

LIFTING THE DINNIE STONES

The Dinnie Stones, used in the renovation of Potarch Bridge, were uncovered by Mr David Webster 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 7th 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 professional 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; either with one stone or both 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 and lifting suits are also not permitted and **will not be listed**. However 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

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 and wrist wraps may also be worn.

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 5 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. 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.

2/ Unassisted Lift

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 and wrist wraps may also be worn.

3/ Partial Unassisted Lift

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 recorded as a partial lift. The lifter may not use lifting aids of any kind other than lifting chalk and a weightlifting belt. Knee and wrist wraps may also be worn.

SETTING UP AN ATTEMPT:

1/ All attempts to lift or carry the Stones in the future must be agreed at least a month in advance through the Ballogie estate office. Please email your request to Helen@ballogie-estate.co.uk or info@thedinniestones.com

2/ Anyone wishing to make their attempt must provide credible evidence of their ability to lift over 300kg in a partial deadlift or similar without any lifting aids such as hand straps or lifting suits. 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 successful lifts will be recorded on the Dinnie Stones website:- www.thedinniestones.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 a 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.

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: