

March 1999



Kwik-Fit

CAAC *Attack*

MANY SUCCESSES

Chairman's Comments

So another season closes and a new one begins, offering new challenges and opportunities. The past year has seen Kwik-Fit Corstorphine athletes gain many successes at international, national and district levels: no mean feat for a club of our size and resource.

The new millennium is dawning and Scottish athletics is changing, with the S.A.F. re-organisation hopefully creating an improved environment in which to train and compete.

Our successes in track & field, road, hill and cross-country are a testament to our commitment and ambition. Striving for P.B.s, competing as a team and the camaraderie in training all make Kwik-Fit Corstorphine the success it is.

I think thanks are due to all who help with their time and expertise, including coaching staff, office bearers, helpers and impromptu officials, not forgetting our sponsor Kwik-Fit. Without such support many of our achievements would be much more difficult.

I wish you all success for the 1999/2000 season. Let's see what new heights we can reach!

Paul O'Brien
Chairman

TRAINING HARD

Junior Multi-Event

The Junior Multi-Event Group has continued to train hard during the winter and if anyone thinks our training looks like play, I'm sure the Juniors will challenge you to come along one night and join in!

Our first success of the season was to see two of our athletes ranked in the British Under 11 rankings 1998: Siobhan Donnelly, 7th in the High Jump, and Stuart Turner, 2nd in the Shot Putt. Excellent for them both and I'm sure more to come.

We had some good results and attendance in the cross country scene, with the most girls taking part for several years.

Five athletes entered the East District Indoors, all showing very well, all attaining new P.B.s and Stuart Turner winning Gold in the Shot Putt. Stuart was our only entry in the Nationals and again won Gold: a true champion in his first season as an Under 13.

The Summer season looks promising with many going into new age groups, where I am sure they will hold their own, and a list of new Under 11s waiting, mostly from my School Satellite Groups.

Celia J. Peerless

PERSONAL GOALS

Senior Intermediate

The aim of this group is to let the athletes train at their own level, with a helping push from me, "Hitler" (pre-requisite of coach: lip reading), to help them achieve those goals which each season advance and grow.

As a group, we have had a successful year because all have achieved their personal goals and, in many cases, even amazed themselves by their results. Those that took part in the BUPA 10K broke their P.B.s.

I am pleased that some members of my group have attained a fitness level which enables them to deal with the training demands expected of them in the club's other groups. Though this has meant that they have moved on to a higher level, at least it was to the Senior Group of Kwik-Fit Corstorphine. This is something which not only pleases me as a coach, but (much more importantly) shows that they can achieve – and have achieved – something in their own right.

Even though some of our group do not enter competitive events, they still train just as hard as the others and are all invaluable members of our group and club.

I would like to take this opportunity to thank those who have helped me with the training programme this year when work commitments have made it impossible for me to take the group.

Babs Martin

BETTER P.B.S

Middle Distance

Our congratulations are due to Chris O'Brien, who won Silver in the past season on the track, both in the East District and in the Scottish National Championships Under 20.

The group has been working on hill training associated with speed work and on Sundays two or three will go for a training run together.

In the season ahead, Stephen O'Brien will run for Scottish Schools this Saturday in Wales and Ewan will go to the AAA Junior Championships with the aim of cutting his P.B. to 1:58, or less. I am confident he will do it. All the group are targeting better P.B.s in the 800s and 1500s, with medals in the National and Schools Championships.

This Summer's training will be the heaviest ever, but I know the group is ready.

Ron Anderson

PROMOTED

Senior Men

Last Summer the Senior Men on track and field were promoted, yet again. We are now in the Scottish Athletics League's Division 1. Competition is toughest here, but if everyone involved adds their full effort then we can keep our place.

Throughout the year, the athletes have been competing, individually or as a team, on roads, hills and cross country. Kwik-Fit Corstorphine was first team at the Penicuik 10K and at the Lasswade 10 mile; and second in the Seven Hills Race.

We entered the Edinburgh to Glasgow Road Relay for the first time. Entry is by invitation only, so proves that we have established a reputation. A strong performance is needed at this weekend's Six Stage Road Relay to grasp another invitation.

The hard work and dedication is paying off : the athletics world is noticing us!

CROSS COUNTRY SUCCESS

Junior

We have had a very busy and very successful Cross Country season, as the results will prove.

In the East District Cross Country League, our Under 13 Boys Team, Scott Pilkington, Mike Szymanski, Alistair McColl, Ross O'Hara and Scott Mitchell, finished second (for the second year running) to City of Edinburgh by 7 points.

We were the third Under 13 Boys team in the East District Cross Country Championships in Hawick and many more ran well, although not as a team.

There were two good results in Irvine, at the National Cross Country Relays, where Team A was 5th and Team B was 27th. First place medals went to our Under 13 Boys team at Lasswade Cross Country. Scott Pilkington and Kris Berry represented the club in East District Cross Country and team A was second in the East District Cross Country Relay Championships. A bitterly cold day in Cupar did not prevent our athletes running well at the National Cross Country Championships.

Congratulations to Scott Pilkington for winning first prize in the New Years Day Duathlon and to Kris Berry who was first in the Edinburgh Schools, Scott Pilkington taking third place.

Our Club Championships were won by Scott Pilkington in the Under 13 Boys category and Dee Turner / Katherine MacDonald in the Under 13 Girls. Elizabeth Aitken took the prize for Under 15 Girls and Kris Berry for Under 15 Boys.

Once again we have achieved excellent performances on the track, with first place for our Under 13 Boys and second for our Under 13 Girls in the Edinburgh and District Athletic League.

Each athlete will have their own targets for this year, but, as coach, I would like further steady progression to their own goals, what ever that might be. It would be nice to see more individual and team trophies.

Dave Law

ENJOYABLE

Sprinters

At the Indoor District Championships, Stephanie Smith won silver in the 60m Under 17 and Mhairi MacDonald took bronze in the 300m. To prepare for this meeting, twelve of us made a very successful training visit to the Kelvin Hall and went on to bowling afterwards.

On Sunday we will have another training morning at Gullane.

This year, four athletes are aiming for AAAs and we are trying for as many entries as possible in both the District and the Borders Championships.

Our target this Summer is to consolidate our position in Division 1 of the Scottish Athletics League. This will be very hard, but enjoyable and I know all the athletes have been looking forward to the challenge all Winter.

So the message is: be patient, stick in and the results will come. Remember, we need everybody possible if we are to stay in the top division of SAL.

Brian Winning



A.G.M.

Remember the A.G.M. is on Thursday 25th March. Let's see everybody there!