

**Well done everybody ..... Especially students from AC Taekwondo.**

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**Colour Belt Competition : November 2009 Forres Academy**

**White belt Tul -9 years**

Gold Jessica Walker Inverness  
Silver Sophie Matheson Forres  
Bronze Kylie Simpson Forres  
Bronze Shannon Mair Forres

**Yellow belt Tul -9 years**

**Gold Liam Mitchell Culloden**  
Silver Aidan Grant Forres  
Bronze Fraser Haig Forres  
Bronze Emma Lawrence Forres

**White belt Tul 9-12 years**

**Gold Dan Corr Alness**  
Silver Ethan McNally Inverness  
Bronze Robert Oliphant Forres  
Bronze Marie Morrison Forres

**Yellow belt Tul 9-12 years**

Gold Natasha McColl Inverness  
Silver Callum Neilson Forres  
Bronze Aaron Smith Forres  
Bronze Scott Tulloch Inv

**Green belt Tul 9-12 years**

Gold Kloe Gibson Nairn  
Silver Jake Carpenter Forres  
Bronze Katie Scott Nairn  
Bronze Christopher Fawcett Forres

**Blue belt Tul 9-12 years**

Gold Sandy Scott Nairn  
Silver Kieran Gibson Nairn  
Bronze Kieran King Nairn  
**Bronze Sophie MacFarlane Culloden**

**Red belt Tul 9-12 years**

Gold Paul Noble Inverness  
Silver Cameron Grant Inverness  
**Bronze Daniella Cameron Culloden**  
Bronze Finn macIntosh Forres

**Team Tul**

Gold Nairn  
Silver Forres 2

Bronze Forres 1  
Bronze Forres 5

### **Green belt Tul 13-17 years**

**Gold Amy Niven Alness**  
Silver Amy Cameron Nairn

### **Blue belt Tul 13-17 years**

**Gold Liam Tracy Culloden**  
Silver Rachel McGillivray Nairn  
Bronze Kieran Sharp Forres  
Bronze Douglas Scott Inverness

### **Red belt Tul 13-17 years**

**Gold Katie Humphries Alness**  
**Silver Samantha McFarlane Culloden**  
**Bronze Liam Urquhart Alness**  
Bronze Grahan MacPhee Forres

### **Seniors Tul**

Gold Alison Tulloch Inverness  
**Silver Daniel Stott Alness**  
Bronze Shiela Gray Inverness  
Bronze Julia Sarwar Inverness

### **Sparring -9 years White-Yellow belt Tots**

Gold Robert Oliphant Forres  
Silver Matthew Steven Forres  
Bronze Scott Woods Nairn  
Bronze Marie Morrison Inverness

### **Sparring -9 years White-Green Peewee**

**Gold Connor Brown Culloden**  
**Silver Liam Mitchell Culloden**  
**Bronze Dan Corr Alness**  
**Bronze Hannah Todd Alness**

### **Sparring -9 years White-Yellow Low**

Gold Jack Rennie Forres  
Silver Fraser Haig Forres  
Bronze Ashleigh Young Forres  
Bronze Emma Lawrence Forres

### **Sparring 9-12 years White-Red Peewee**

Gold Alistair Watson Inverness  
Silver Scott Tulloch Inverness  
Bronze Kloe Gibson Nairn  
**Bronze Megan Wilson Culloden**

### **Sparring 9-12 years White-Blue Low**

**Gold Ryan Hamilton Alness**  
Silver Jake Carpenter Forres  
Bronze Kieran Gibson Nairn

Bronze Amie Wadell Nairn

### **Sparring 9-12 years White-Green Middle**

**Gold Jordan Brown Culloden**

Silver Katie Scott Nairn

**Bronze Scott Fraser Alness**

Bronze Nathan Ross Nairn

### **Sparring 9-12 years Blue-Red Middle**

Gold Cameron Grant Inverness

**Silver Sophie McFarlane Culloden**

Bronze Finn MacIntosh Forres

**Bronze Daniella Cameron Culloden**

### **Sparring 9-12 years White-Blue High**

Gold Callum Neilson Forres

Silver Kieran King Nairn

Bronze Aaron Smith Forres

### **Team Sparring 9-12 years**

**Gold Culloden**

**Silver Alness**

Bronze Forres

Bronze Nairn

### **Special Technique -9 years Tots White-Yellow**

Gold Matthew Steven Forres

Silver Robert Oliphant Forres

Bronze Marie Morrison Inverness

Bronze Scott Woods Nairn

### **Special Technique -9 years Peewee White Yellow**

Gold Conner Brown Nairn

Silver Ethan McNally Inverness

**Bronze Dan Corr Alness**

### **Special Technique -9 years Low White -Yellow**

Gold Erin Carpenter Forres

Silver Aiden Grant Forres

Bronze Emma Lawrence Forres

### **Special Technique 9-12 years Peewee White -Red**

Gold Alistair Watson Inverness

Silver Scott Tulloch Inverness

Bronze Kloe Gibson Nairn

### **Special Technique 9-12 years Low White-Red**

Gold Kieran Gibson Nairn

Silver Paul Noble Inverness

Bronze Jake Carpenter Forres

### **Special Technique 9-12 years Middle White-Red**

**Gold Jordan Brown Culloden**

Silver Cameron Grant Inverness

Bronze Finn MacIntosh Forres

**Bronze Scott Fraser Alness**

### **Special Technique 9-12 years High White-Red**

Gold Callum Neilson Forres

Silver Kieran King Nairn

**Bronze Evan MacIntosh Culloden**

Bronze Aaron Smith Forres

### **Sparring 13-17 years Female**

**Gold Samantha MacFarlane Culloden**

**Silver Katie Humphries Alness**

Bronze Amy Cameron Nairn

**Bronze Natalie Hamilton Alness**

### **Sparring 13-17 years Male**

**Gold Darryl Buchanan Alness**

**Silver Liam Urquhart Alness**

Bronze Mark Woods Nairn

Bronze Graham MacPhee Forres

### **Team sparring 13-17**

**Gold Culloden Female**

**Silver Alness Male**

### **Sparring Adult Female**

Gold Julia Sarwar Inverness

Silver Kirsty Summers Forres

### **Sparring Adult Light**

Gold Steven Ednie Inverness

Silver Kieran Fitzpatrick Inverness

Bronze Julia Sarwar Inverness

Bronze Hugh MacPhee Forres

### **Sparring Adult Heavy**

**Gold Daniel Stott Alness**

Gold Paul Hopkins Inverness

Gold John McLennan Inverness

### **Overall Champ**

Gold Steven Ednie

Silver Paul Hopkins

Bronze Kieran Fitzpatrick

Bronze John McLennan

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