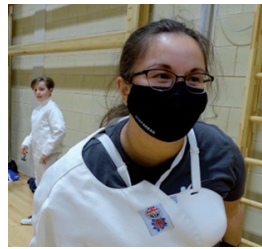


# The DUELLIST

Newsletter of Elgin Duellist  
Fencing Club, Moray, Scotland

Scottish Charity No: SCO39192



## THIS IS Who we are...

We don't want to talk about COVID but we do want to tell you about our Club and what it means for us to be back fencing!

In this issue you will read about our past and present Elgin Duellists and their success on and off the piste.

You will also read about the accomplishment of our Club coaches in setting up new clubs at Elgin Academy and Buckie Community High School.

Most of all, we hope you see that we want to welcome everyone to Elgin Duellist Fencing Club and introduce you to our shared passion for this ancient art and modern sport.

*Why don't you join us?*

**IN THIS ISSUE:** Freshers, Fencers, Filmmakers | Reaching Out to all Scottish LGBTQ+ Fencers  
Sport Scotland - Girl Power | Satellite Clubs Fencers | Be You. Be Different



# Freshers, Fencers, Filmmakers

Away to University Oliver Harrison and Casper Hawkins (19) are balancing their studies by staying on piste.



Casper Hawkins, foreground, training with Warwick University Fencing Club

Oliver is in his second year of an Mchem degree in chemistry at Heriot-Watt University, Edinburgh and has joined a HEMA club called Dawn Duellists. (*Once a Duellist, always a Duellist Oliver.*) "I'm very much enjoying it as it is very physically and mentally demanding and has many similarities to fencing as in essence, both are sports are centred around sword fighting.

However, HEMA when compared with fencing has key differences such as a lack of priority rules, promoting lateral, as well as linear movement, and allowing grappling. It is based on the teachings of Johannes Liechtenauer, a period fencing master and employs the traditional German longsword."

Fresher Casper, studying Theatre and Performance Studies at Warwick University, England, has been selected for the University's fencing first team squad (foil) and competes in a league that includes Birmingham, Cambridge, Oxford, and Leicester Universities.

*Our good wishes to both of you.*

## ... NEWSFLASH ...

As we go to press it has been announced that Sean Saul's film, *The Damned*, has won The Best Horror short of The New Wave Short Film Festival. Festival organisers said, "Your film brought us enormous pleasure and exhibits excellence in artistry and craftsmanship in noteworthy fashion."

Thunderous applause to you Sean.  
A fantastic achievement.



Another EDFC fencer Sean Saul, (24), has successfully completed his Contemporary filmmaking degree at the University of the Highlands and Islands, and is on his way to becoming a successful, professional filmmaker.

"I passed with First Class Honours in the Highlands and Islands course. It was tough but tons of fun.

As you may know my first short film was about fencing in the north of Scotland called *Fighting Perfection*, showcasing the 2018 Highland Open and I have subsequently completed a short historical horror film called "*Damned*".

I entered it into the Scottish Short Film Festival 2021. It didn't win any Awards but it was nominated in two categories which is a big honour because my film, done on a £100 budget with a friend, was up against films with budgets in their thousands from established film companies. It made the top four nominations in both the Private House Stays Most Creative/Original Award and the Best Costume/Makeup Award.

The nominations have been really good for me as both the New York Tri-State Film Festival and the Serbest International Film Festivals have inquired about my film featuring in their programmes.

Fencing is still a passion for me and I hope to see you all soon."

Note: Sean's film can be seen:

[www.youtube.com/watch?v=DXlsleQ2rSU&t=83s](https://www.youtube.com/watch?v=DXlsleQ2rSU&t=83s)



Inclusion and diversity is incredibly important to us and we feel it is necessary to do as much as possible to not only help achieve a diverse, flourishing and vibrant club but also to contribute to our community.

Below are some current examples:

## Reaching Out to all Scottish LGBTQ+ Fencers

Elgin Duellist Fencing Club has formed our very own LGBTQ+ fencing team and we are eager to meet up and fence any other Scottish LGBTQ+ Club teams who feel brave enough to take us on!

To the best of our knowledge we are the first LGBTQ+ fencing team in Scotland but would be

delighted to be proved wrong. Just let us know which weapons you would like to fence and we hope we can establish regular inter-club competitions.

Contact Head Coach, Robin Paterson for more information: [robin1andlinda1@yahoo.com](mailto:robin1andlinda1@yahoo.com)

## Sport Scotland – Girl Power

EDFC Fencer/Coach Fleur Hamelin Stewart recently led taster sessions for female fencers between S1 and S3 age group at Elgin Academy, as part of a Sport Scotland, Active Schools Moray initiative. “The aim of the initiative was to encourage girls to join extracurricular activities at school or clubs in the wider community. Other taster sports included football, netball and parkour.

Twelve girls attended and they really enjoyed their taster and although we only had 20 minutes they showed great flair and natural ability”.

Thank you Fleur, and well done to Reuben and Kaiya (members of Fleur’s Elgin En Garde club) who assisted you.

Girl power on the piste. Photograph: Fleur Hamelin-Stewart



## Project Forte

Project Forte is a Changing Lives programme developed in France and recently delivered for the first time in the UK by a partnership involving Scottish Fencing, local councils and Rape and Sexual Abuse Centres in Scotland.

In developing the concept of this initiative, the French Fencing Federation (FFE) had worked with practitioners to create an extraordinary and unique therapeutic environment using fencing workshops as part of the healing process for survivors of sexual violence and trauma.

In the Spring of 2022, Elgin Duellist Fencing Club and Moray Rape Crisis Centre are delighted to be working together in delivering this six week fencing

based programme here in Moray. We are excited to be involved in running these hopefully fun and therapeutic sessions where the participants will also try a new sport in a no pressure environment.

More information on the Scottish wide initiative can be found at <https://www.projectforte.co.uk>



WHO WE ARE

# Satellite Clubs

In our last issue we spoke about the links, pathways to Elgin Duellist Fencing Club, as two of our fencer/coaches set up after-school clubs. Always looking to involve younger fencers we invited two of our fledgling fencers from Buckie Community High School and Elgin Academy to be part of our popular Who We Are Features.

Ellis and Jadon, we hope to see you in the Mother club one day soon.

*First, Ellis Boyfield of Buckieneers.*



My name is Ellis Boyfield, I have been fencing on and off since my teacher and mentor Dr. G (Jon Goulding) started a lunch club. It seemed like the right sort of sport for me to do in my free time at school; I loved learning with Dr. G since he was already my favourite teacher.

Learning a new skill took some time and I really enjoyed it, plastic fencing was really fun and I met new people and made lots of new friends. I was quite nervous at first, it is a very challenging sport and I questioned poking people with an object... for fun?! However it's more beautiful than that, it brings me joy learning all the techniques and skills needed.

I had to learn how to place my feet correctly, timing, move, lunge and parry riposte. This seemed like the sport I wanted to be involved in, and I was very lucky to have such a diverse group of people to enjoy fencing with.

However, in 2020 the world changed, fencing stopped because of the pandemic – it was such a shame – though in the second lock down I bought myself fencing equipment and fenced with friends and by myself: this was my Covid pastime. I very much enjoyed this; I was able to do my favourite thing again.

Then the world opened up, school resumed and Dr. G started a new after-school club, Buckieneers, fencing with real equipment and more people than last time. I'm really enjoying this new club so far and I have even joined EDFC on Thursdays. It is the same loving community I grew to love and enjoy in Buckie High school, with more people and my favourite mentor, Dr. G there, still helping me.

Having a disability, doing new things and developing into a new environment is quite hard for me, but Dr. G has been so helpful,

making sure I am included and comfortable in my lessons.

I want to say that if you suffer from any disability or are anxious about trying things I highly recommend joining an after school club, like fencing, rugby, football, anything your school or community has to offer, because, for me, this has been an amazing experience. I have made new friends and learnt new skills, all thanks to my school clubs and the teachers who started them. Dr. G got me into fencing and now it is one of my most favourite sports and hobbies. I am proud to be doing it.

I have a whole new level of confidence; I am more comfortable in different environments, new situations and around new people. Even if you just want some friends, a new hobby or to get out the house for a few hours, join a club or something in your community.

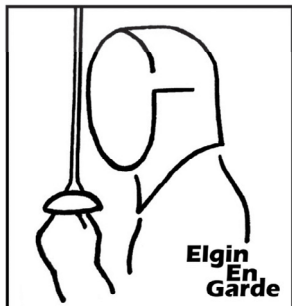


It's helpful for your CV and your personal statement, or you can even get an opportunity like this one I have; writing a feature story on a sport I adore and for someone who has made me such a better person.

*Thank you Dr. G I wouldn't be the person I am today without you pushing me to be better.*



# Fencers



And next on the writing piste, Jadon Rongong, 17, of Elgin Academy fencing club.

I joined the Elgin Academy fencing club, Elgin En Garde, back when I was in S.2 (I am now in S.4). Having had an avid interest in sword combat beforehand, I was eager to try fencing.

I was excited to improve my skills with the blade and discovered I enjoyed it immensely. My favourite part is when I fight people who are more skilled as I am able to learn a lot and quickly.

Fencing has also helped my life outside the club; the focus on precision and control has helped my naturally awful coordination, and my balance is also definitely improving.

I am very excited to also try the other two forms of fencing: epee and sabre.

## Editor's Note:

Elgin Academy Fencing Club, Elgin En Garde, was established by EDFC Fencer/Coach, Fleur Hamelin-Stewart



Elgin En Garde fencer Jadon Rongong



Elgin En Garde fencers...en garde! Photo Fleur Hamelin-Stewart



## The Highland Open is Back!

We are pleased to announce that following a COVID enforced absence of two years, fencers will once again be taking to the piste at the Highland Open Fencing Tournament on Saturday 24th (Epee and Sabre) and Sunday 25th September (Foil) at Elgin High School Sports Centre.

It will be great to welcome everyone back to Elgin!

# Club Championships

## 2020/21



After over a 2 year break, the annual Elgin Duellist Fencing Championships took place in December. A record 30 fencers took part in the foil championships where all competitors fought one another for 5 hits.



This year's champions: **Hebe, Jon and Ellis**

Our young fencers practicing their lunges

Although originally scheduled to take place over three weeks, the rise of Omicron meant that we had to bring the competition to a premature close after two weeks.

But during these two weeks, the Club coaches witnessed some fantastic performances especially from our youngest members!

At the end of the hard fought championships, the overall winners were:-

The Sally Low Award for the Most Improved Fencer  
Ellis Jiggins-Mackenzie (*Elgin High School*)

The Senior Award (Jointly won)  
Jon Goulding and Joe Joyce

The Junior Award (Jointly won)  
Hebe Muckle (*Milne's High School*)  
Ellis Jiggins-Mackenzie (*Elgin High School*)



And here are the highlights of the Elgin Duellist Championships in numbers.

### Club Championships in Numbers

- 1 A record **30** Elgin Duellists fenced in this year's Club Championships.
- 2 Although originally scheduled to take place over **3** weekly club sessions, the December outbreak of the dreaded omicron curtailed our championships to only **2** weeks.
- 3 A total of **97** fights were undertaken and a total of **703** hits were scored.
- 4 The youngest Elgin Duellist who competed was **7** year old Camille Stewart and the oldest fencer was **70** year old Michael Hawkins.
- 5 Ellis Jiggins-Mackenzie won the Sally Low Award for the Most Improved Fencer. An inspiration to all Elgin Duellists, in the last Club Championships in 2019, Ellis won **0** fights and lost a grand total of only **2** fights this year. What a difference!
- 6 All **30** Elgin Duellists scored hits in this year's Championships.
- 7 Hebe Muckle is the **1st** female joint winner of the Junior Club title!



Camille Stewart, 7 and Michael Hawkins, nearly 70, bookend the age range of EDFC fencers

Joe Joyce, Joint Club Adult Champion



# Coaches Corner

by Head Coach Robin Paterson

Through the pages of this newsletter you will see that Elgin Duellist Fencing Club has managed to introduce more young people to this fantastic sport through the development of our club coaches and it is especially gratifying to see teachers Fleur and Jon establishing very popular fencing clubs at their respective schools; Elgin Academy and Buckie Community High School.



This expansion has been greatly assisted through the implementation of Scottish Fencing's ambitious five year development strategy; Forging the Future. We will always be grateful for the patience and expertise of the Scottish Fencing coaches who have supported our club members on their learning journey. COVID permitting, we look forward to renewing

our progression as coaches in the near future.

As a small club, we like to think we punch above our weight (the wrong sporting metaphor I know) and we are proud to support in the region of 55 participants ranging in age from 7 to 70 to fence each week throughout Moray, but it's not just the quantity but also the quality of coaching I would like to highlight.

Across all sports, coaching has changed in recent years and concepts such as games for development

and constraints led coaching have emerged. When I watch my son's tennis lessons I see the same underpinning ideas we are establishing in the world of fencing. Age old repetitive training techniques are now being replaced with games leading to better skills acquisition and imposition of constraints creates more adaptable competitors.

Regardless of the sport the coaching benefits are the same... higher performing athletes but most important of all, attained through fun coaching!

7

As a small club,  
we like to think we punch  
above our weight

## Competition Results

Although the fencing competitions calendar has been significantly curtailed over the last year, RAF fencer Alistair Evans has taken part in the RAF Fencing Union's "Return to Fencing" event held at RAF Cosford last year. Well done Alistair on your 1st place in the Foil event and 4th place in the Epee!

Alistair Evans with RAF's Return To Fencing Trophy



## Commonwealth Fencing Championships

Elgin Duellist Scottish Team Member, Callum Sutherland is well on his way to securing his place on the Scottish Epee Team, for the Commonwealth Teams Competition to be held in England in 2022, with a 9th place at the Elite Epee held at Manchester in December.

Despite being laid low by COVID earlier in the autumn, Callum was the highest placed Scot in the Men's Epee category. Fingers crossed for your selection Callum.



**COMMONWEALTH  
FENCING  
CHAMPIONSHIPS**

#BFImage2020 Competition



# BE YOU. BE DIFFERENT.



Scottish  
Fencing

Forced to fence outdoors last year because of Covid restrictions, Elgin Duellist Coaches Robin Paterson and Callum Sutherland became, unwittingly, the subject of stunning Autumnal photographs that impressed the Judges of British Fencing's Image 2020 competition.



Fencing outdoors is  
different but still us

Professional photographer, Elgin based, Graham Cormie, was chosen as overall winner by Judges, including GB Foilist Kate Beardmore. They felt his image best conveyed BF's motto "Be You. Be Different."



Graham Cormie, competition winning photographer

Graham's winning image – a lunge on a piste of fallen leaves – was captured, by chance, on a golden Autumn day, as the two fencers moved up and down, among the glory of Elgin's Cooper Park's trees.

One of the fencers', Head Coach Robin Paterson said, "The winning image, a fencing lunge, shows two friends engaging with one another through their shared passion for this fantastic sport, which is reason enough alone to make it a powerful image. Our congratulations and thanks to Graham."

Here we showcase two more of the photos shot on that day including the winning photograph.



Two more of Graham Cormie's winning portfolio

The Duellist is edited by Michael Hawkins and Robin Paterson, assisted by Casper Hawkins. All photographs, except where stated, by Michael Hawkins. Our thanks to The Northern Scot, The Waterboys, and to ILC for sponsoring Callum Sutherland. Design by Steve Manson and print by printwell-ltd.co.uk. Special thanks to them.

For more information on Elgin Duellist Fencing Club please contact:  
Robin Paterson: 01343 541302 email: robin1andlinda1@yahoo.com

Elgin Duellist Fencing Club has a designated Child Welfare Officer: Fleur Hamelin-Stewart.