

Turnhouse Hammer Academy

It was an extremely busy and successful summer 2018 for the Turnhouse hammer throwers. We competed around the country and overseas. Below are some of our achievements to date and some information on our new squad members:

Natalie Robbins has had an impressive season improving her personal best throw from 52.80m last year to 57.05m. She gained her first Scottish Senior International when she represented Scotland in the Loughborough International in May and again at the Manchester International in August. She is Scotland's Number One. She has grown in confidence and learned a lot from the opportunities she has been given this year. A highlight was meeting the legendary Mary Peters at her home track whilst competing in Belfast.



Craig Mullins put in an excellent performance at the U23 British Championships in June throwing a personal best of 53.88m and placing 5th in a quality field. Craig won the Scottish Universities title and the also Celtic University International. Craig's furthest throw last year with the 7.26kg implement was 46.87m.

It is a challenging transitional year for Craig going up a weight division to the senior men's implement from 6kg to 7.26kg but he is giving it a real go. Craig will continue to work hard and aim to throw over 55m by the end of the season.



University Champions



Turnhouse sweep the podium

Andy Frost has progressed steadily this summer recording a seasons best of 64.32m. Andy is currently number one in the UK for M35. He is still competing and taking on a bigger coaching role within the team as we have a few new athletes.

NEW RECRUITS

Ciaran Wright is a new member to the Turnhouse Team. He is 22 years old and resides in Falkirk. He joined us at the start of 2018 and has achieved a personal best throw of 66.31m with the senior implement. His best throw in 2017 was 62.79m. He finished an excellent 2nd place at the U23 British Championships in Bedford. He is an asset to the group and has natural potential.



Alix Fairley is another new recruit and is the youngest member of our squad at 15. She is a local athlete living in and competing for Livingston AAC. She has improved her personal best from 41.83m to 45.88m. Alix joined us at the start of the year and has made great progress.



Chris Bennett is an Olympian (Rio 2016) and 2 x Commonwealth competitor (2014 & 2018). Chris was formerly coached by the late Alan Bertram and trained alongside Susan and Andy throughout his career. He joined Turnhouse Hammer Academy this winter and has a personal best throw of 76.45m. He aims to compete at The 2019 World Championships in Doha this October.



Susan Mckelvie joined the Scottish Athletics Performance Team for the Celtic Games International in August. She was responsible for the throws team and enjoyed the experience very much.

She is also involved in the National Junior Squad days which are run by Scottish athletics over the winter.

All of us at Turnhouse Hammer Academy are forever grateful to Witherby for the ongoing support we receive. As you can see all our athletes are making significant progress and this wouldn't be possible without your support. Due to our success more athletes want to join our team. We have a real chance of having three athletes in the next Commonwealth Games in Birmingham 2022. All of them are currently on track. Our younger athlete can set the heather alight in her age group.

We look forward to another year of success with Witherby.

Many Thanks

