

## LIFTING THE DINNIE STONES

*The Dinnie Stones, used in the renovation of Potarch Bridge, were uncovered by Mr David Webster O.B.E. in 1951, slightly upstream from the bridge on the south bank. At this time they were relocated to Potarch Hotel and resided there until the hotel closed in 2013. The Aboyne Highland Games Committee kindly became temporary custodians of the Stones until Sunday 7<sup>th</sup> August 2016 when they were returned home to Potarch on Ballogie Estate to reside in a purpose built area outside the newly opened Potarch Café and Restaurant.*

*Ballogie Estate consulted with experienced Dinnie Stone lifters and Aboyne Highland Games representatives to agree guidelines for lifting the Stones and technical clarification. This has been done to preserve the Stones which are part of the local cultural heritage and to ensure that the Health and Safety of all those intrepid individuals hoping to lift or carry the Stones in the future is protected.*

*Lifting or carrying the Dinnie Stones is a natural challenge laid down by Donald Dinnie himself in 1860. The challenge includes picking both stones up simultaneously without lifting aids of any kind. It should be noted that repetition lifts with the Stones is not permitted. This is to preserve the integrity of the Stones for future generations. Similarly lifts with harnesses or lifting aids of any kind including hand*

*straps, gloves, tape and lifting suits is also not permitted and **will not be listed** (surgical tape or plasters may be used where there are cuts or abrasions on the lifter's hands. This should be agreed in advance with the judges). In order to encourage attempts by female lifters, it is acceptable that female lifters may, at their own discretion, use hand straps.*

## **GRADED CATEGORIES OF LIFTS:**

### **1/ Unassisted Lift & Carry (Recorded officially)**

*In order to fully answer the challenge laid down by Donald Dinnie himself in 1860 the lifter must lift one stone in each hand and carry them simultaneously, under their own strength, for a distance of 17' 1 ½" (the width of the Potarch Bridge). The lifter may not let go of the rings at any point until the carry is completed. The lifter may not use lifting aids of any kind other than lifting chalk and a weightlifting belt. Knee sleeves & wrist wraps may also be worn for protection.*

*The lifter may walk with the stones or use a lift and set down method but both must be continuous efforts without any obvious rest periods - a maximum of 10 seconds is permitted between each lift and set down. Any obvious dragging of the stones will constitute a no lift. The lifter may straddle the stones or lift them side by side. It is not always possible to make the carry attempt on Potarch Bridge where the stones would*

*normally be placed in a recess, carried across the bridge and placed in the opposite recess. In addition lifters are keen to know just how far the stones have been carried should the full distance not be achieved. In order to address this, the distance of the carry will be measured from the starting point of the front of the large stone to the finishing point of the front of the large stone (the smaller stone must remain 'connected' to the lifter and may not be left significantly behind the larger stone). It is also permissible to measure from the starting point of the rear of the large stone to the finishing point of the rear of the large stone.*

## **2/ Unassisted Lift (Recorded Officially)**

*An Unassisted lift is achieved by lifting both stones simultaneously with bare hands. The Stones must be lifted clear of the ground and the legs fully straightened with the body in an upright and braced position. This position must be maintained for a minimum of 2 seconds before lowering the Stones. As with the lift & carry the lifter may not use lifting aids of any kind other than lifting chalk and a weightlifting belt. Knee sleeves and wrist wraps may also be worn.*

## **3/ Partial Unassisted Lift (Not Recorded Officially)**

*A Partial Unassisted Lift is achieved by simultaneously lifting both stones **clearly** off the ground with bare hands but failing to achieve an*

*upright position with legs locked and shoulders braced as detailed in category 2 above. This is still a meritorious feat as the lifter has put the wind beneath the Stones and it will be graded as a partial lift. The lifter may not use lifting aids of any kind other than lifting chalk and a weightlifting belt. Knee sleeves and wrist wraps may also be worn.*

### **SETTING UP AN ATTEMPT:**

*1/ All attempts to lift or carry the Stones must be agreed in advance through the Ballogie estate office. Please email your request to: [Lydia@ballogie-estate.co.uk](mailto:Lydia@ballogie-estate.co.uk) or [stevieshanks45@gmail.com](mailto:stevieshanks45@gmail.com)*

*2/ Attempts may be only made on the dates published on the Dinnie Stones website unless under exceptional circumstances.*

*3/ Anyone wishing to make their attempt must provide credible video evidence of their ability to lift over 300kg (660lbs) in a partial deadlift or similar without any lifting aids such as hand straps or lifting suits (trap bar lifts are also permitted). This is for the safety of lifters and attempts cannot be permitted without the appropriate evidence;*

*3/ It is strongly advised that lifters agree their date with Ballogie estate prior to booking travel as it is not always possible to accommodate a request due to work commitments etc.*

*4/ Once an attempt is arranged, Ballogie Estate will ensure that a qualified representative is in attendance on the day to verify the lift. All eligible successful lifts will be recorded on the Dinnie Stones website:- [www.thedinnistones.com](http://www.thedinnistones.com) and in a commemorative book at Potarch;*

*5/ Photographs and/or video recordings are encouraged as these can be placed on the Dinnie Stones website for future generations to enjoy;*

*6/ Prior to making a lift attempt Ballogie Estate will require each lifter to sign a disclaimer statement;*

*7/ Following a successful attempt the Ballogie Estate's authorised representative will complete and sign the statement below. This will be passed to the Ballogie Estate office who will issue a commemorative certificate for eligible lifts.*

#### **CONFIRMATION OF LIFTING THE DINNIE STONES**

I confirm that I witnessed the following lift:

Date of Lift:

Lifter's name:

Lifter's residence:

Lifter's Weight:

Lifter's Height:

Lifter's Age:

Lift /Partial Lift or Lift & Carry (include distance if Lift & Carry attempted):

Lifter's Email address:

Lifter's Signature:

Date:

Ballogie Estate Authorised Representative's Signature:

Date:

Witnessed by: