

BRAEMAR GAMES

At Princess Royal Park, pipers come from all over Scotland for the Braemar Gathering and parade before Her Majesty the Queen and the Duke of Edinburgh before the start of the Games.

Forty thousand people are here today to watch some of the sports that Scotsmen get up to, like throwing the hammer (or themselves) or even chucking somebody else's weight about.

No it isn't a haggis - no Scotsman would treat one like that. But time now for something we can all appreciate - the sword dancing.

Next on the programme the traditional battle between a Scot and a caber.

It's the special Braemar caber, weighing two hundredweight he's throwing - no sir, the other way -- do you want to know how it's done? - then watch this bonny lad.