



MEDIA RELEASE

INTERVIEW OPPORTUNITY
FOR IMMEDIATE RELEASE

The Montreal Highland Games:
Highland Heavy Events Welcome Female Competitors
— at the Douglas Hospital grounds.

Montreal, July 26, 2019—The Montreal Highland Games are thrilled to announce that for the first time in 42 years, there will be a contingent of Highland Heavy women competing in the traditional heavy weight competitions on Sunday, August 4, 2019 on the grounds of the Douglas Hospital.

The Montreal Highland Games are held on the lush grounds of the **Douglas Hospital in Verdun** with full Highland pageantry. Held in collaboration with principal sponsors Pembroke Private Wealth Management and the St. Andrew's Society of Montreal, the Games are also made possible thanks to the financial support of the City of Montreal.

Now in their 42nd year, the Montreal Highland Games are one of the premier events in the North American Highland Games circuit. The athletic heavy competitions run throughout the day on the main field. *Look out men, the ladies have arrived!*

Typically, dominated by men, Highland Heavy events have seen a rise in female competitors over the years and the Montreal Highland Games are thrilled to welcome competitors from across Canada.

Local athlete Marie-Audrey Ross is 30 and from Mascouche, QC. She is the newest to the field of traditional Highland events but has been training, competing and powerlifting since 2016. Her favourite event is the caber toss.

Wendy McCrea, at 51, originally from Perth Andover, New Brunswick, is an isolation out-post nurse in Garden Hill, Manitoba. She has been competing for twelve years. Among many titles, Wendy took home 1st place in the New Brunswick Highland Games in 2008, 2010, and 2013

Adena Dawn Robinson is 48, and originally from Perth Andover, New Brunswick. A retired cosmetologist, she now works full-time as a school bus driver. Adena has been competing for thirteen years. Adena was the New Brunswick Highland Games champion in 2007 and 2012, and the Calgary Highland Games champ in 2007, among many other titles. Adena and Wendy McCrea were the first women to “throw” in New Brunswick and Nova Scotia.

Josée Morneau was born in Kingsbury, Québec but currently resides in Winnipeg. A competitor since 1997, she has won more than 50 highland games; including the twelve-time Canadian Highland Games Champion, eleven-time Maxville Highland Games Champion, and twelve-time Fergus Highland Games Champion.

All women will be available for interviews on Sunday, August 4 at The Games.

These Scottish women aren't the only women taking on traditional male roles. The **Dogue de Montreal** and the **Armored Combat Sports league** will compete against each other under the hot summer sun. Sporting medieval armour that can weigh up to 80 pounds, men **and women** take to the ring with swords, axes, and shields, to garner points that move them up the seasonal scoreboard.

Robbie Burns, Scotland's national poet wouldn't know what to think of a modern Highland Games. And, we at The Montreal Highland Games, believe that is just the way it should be. Welcome to 2019.

Date: Sunday, August 4, 2019

Time: 8:30 – 19:00

Location: Douglas Hospital grounds, 6875 Boulevard LaSalle, Verdun, QC

Cost: \$12.50 **online only until July 27 inclusively**

\$15 at the gate (ages 14 and under **free**, must be accompanied by an adult)

Additional Scheduled Events:

Highland Heavies Training

Saturday, July 27, from 10 am – 1 pm

Parc Arthur Therrien

Champion Highland athlete Jason Baines and trainers from U.N.I. will lead participants (men and women) in a series of exercises and workouts all with the goal of trying their hand at Highland Heavy events; caber toss, putting the stone, weight for distance. *(Media are invited to contact The Games should they wish to participate in the Clinic.)*

The Promenade of Cabers

Thursday August 1, from 7pm

The annual Promenade of Cabers will take place on Wellington Street. The walk will feature Pipes and Drums, Highland Dancers, Athletics teams and more. Followed by a “Scots in the Park” celebration.

The Annual Montreal Caledonian Run

Sunday, August 4 (day of Games)

The annual Montreal Caledonian Run: 1Km and 5Km races coordinated in collaboration with The Running Room. Participants are encouraged to wear kilts, and tartan accessories.

For all the details:

<https://www.montrealhighlandgames.com/caledonian-run.html>

INTERVIEW OPPORTUNITIES:

*For radio and TV media, a **bagpiper and dancers** are also available on demand to accompany interviews.*

- Brian MacKenzie, President of the MHG
- Sylvain Jette, MHG representative for Francophone media relations
- Alexander Rosenthal-Rashi, representative of Le Dogue de Montréal (Anglophone and Francophone media)

For more details on the MHG or to buy discounted tickets online, visit the event webpage:

<https://www.montrealhighlandgames.com/>

Facebook:

<http://www.facebook.com/montrealhighlandgames>

Instagram:

@mtlhighlandgames

For any media questions, interview requests and high-resolution photos please contact:

Marilyn Meikle, Media Coordinator

Cell : (514) 246-6276, mj_meikle@hotmail.com