

21st June 2013

Inspired pupil from Inverurie Academy wins a Gold Award at London 2012 education awards.

Some of the country's brightest young people visited Glasgow City Chambers to receive medals for their work on the Inspire-Aspire programme from Olympic Gold Medallist rower, Katherine Grainger CBE, IOC member Sir Craig Reedie CBE and the Lord Provost of Glasgow Cllr Sadie Docherty.

The Inspire-Aspire Awards programme reached 25,000 young people this year by using the Olympic and Paralympic Games and the character qualities of Olympians to inspire young people to set personal goals and to develop future aspirations.

Winning a Gold, 2nd Level award at the event was Rachel Urquhart from Inverurie Academy, who chose Kirstin Armstrong as her inspirational figure as part of her work on the programme.

Expressing her reasons for her chosen inspirational figure, Rachel said

"I think Kirstin Armstrong is a true inspiration. She shows that when something bad happens to you, you can't let it get in the way of what you want".

Before presenting the awards, Olympian Grainger told an enthralled audience that it takes commitment and courage to reach the top. She spoke about how it was sheer determination that had helped her finish the race at the London Olympics in 2012. Grainger expressed how important using the Olympic and Paralympic values in everyday life can be, not just in sport.

Inspire-Aspire aims to help young people gain a better understanding of their own character qualities and values and inspire them to create a personal development plan. Rachel explained how much of an impact participating in Inspire-Aspire has had on her:

"I have improved how to write about my thoughts and feelings."

Notes to Editors

Please contact Stephanie Powell, Trainee Communications Executive on 01334 844900, 0790 881 5259 or stephanie@inspire-aspire.org.uk for more information. A local School contact and professional photographs are available.