElliptiGO and Burley who provided stand-up ‘running on wheels’ bikes and trailers, which they used to complete their journey.

Through their efforts, the pair have raised over £24,000 towards funding Arclight devices and the associated materials required for delivering training sessions.

Alex and Merlin completed their adventure on 15 May 2019 after covering 10,450km (Tandem 4600km; Walk 350km; ElliptiGOs 4600km) in 217 days on the road, delivering training to 843 people and distributing 1050 Arclights.

For a full report on their journey please see:  
[https://news.st-andrews.ac.uk/archive/african-expedition-a-sight-for-sore-eyes](https://news.st-andrews.ac.uk/archive/african-expedition-a-sight-for-sore-eyes)

You can read more about the Arclight here: [www.st-andrews.ac.uk/medicine/about/malawi](http://www.st-andrews.ac.uk/medicine/about/malawi)
Saints Football: St Andrews to Manchester Cycle for Charlie

On 21 August 2019, 10 players and staff from the University of St Andrews Football Club and the Department of Sport and Exercise took on a challenge that involved cycling from St Andrews to Manchester to visit Charlie Andrews, a Men’s 1st Team player who had earlier in the year been diagnosed with blood cancer. In doing this challenge the group also had the intention of raising money and awareness for the charity Bloodwise. Bloodwise is an excellent UK based charity dedicated to funding research into all blood cancers including leukaemia, lymphoma and myeloma, but also dedicated to offering information and support to blood cancer patients.

Taking place over 3 days this challenge was both physically and mentally demanding for the group who had to endure various obstacles such as the weather, getting lost and bikes and vans breaking down. With little or no cycling experience, the group cycled 90-115 miles a day over 3 days in order to complete the 280-mile ride. The group was significantly encouraged and motivated following news on day 1 that Charlie had been told he was in remission. Day 3 saw the task completed as they arrived in the early evening to meet an emotional Charlie and his family outside the iconic Old Trafford stadium, home of Manchester United Football Club. A fantastic effort from all involved which raised an incredible £4,336 for Bloodwise.

5 months on from this, Charlie not only returned to the University to finish off his Postgraduate course in Computer Science but also returned to the Football Club to continue his playing career and signed off the BUCS season in the perfect way as he helped the Men’s 1st Team win the Conference Cup for the first time in 4 years.

Saints Hockey: 3 Peaks Challenge

During the 2018/19 Academic year, a member of the Hockey Club, Charlie Greenbeck, was diagnosed with cancer and received treatment for this during his second semester.

The club wanted to support him by raising money for two charities that had supported him throughout his treatment. They decided to embark on the 3 Peaks Challenge in order to raise money for CLIC Sargent and Teenage Cancer Trust. Charlie had just finished his treatment and only a few weeks later took part and completed the challenge as well.

Congratulations to the 13 people who took part in the challenge and raised an incredible amount for both charities:

CLIC Sargent – £1600
Teenage Cancer Trust – £1500

The club are so pleased to welcome Charlie back as he starts the 2nd year of his Chemistry degree in September.

Congratulations to everyone involved in raising money for such fantastic charities. The lengths our students go to know no bounds.
The People Who Have Been the Difference to the Sports Awards

We would like to give our sincere thanks to the following individuals and teams who have worked through unprecedented circumstances to collate and highlight the amazing efforts of our student-athletes this year.

The Awards Committee
For their work in narrowing down the extensive list of nominees.

The Media and Graphics Team, past and present
For their help gathering and putting together footage and photos.

The Events Committee
For their hard work and organisation in putting together this event. From the planning and preparation of the original concept for the event to the change of focus when the event moved online, thank you for everything you have done to make this possible and never losing sight of our key aims for the Sports Awards.

Heather Gaunt
Whose expertise, direction and commitment has been instrumental.

Macron Store Dundee (formerly Richmond Sports)
For their continued support and generous sponsorship of the Martin Barkla Volunteer of the Year Award and the Saints Sport Volunteer Coach of the Year Award.

Accommodation, Conferences and Events
For your support and professionalism in the planning of the original event, and your support thereafter when the event moved online. Looking forwarding to working with you again for next year’s event!

Print and Design
For helping us with our last minute request and a special thanks to Suzanne Issa for her support and hard work with the brochure.

The University
Our thanks to the Principal's Office for its continued support and funding of sport at St Andrews. With over 70% of students active in sport or physical activity, Saints Sport is a key player in delivering a unique and sector leading St Andrews Experience and we would also like to extend this thanks to all who continue to support us.
Environmentally friendly events

We are passionate about ensuring Saints Sports events leave positive stories and provide motivation to all. We don’t wish to leave an unnecessary trail as we do so. We are trying to reduce the carbon footprint of our events and we thank you for your support in receiving information electronically and helping us to omit paper from our events.

We will continuously strive to make our events friendly to the environment and each other.

We look forward to seeing you back in St Andrews when it is safe to do so. Here’s to another year of being the difference.
SPORTS AWARDS 2021

SAVE THE DATE

THURSDAY 22ND APRIL 2021

BYRE THEATRE