



SPORTING MEMORIES

SCOTLAND

REMINISCE • REPLAY • RECONNECT



ORKNEY 2025

Background to the Island Games



The Island Games began in 1985 as the *Inter-Island Games*, as part of the Isle of Man International Year of Sport and were intended to be a one-off sporting celebration only.

Initially, fifteen islands with 600 competitors and officials took part in seven sports. The track and field events were held on an eight-lane grass track, a far cry from the current games, which now use synthetic tracks in stadiums capable of holding thousands of spectators.

The Games of 1985 were so successful that organisers decided to hold a similar event two years later. The Games have grown from strength to strength, with limits now in place for the number of teams and the number of sports at each Games, currently 12 to 14. Sark could be considered the most successful island, their population of 600 having acquired 20 medals by 2015, one for every 30 people.

A traditional symbol of the games was started in 1991 when Åland asked all teams to bring some water from their islands, which was then mixed in a fountain. All future games has water from the previous fountain added to water from each island competing in the new games, creating a symbol of "mixing together".



What's on 2025 in Orkney



For 2025 the following sports are being staged.

- Archery
- Athletics, Track, Hurdles, High, Long and Triple Jump, Javelin and Shot.
- Badminton
- Bowls
- Cycling
- Football
- Golf
- Gymnastics
- Sailing
- Squash
- Swimming
- Triathlon

On the following pages we have included ideas to help you stage your own versions of some of the Island Games and of course, an Island themed Quiz

- Archery
- Badminton
- Bowls
- Football
- Golf
- Island Bingo
- Medals Sweepstakes



Why not start your club Island Games fun with a SWEEPSTAKE.

On the next three pages you will find the flags and some local information on each island participant in the 2025 games. Also, on each graphic there are the total number of medals won by each island in the 2023 games.

Print out the pages, cut up the island flag cards and do a draw, just like a Grand National Sweepstake.

The winner will be the person who has the island card who wins the most medals in Orkney in 2025

It could be good fun as the islands all clearly have 'form' whether good or poor!

We'll send out the results at the end of the games!

Åland



Population: 31,541
Area Size: 1,554 km²
Distance from Orkney:
1,291 km
Medals in 2023: 14

Alderney



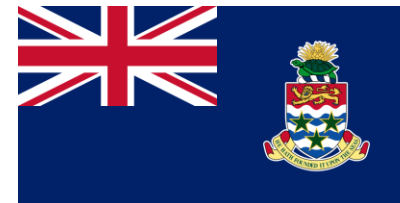
Population: 2,167
Area Size: 7.9 km²
Distance from Orkney:
1,032 km
Medals in 2023: 0

Bermuda



Population: 63,489
Area Size: 53.1 km²
Distance from Orkney:
5,385 km
Medals in 2023: 10

Cayman Islands



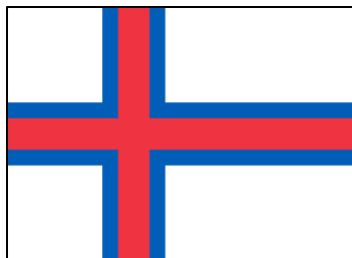
Population: 69,310
Area Size: 259 km²
Distance from Orkney:
7,518 km
Medals in 2023: 18

Falkland Islands



Population: 3,470
Area Size: 12,173 km²
Distance from Orkney:
13,262 km
Medals in 2023: 4

Faroe Islands



Population: 55,520
Area Size: 1,399 km²
Distance from Orkney:
394 km
Medals in 2023: 64

Frøya



Population: 5,391
Area Size: 151.9 km²
Distance from Orkney:
793 km
Medals in 2023: 0

Gibraltar



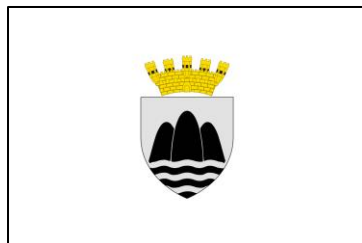
Population: 34,000
Area Size: 6.8 km²
Distance from Orkney:
2,545 km
Medals in 2023: 16

Gotland



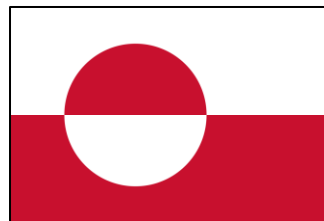
Population: 61,023
Area Size: 3,183.7 km²
Distance from Orkney:
1,249 km
Medals in 2023: 24

Gozo



Population: 40,191
Area Size: 67 km²
Distance from Orkney:
2,836 km
Medals in 2023: 4

Greenland



Population: 56,789
Area Size: 2.2 million km²
Distance from Orkney:
1,880 km
Medals in 2023: 6

Guernsey



Population: 64,280
Area Size: 62 km²
Distance from Orkney:
1050 km
Medals in 2023: 145

Hitra



Population: 5,323
Area Size: 755.8 km²
Distance from Orkney:
788 km
Medals in 2023: 6

Isle of Man



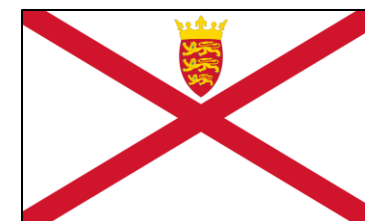
Population: 84,530
Area Size: 574 km²
Distance from Orkney:
520 km
Medals in 2023: 63

Isle of Wight



Population: 144,119
Area Size: 380.7 km²
Distance from Orkney:
920 km
Medals in 2023: 38

Jersey



Population: 112,300
Area Size: 119.5 km²
Distance from Orkney:
1,085 km
Medals in 2023: 126

Menorca



Population: 96, 733
Area Size: 702 km²
Distance from Orkney:
2165 km
Medals in 2023: 19

Orkney



Population: 22,500
Area Size: 990 km²
Distance from Orkney:
0 km
Medals in 2023: 2

Saaremaa



Population: 31, 435
Area Size: 2,673 km²
Distance from Orkney:
1,436 km
Medals in 2023: 21

Sark



Population: 562
Area Size: 5.5 km²
Distance from Orkney:
1,062 km
Medals in 2023: 1

Shetland Islands



Population: 23,020
Area Size: 1,467 km²
Distance from Orkney:
165 km
Medals in 2023: 7

St Helena



Population: 4,439
Area Size: 121.8 km²
Distance from Orkney:
8,334 km
Medals in 2023: 0

Western Isles



Population: 26,170
Area Size: 3,056 km²
Distance from Orkney:
198 km
Medals in 2023: 5

Ynys Môn



Population: 68,878
Area Size: 712 km²
Distance from Orkney:
626 km
Medals in 2023: 18

Island Cultural Facts Bingo

Facilitator Instructions

- Members choose 12 countries to put on their bingo sheets (the countries are located on page 10).
- Read the fact about the island and give members the opportunity to guess the island (facts are on next page).
- If they don't get it give them the answer, then they mark it off if they have it on their sheets.
- First to complete their sheet wins.
- There is a list of the island nations on the bingo sheet for members to choose from.

Member Instructions

- Pick 12 islands from the list and put one in each box of your bingo sheet.
- When that island's fact is called out, if you have it on your sheet cross it out.
- Call out "bingo" when you cross out all the islands on your sheet.

Island Fun Facts



Åland This island consists of 6757 islands.

Alderney This island is home to an unusual animal rarely seen elsewhere in Europe, called the blonde hedgehog.

Bermuda This island has a glow in the dark worm.

Cayman Islands Pirates occupied Cayman island in the 18th century.

Falkland Islands There are 5 different types of penguins in these islands.

Faroe Islands There are more sheep than humans on these islands.

Frøya This island is home to a lighthouse called Sula Lighthouse.

Gibraltar This island has its own language called the Llanito.

Gotland This island is the largest island in Sweden.

Gozo In 1551, the entire population of this island was kidnapped by Corsair pirates.

Greenland The name of this island means "Land of people".

Guernsey People from this island are traditionally known as donkeys.

Hitra This island has about 7000 lakes.

Isle of Man This island hosts the world's biggest motorcycle race in the world, the TT races.

Isle of Wight This island is home to the world's oldest theme park.

Jersey This island is the biggest of the Channel Islands.

Menorca Menorca's capital city Mahon claims the largest natural harbour in the world.

Orkney This island is home to 15% of the world's seal population.

Saaremaa This place has more spas than anywhere else in Estonia.

Sark This island has two parts: big sark and little sark connected by a narrow strip of land called La Coupee.

Shetland Islands Within these islands, there are 15 uninhabited islands.

St Helena This island is home to the oldest-known living land animal in the world: estimated between 170-200 years of age, Johnathon the Giant Tortoise.

Western Isles Just over 26,000 people live on the 15 inhabited islands.

Ynys Môn This island is the largest Welsh island coming in at 276 square miles. It's the fifth-largest island



Island Bingo Sheet

- Pick 12 islands from the list and put 1 in each box of your bingo sheet.
- When that island's fact is called out, if you have it on your sheet cross it out.
- Call out "bingo" when you cross out all the islands on your sheet.

Island Nations

Aland

Alderney

Bermuda

Cayman Islands

Falkland Islands

Faroe Islands

Froya

Gibraltar

Gotland

Gozo

Greenland

Guernsey

Hitra

Isle of Man

Isle of Wight

Jersey

Menorca

Orkney

Saaremaa

Sark

Shetland Islands

St Helena

Western Isles

Ynys Mon

Name that Islander



Name that Islander



Sir Mark Simon Cavendish KBE

Cavendish (born 21 May 1985) is a retired Manx professional road racing cyclist.

As a track cyclist he specialised in the madison, points race, and scratch race disciplines; as a road racer he was a sprinter. He is widely considered one of the greatest road sprinters of all time and in 2021 was called "the greatest sprinter in the history of the Tour and of cycling"

He holds the record for most stage wins at the Tour de France (35), achieved across 15 Tours and 17 years (2008-2024).

Name that Islander



Name that Islander



Heather Watson

Heather Watson (born 19 May 1992) is a British professional tennis player born in Guernsey

A former British No. 1, Watson has won nine titles over her career, including the mixed-doubles title at the 2016 Wimbledon Championships, partnering Henri Kontinen, making her the first British woman to win a major title since Jo Durie in 1991, and the first to win a Wimbledon title since Durie in 1987.

In October 2012, Watson won her first WTA Tour singles title at the Japan Women's Open, becoming the first British woman to win a WTA tournament singles title since Sara Gomer in 1988.

Name that Islander



Other Islanders who have gone on to participate in International Games events include:

- ☐ Alastair Chalmers (Guernsey) - 400m hurdles - Paris 2024
- ☐ Cameron Chalmers (Guernsey) - 4 × 400m - Tokyo 2020
- ☐ Dale Garland (Guernsey) - 4 × 400m - Beijing 2008
- ☐ Rebecca Heyliger (Bermuda) - swimming
- ☐ Pál Joensen (Faroe Islands) — swimming (World Championship bronze medal winner)
- ☐ Lee Merrien (Guernsey) - Marathon - London 2012
- ☐ Cydonie Mothersille (Cayman Islands) — 200m (World Championship bronze medal winner)
- ☐ Kelly Sotherton (Isle of Wight) — heptathlon and 400m (Olympic bronze medal winner)
- ☐ Mattias Sunneborn (Gotland) — long jump and 200m (World Indoor Championship silver medal winner)
- ☐ Albert Torres (Menorca) — cycling (World Championship gold medal winner)
- ☐ Andres Lauk (Saaremaa) – cycling – Atlanta 1996



Island Games Quiz



1) Golf: St Helena in the South Atlantic has a golf course. What else might you find on this course

- a) Small ponies
- b) Goats
- c) Rabbits

2) Bowls: The Falkland Islands Lawn Bowls Association first competed at the Island Games when

- a) 2023
- b) 2021
- a) 2018

3) Swimming: At the 2019 Island Games in Gibraltar which country topped the medal table with most medals

- a) Faroe Islands
- b) Isle of Man
- c) Orkney

4) Island Fact: Aland is located between Sweden and Finland. What country is it part of and what is the prominent language of Alanders.

- a) Finland and Swedish
- b) Sweden and Finnish
- c) Finland and Finnish

5) Sailing: Cowes Week is one of which island's annual events

- a) Jersey
- b) Guernsey
- c) Isle of Wight



Island Games Quiz



6) Badminton: What is the minimum age for a Badminton participant at the games

- a) 13
- b) 14
- c) 17

7) Football: In 2019 which island that hosted the Games was unable to hold a football tournament as they did not have enough pitches

- a) Cayman
- b) Gibraltar
- a) Bermuda

8) Swimming: Kara Hanlon from the Isle of Lewis stepped onto the international stage at the Island Games. Which games did she go on to represent Scotland at

- a) Olympic Games
- b) Commonwealth Games
- c) World Games

9) Archery: This island sent a team to the 2005 games despite being new to the sport of archery. Were they 'Colossal'

- a) Crete
- b) Malta
- c) Rhodes

10) Gymnastics: Which Welsh island has a strong tradition of gymnastics at the Island Games

- a) Ynys Mon
- b) Barry
- c) Puffin



Island Games Quiz - Answers



- 1 - **B** - the course is used for grazing goats
- 2 - **A** - 2023 in Guernsey
- 3 - **B** – Faroe Islands with 27, Isle of Man had 24 although most gold with 13 and Orkney won only 1 silver
- 4) **A** - A few years after Finland became an independent republic in 1917, it was affirmed by the League of Nations in June 1921 that the Åland Islands would get the status of an autonomous island province within the republic of Finland. Åland was then determined to be exclusively Swedish-speaking, demilitarised and granted extensive autonomy.
- 5) **C** - Isle of Wight – Cowes Week is one of the longest-running regular regattas in the world.
- 6) **A** – 13 is the age for being eligible to compete
- 7) **B**– Gibraltar didn't have enough football pitches
- 8) **B** – The Commonwealth Games – these games are the only international ones that athletes can represent Scotland at
- 9) **C** – Rhodes (Colossus of Rhodes)
- 10) **A** – Ynys Mon also known as Anglesey



Badminton with Balloons

Balloon badminton is a modified version of badminton where a balloon is used instead of a shuttlecock and flyswatters or other objects like half noodles can be used as rackets. The goal is to keep the balloon in the air, hitting it back and forth with partners or opponents and potentially knocking the opponent's balloon to the ground. Here's a more detailed breakdown:

How to play:

- **1. Materials:**

You'll need a deflated or lightly inflated balloon, rackets (flyswatters, half noodles, etc.) and a designated court area. Maybe use masking tape to mark out a court if you don't have one.

- **2. Objective:**

To keep the balloon in the air, preventing it from landing on your side of the court while trying to make it land on your opponent's side.

- **3. Gameplay:**

Players use their rackets to hit the balloon back and forth, just like in regular badminton.

- **4. Scoring:**

Points are awarded for rallies, similar to badminton, and the game can be played with various variations, such as keeping the balloon in the air for a certain number of times or knocking the opponent's balloon down. Here's a brief outline of the official scoring

In badminton, a match is won by the first player or team to win two out of three games, each game played to 21 points. Points are awarded when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside the court. If the score reaches 20-20, the game is won by the first team to gain a two-point lead. If the score reaches 29-29, the game is won by the team to score the 30th point. Adapt as you wish – we would recommend a game of best to 5 or 10 points.

- **5. Variations:**

You can play individually, in pairs, or in teams, and can also incorporate challenges like keeping two balloons in the air or trying to knock the opponent's balloon down.

Archery for All

Soft Archery is a great game to play to help with upper body strength for older people. Simple soft archery sets are not usually expensive and can be purchased online and at sports outlets like Decathlon. A certain supermarket chain often have them for sale in their "Middle Aisle" very reasonably.

If you do have access to archery sets, it's a very simple game to play and score – the nearer the bullseye the higher the score.

However, if you aren't lucky enough to have soft archery sets(s) available here is an idea for a simple target based game using darts. This might be especially useful for any members who aren't mobile.

Equipment

Darts, piece of card (fairly large) with a simple noughts and crosses style grid of nine squares placed at a suitable distance.

How to Play

Players take turns throwing at the squares, and the first to get three in a row wins.

Seated Football

Many of you will be familiar with Walking Football which is great for everyone that have the mobility and necessarily speed. But here is an activity suggestion if some of the club members are not very mobile – Seated Football! Here's how to play:

- Split the group into two teams. Teams should pick a team name. Explain that they'll be playing football sitting down and allow both teams time to huddle and talk tactics!
- Everyone should take a chair, pick a spot and sit somewhere on the pitch, making sure they're about 2m away from the other players. One team should defend one goal and the other should defend the opposite goal. Advise teams to spread out and fill the playing area, if they haven't already.
- The person leading the activity should referee. Begin the match. Players should work together, passing the ball to one another with their feet, until they get close enough to score in the opposing goal. Players should only touch the ball with legs or feet and must remain in their chairs in one spot unless they're told to move by the ref. Players can stretch for the ball so long as they remain seated.

You could play two halves, with the teams changing sides at half time. This way, one team can kick off the first half and the other can kick off the second. If there's not enough time to do this, drop the ball between two opposing players to start the match.

- The referee should watch the game carefully. Players should be given a 'time out' if they: leave their chairs, kick the ball up into the air or kick an opposing player or their chair. It's up to you how long a 'time out' lasts; it shouldn't be longer than a few minutes.
- If the ball rolls to a point where it's out of reach, the referee should pick it up and drop it somewhere between two opposing players. Make sure the referee is the only person who touches the ball with their hands.

Hole in One

Some ideas for homemade putting targets. You will also need one or two putters and at least 6 golf balls.



How to play Hole in One golf game

- Place the score box close to a wide wall so if the ball goes astray the wall will stop the balls rolling too far.
- Seat all players on chairs on either side of the score box in a line.
- Place a masking tape line on the floor up to 3 meters from the scoring box, this will be the line of where to bowl or putt from.
- The game can be played in two teams or as individual scorers. The highest scorer of the day is the winner.
- This game can also be played in a seated position so have a chair available at the line.
- Each player puts the balls towards the goal.
- The game aims to get the balls into the highest numbers on the scoring box and remain in the box
- Have a few rounds if time permits and add all the scores together.

Bowls and Boccia

Bowls will be played at The Orkney Island Games and fiercely competed by teams from as far away as the Falkland Islands. Some Sporting Memories clubs may meet at a Bowling Club, so may be able hold their own matches. But if not, here are the rules of Boccia and this will suit all participants including the less mobile.

- All players must be seated during a game
- A game consists of a series of ends
 - Singles & Pairs = 4 ends
 - Teams = 6 ends
- An end consists of all 13 balls being propelled onto court (the jack, 6 red and 6 blue)
- Decided using a coin toss, the winning player/captain chooses to be red or blue
- Both sides must occupy a designated spot on the court from where balls are propelled
- The red side always begins the first end by propelling the jack into court
- The player who propels the jack ball also propels their first coloured ball
- A player from the opposite side then propels their first coloured ball
- The side not closest to the jack plays until they get closer, or run out of balls
- The end is complete when all balls from both sides have been propelled
- One point is awarded for every ball of the same colour, which is closest to the jack
- Points scored each end are accumulated to give a final score.

Picture Round



This island in the Mediterranean is the smaller version of Majorca

Picture Round



Menorca

Picture Round



You will definitely
see penguins on
these Southern
Atlantic Islands

Picture Round



Falkland Islands

Picture Round



Donald also has his
eye on this island

Picture Round



Greenland

Picture Round



Neolithic people
settled here long ago

Picture Round



Orkney (Skara Brae)

Picture Round



Every year bikers like to race around this island

Picture Round



Isle of Man

Picture Round



You don't usually
need to wear one of
these here on a
warm summer day

Picture Round



Jersey

Picture Round



Napoleon Bonaparte
lived here for a while

Picture Round



St Helena

Picture Round



No triangle for
guessing this
tropical paradise

Picture Round



Bermuda

Picture Round



They give the locals
and tourists a hard
time on this British
outpost

Picture Round



Gibraltar