

June 2000

Kwik-Fit

CAAC *Attack*

Summer Dates

Training continues throughout the summer - see your coach for details.

16th JULY

Men's League (Just back from holiday - what a wake up! Just going - leave on a high!) Inform your coach NOW to be included for team selection.

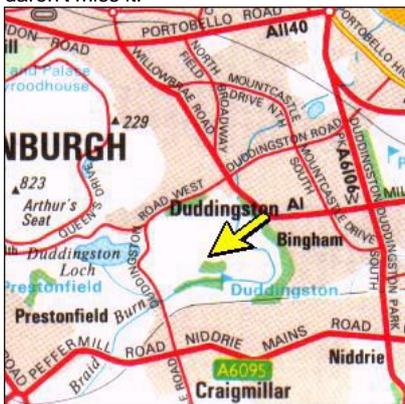
30th JULY

S.N.W.L. (all age groups, male & female.) Let your coach know if you are going away and will be back in time to compete.

20th AUGUST

Club picnic: Sunshine, games, prizes, loads to eat, first aid... All the essential ingredients for a fun day out! Same venue as last year, Duddingston House, (see map - entrance from Milton Rd. West), new date Sunday 20th August from 12:00.

All members and their families are welcome. It's a few days before school starts, so everyone should be back. Catch up on all the gossip, compare tans, swap adventure stories from your hols, you daren't miss it!



NEW OFFICE BEARER

Club Captain



Recently appointed Club Captain is Sue Aitken.

Sue (43) joined Corstorphine AAC in Summer 1998 and has two daughters, Catherine and Elizabeth, who have been members for eight years and five years respectively.

Apart from road running and cross country, Sue has also represented the club on the track. She ran and completed her first, and last, marathon in the 1999 Edinburgh race.

Sue is always willing to give of her best when competing, although she will not be pursuing discus throwing as her chosen event.

Sue is well respected by other members of her group and, coupled with her friendly and approachable nature, this makes her the perfect choice as Club Captain.

Corstorphine Fair

A huge thanks to Florence Ferguson and Anne Turner for representing the club at the organising meetings, co-ordinating and collecting donations for the stall, and spending the day at the fair making things went smoothly, and raising over £300 for club funds.

Welcome Back

Good to see Ron Anderson back at the track. We all wish him a continued speedy recovery from his illness.

Ceilidhs

Annasach would like to thank us for our regular New Year Ceilidh by offering free entry for Corstorphine AAC members (with membership card) to their Summer Ceilidh Series at 8pm in July & August.

Mondays

Crowne Plaza Hotel, 80 High St.

Tuesdays (not 1st August)

Royal Overseas House, 100 Princes St.

Wednesdays

Hilton Hotel, Grosvenor St.
(nr. Haymarket, 5 mins from Princes St.)

More information: 339 5374 or
ceilidh.bands@dial.pipex.com

Drinks & Haggis extra

Membership Fees

A few membership fees are still not paid. Please pay the Treasurer, if you have not already done so.

EARLY PROGRESS

JSB Forth Valley League

Division 2 (U15/U13/U11)

After the disappointment of dropping to division 2, our young athletes had shown some good early season progression in their favoured events, with a good win in the first meeting of the Forth Valley league, finishing first in both track and field competition. This was the good start we needed to set the standard we require to progress back to division 1. For early season competition, there were good signs of progress throughout the team.

There I mention team again, as the emphasis is on team effort and spirit. We noticed this in the second meeting, even with many phone calls that week, and badgering various young athletes of the need of the team to fill all, or as many events as possible. I guess we did not quiet achieve our team expectations at this meeting, as there was a number of athletes not available, there were gaps in the team and we did not have all relays covered. However, we did finish 2nd to Central Region, which was not too bad, and this put us on equal league points.

The 3rd meeting, on a nice sunny Thursday evening in June, looked like a struggle, as a number of athletes were racing in school championships only two days later. However, a number of these did run and we filled all but one of the full event program. Pretty good, but does not come without effort from everyone involved to make sure we get a team together. This turned out to be our best result of the three meetings, finishing a comfortable first. This gives us 17 league points, with Central Region second on 16.

I have not listed all results, as there are 42 events per meeting, but summarised results should be available to coaches for summer holidays. So if you need to how you did, please speak to you coach.

There has been a good team spirit for this league and if it was not for the help of parents and other club members working together, then it wouldn't be such a good start. I would like to thank all those who have helped so far, especially in the last meeting, which we had convened without the help of Central Region AC, and where there were new helpers that night. So keep up the good work, have a good summer holiday, but don't waste all the good work by forgetting to come to the club during the summer holidays.

Next Meetings

26 Aug Pitreavie
9 Sept Pitreavie (Presidents Select)

David Law (Team Manager)

HAPPIER

Men's League

Division 1

The second meeting of the Scottish Athletic League was a much happier experience than the first match, and made even more enjoyable by the brilliant weather (although some of the distance runners may disagree).

Once again there were some excellent performances, notably from Ewan Stark, Steven O'Brien and Keith Hood. Both Ewan and Steven improved on their previous PBs in the 800m, Ewan finishing 1st B string in 1:58.7 and Steven finishing 5th A string in 1:58.5. Keith Hood had another storming 3000 s/c finishing 1st in 9:42.6 and it was good to see the return of Scott Bisset in the 5000, finishing 4th A string in 16:37.8. Brian Nicholson also did well in the 5000 B string finishing 2nd in 18:08.3.

There was a good turn out this time from the sprinters, and consequently a good performance in each of the relays. The 4 x 100m team finished 6th in 46.8 and the 4 x 400m team finished 4th in 3:35.8, Ian Macnamara running in both!

The next meeting will take place at Scotstoun on Sunday July 16th. Kwik-Fit Corstorphine are co-hosting this meeting with Shettleston, and to be honest, it is going to be a very difficult meeting to organise, falling as it does right in the middle of the holiday period. I will be on holiday myself, and I hope that I can rely on all of you to pull together once again to field the strongest possible team, not just for the next meeting, but for the final one on 27 August as well.

John O'Hara (Team Manager)

SPRINT RESULTS

East District Championships

A number of athletes from the sprint group competed at these championships on the 13/14 May at Grangemouth. The majority ran PBs, but a few who will be nameless eased up and deprived themselves inclusion in the women's league sprint group. This is why you should ALWAYS run past the finish line at events; you may not win, but you could get a PB ... which is what counts.

The athletes who participated have worked hard leading up to this event, as have the others in the group, but there are still athletes who think success comes without turning up for training or without a commitment. If they took a look at the

work ALL these ladies put in they may see that hard work DOES pay.

Anyway here are the results:

U15 GIRLS

Lisa Mitchell 100m	(I will not give times)
Fiona Blair 100m	
Lisa Mitchell long jump	3m 98
Fiona Blair 200m	29.7 scs
Katharine MacDonald 75m Hurdles Ht 3rd	
	FINAL 7th 13.68scs

U17 Ladies

Elizabeth Aitken 100m	Ht 5th
	FINAL 7th 14.1
Elizabeth Aitken 200m	Ht 4th
	FINAL 7th 29.2

U20 Ladies

Stephanie Smith 100m	GOLD 13.3
Mhairi MacDonald 200m	SILVER 26.14
Mhairi MacDonald 400m	SILVER 59.57

Congratulations to all who participated, good luck if doing other championships.

Brian Winning

MEMBERSHIP CHANGES

SAF AGM

The S.A.F. A.G.M. takes place on Saturday the 22nd July at the Hilton Edinburgh Grosvenor Hotel.

S.A.F. are currently half way through their four year business plan, and are reviewing their funding. Briefly, sponsorship is greater than planned, salary costs are lower than planned, but less money has been raised from the membership scheme. They intend to make changes to the scheme and intend to circulate the proposals prior to the meeting. The proposals will be a hybrid of ideas gleaned from members attending roadshows. The scheme most favoured will be one which supports club membership, as the clubs are the lifeblood of grass roots athletics and contribute in a major way to sustain the competition structure, training of athletes, and social activity connected to the sport.

The focus for the next two years will be firstly to improve competition structure, coach education and development and support for the clubs. We have already been approached by S.A.F. asking if board members can come and meet with a view to establishing how they can best support clubs.

Chris Robison (education officer) intends organising a level 1 coaching course locally in the Autumn. Anyone interested should speak to Paul O'Brien or one of the other coaches.

Scottish Women's Athletic League

DIVISION 1

The ladies in the club have now been involved in two matches of the SWAL. This is the "NEW" set up that SAF are trying to bring into the men's side next year. I personally think this one is working; the races have been very competitive and are bringing in ALL the top athletes in all the age groups.

To be selected your name must be forwarded to Brian Winning before the selection meetings; a committee then sifts through the athletes available and the times logged at championships and leagues.

In addition, we are providing an official, Sue Aitken, and a manager, Brian Winning, (Asst U17/Snr).

The athletes who have run for the team, Lothian Area, have had mixed results. At the moment I have not got the official results - they will be handed to the coaches soon - but events covered by the club are as follows,

U13		
Rachael Bowman	800m B	1st
Lauren MacDonald	200m B	7th
	4X100m	
U15		
Katharine MacDonald	75m Hdls B	4th
	Shot Put	
	Relay	
Dee Turner	1500m B	5th
U17		
Elizabeth Aitken	100m B	5th
	300m B	5th
	Relay	
Fiona Shoulder	Shot Put	
	Discus	

Senior (all our ladies are under 20's)		
Stephanie Smith	100m	6th
	4X100m	1st
	High Jump	4th
Mhairi MacDonald	400m	3rd
	Long Jump	
	4X400m	
Catherine Aitken	400m Hdls	5th
	4X400m	
Mhairi McLennan	400m Hdls	3rd
	Long Jump	
	100m Hdls	6th

All females will be given notice of the next match and the times that are getting places in the teams... or chat to Brian, see what is open to you. The last match is the 27th August.

Brian Winning

BETTER FACILITIES

Saughton Users Group

The second meeting of the Saughton Users Group took place on Wednesday 21st June 2000, but due to a certain European football tournament, the attendance was not all it could have been. However Kwik-Fit Corstorphine AAC were represented, and the following is a very brief outline of what was discussed.

Equipment

A full set of hurdles has now been provided and is available for use in one of the two locked containers adjacent to the Pavilion. Keys require to be signed out.

Identification of 'Shots' is in progress, and these will be colour coded to identify weight. A poster confirming the code will be displayed inside the container and a trolley to transport the shots has been provided. A larger trolley for transporting the High Jump mats has also been provided and will be stored to the side of the containers.

Covers for the long jump pit are in the process of being made. One is already in place, but is thought to be too heavy. Two more will be provided following some "design development". Replacement sand

will be provided once the covers are in place.

Replacement Steeplechase barriers are in the process of being manufactured and lane marking is also in progress, although currently very slow. There are currently no plans to provide a Throws Cage, as the cost is prohibitive.

Some other new equipment has been purchased and is available for use by asking at the main reception (it must be signed for). This includes 6 javelins (2 of each weight, plus 4 'championship' javelins), 6 discus (2 of each weight), rubber discus, lane cones and high jump stands. Replacement high jump mats are also to be purchased.

Other Issues

Edinburgh Leisure is looking into the possibility of having the grounds maintenance brought under their remit. A 'Performance Contract' is still under discussion, which will include such matters as weeding, and the 'Shot' area will be targeted. Edinburgh Leisure also agreed to take over the responsibility for cleaning the pavilion, which is still available for use by Athletics clubs.

The Annual Junior Football Tournament has been cancelled this year, but City of Edinburgh Council are looking into taking over the responsibility of organising this in future years. A Junior Cup match will take place in the enclosure on Thursday 3rd August.

Edinburgh Leisure are prepared to produce a report on the pricing structure at Saughton and other Edinburgh Leisure

facilities, but pointed out that the decisions are made by the City of Edinburgh Council and it is more likely that some form of 'Promotional Pricing' may be introduced (i.e. buy a 6 week pass and get the 7th week free!). Details from Edinburgh Leisure to follow.

Events for Kids

A special programme of events at Saughton for kids over the summer holidays is under discussion, and Edinburgh Leisure will announce details.

And finally, a notice board will be made available in the main pavilion building for the exclusive use of Kwik-Fit Corstorphine AAC.

John O'Hara

SUMMER LOVE

Congratulations

Summer 2000 brings two weddings in the club. Congratulations firstly Mike & Karyn who married on 3rd June and secondly to Simon & Laura who will marry on the 8th of July; we wish them all the very best and hope their training schedules have been suitably modified. (What some people will do for an exotic holiday!)

Scottish National Rankings 1999

This list is taken from the Scottish Athletics Yearbook, Published by the S.A.T.S., it is compiled annually and is based on accurately recorded competition.

At this point of the year it looks like more ladies will appear in next year's listings, and some of the men will move up the lists. Congratulations to those in 1999's listing.

Brian Winning

Athlete name	event	time/dist	rank
Veteran Men (over ALL age groups)			
Mike Clerihew	100m	12.36s	10th
	Pole vault	2.50m	7th
	Long jump	5.97m	1st
	Triple jump	11.26m	4th
Senior Men			
Christopher O'Brien	800m	1m56.7	35th
Keith Hood	3000 S/c	9m41.0	15th
Brian Winning	110m Hdls	16.8s	16th
	400m Hdls	57.28s	17th
David Clerihew	Long Jump	6.74m	10th
Peter Sochart	Shot Putt	13.70m	17th
	Javelin	51.28m	14th
Michael Fisher	Javelin	42.02m	36th
KFC	4X100m	45.0s	15th

Athlete name	event	time/dist	rank
U20 MEN			
Ian McNamara	100m	11.36s	11th
	200m	23.2s	18th
Christopher O'Brien	800m	1m56.7	7th
	1500m	4m03.3	6th
Steven O'Brien	1500m	4m08.63	10th
U17 MEN			
Ewan Stark	800m	2m01.5	13th
	1500m	4m15.9	8th
U15 Boys			
Kris Berry	800m	2m06.8	6th
	1500m	4m29.8	8th
Scott Pilkington	800m	2m12.2	16th
U13 Boys			
Stuart Turner	Shot Putt	7.54m	16th
	Javelin	29.10m	3rd
U17 Women			
Mhairi MacDonald	100m	12.8s	14th
	300m	42.1s	9th
U13 Girls			
Sarah Langdon	High Jump	1.30m	12th

TRAINING WORKS!

Scottish Primary Schools Relay Championships

OK - we all complain about how hard training is, but it does work and not just at club events/ meetings!

On Saturday, June 10th, my school (Mary Erskine) represented Edinburgh in the Scottish Primary Schools Relay Championships (4 x 100m) at Scotstoun.

There were 18 teams from all over Scotland and after two hard heats it was clear that we were going to be in close competition with Glasgow and Fife - and so it turned out in the final.

I was running the last leg and took the baton some 2-3 metres down on the Glasgow runner but slowly I pegged her back, remembering everything we've been taught about keeping our style and running through the line - and that's where

I caught her. Both Edinburgh and Glasgow recorded the same time of 58.2 seconds but we got the verdict - Scottish Primary Schools Relay Champions for 2000!

Training does work!

Rachael Bowman

SHEPHERDED

Yetholm Festival Y2K Hill Race

Scottish Championship 3rd round, 8 miles, 2500' ascent, (M)

Kirk Yetholm is a sleepy wee village on the border with England, and is famous for being the official end of the Pennine Way, the completion of which is still considered a major challenge, and much tougher than the West Highland Way. Just south of Kirk Yetholm was the idyllic setting for the race, in the heart of the rolling Cheviots. Being a Scottish Championship race a good turnout was guaranteed.

This is sheep country and just before the start we were "shepherded" into the assembly area for counting purposes with shouts of "Come by!". We duly responded with loud baa-ing noises. There was a manic start straight through the burn with the leaders sprinting up the steep slopes. Those of us in the game long enough not to be duped into such foolishness followed on at a more considered pace. The race course followed a scenic horseshoe of hills, on track, heather and steep grassy slopes. Battling into the wind was quite tiring at times, but more than compensated for by the views.

The organisers were rewarded with record times being set by male and female competitors and for us afternoon tea in the historic pub in Kirk Yetholm rounded the day off nicely.

Martin Hulme

Martin won the Senior Veteran prize with a new record in his category - Ed.

DIARY OF A BIATHLON

Highland Cross

Kintail, Affric, Beaully, 24th June 2000

5.59am

Thank God those blasted crows have stopped crawling. And as for that bus load of drunken Czechoslovakian students staggering back to their tents at 2 o'clock this morning!!

6.00am

Oh no, time to get up. Breakfast and short cycle in to Beaully to load the bikes on to the lorries. Cup of tea for Martyn who doesn't need to get up just yet. He needs his beauty sleep anyway. Bag of clothes for the bus. Check. Bag of clothes for the bike changeover. Check. Bag of clothes for the finish. Check. We're off.

7.30am

It's raining.

8.00am

First of the double deckers arrived. We're off to Kintail.

10.00am

Bus stops just before the Clunny Inn to allow the male occupants to get off and pay homage to the 7 Gods of the South Glen Shiel Ridge. Japanese tourists drive past to witness strange line of men all facing south. (Some female occupants also participate in ritual - in separately designated temporary temple obviously!)

10.20am

Bus arrives at Morvich. Mile and a half walk up single track road to registration. All participants given wristband identification tag (rather fetching pink colour).

10.30am

Queue for the portaloos is horrendous. Someone pointed out that the NTS Outdoor Centre is open this year. Met my sister-in-law in the toilets. Strange place, temporarily designated "unisex" for the short period to the start of the race. Decided not to linger too long in this location in case I met any one else I knew!!

11.00am

Altitude: sea level GR958211. 12-bore shotgun signals the start of the race. We're off.

11.26am

Glen Licht House then Allt Grannda. Managed to keep up with Paul O'Brien so far, but Dave Law is already heading off in to the distance.

11.44am

Allt Grannda waterfall. Altitude: 330m. If I wasn't so knackered I might appreciate the view.

12.13pm

Allt Beithe Youth Hostel. Altitude: 260m. 10 miles covered. 10 to go. Legs aren't looking forward to it.

1.07pm

Reached Athnamulloch Steading (the Fire Lady's Welcome). 5 miles to go along the dreaded "Yellow Brick Road". Stocked up on cheese sandwich and cup of sugary tea.

2.01pm

Did it really take me that long to cover 5 miles? Relieved to see Martyn Tunstall coming towards me on his mountain bike for the last steps to the bike changeover at the disused quarry just east of the end of the public road to Loch Affric. Here Martyn really gets in to his stride having been fully rehearsed with the passing through of Dave and Paul before me. Martyn has my bike plucked from the rack and my dry kit spread out on the ground ready to be put on. I get completely stripped (probably won't meet many of these people again anyway) and re-dressed. "What colour socks do you want?" asks Martyn. Well you've got to be prepared!

2.07pm

Still raining. Martyn carried my bike out of the pound and on to the road. Nearly got us disqualified. Managed to get my leg over the bike and climbed on. We're off.

2.30pm

First of the cramps in my right leg. Can't get my foot out of the pedal. I'm going to fall off. God this is painful.

2.40pm

First of the cramps in my left leg. Can't get my foot out of the pedal. I'm going to fall off. God this is painful.

2.45pm

Second of the cramps in my right leg. Can't take much more of this.

2.50pm

Second of the cramps in my left leg. Managed to get my foot out of the pedal. Wish I hadn't bothered.

2.55pm

Cramp seems to be under control for the moment. Meanwhile, Martyn T follows on somewhere behind on his mountain bike, negotiates the cattle grids and downhill hairpins to the Fasnakyle Power Station and the adulation of the assembled crowds as the single track closed road section meets the open public road. He waves on appreciatively, then, 100 metres down the road, gets off, loads the bike on to the top of the Merc and drives off. Looks of confusion on the faces of the masses!!

3.28pm

Reached Aigas Brae. Altitude: 76m. Only 5 miles to go. Mustered up all remaining reserves to put on a spurt to the finish. Negotiated Beaully Toll at the junction with the A9 safely and on in to the finish.

3.43pm

Finish at Beaully square. Altitude: sea level. Thoroughly whacked. Total time 4:43'32 (run 3:01'17, bike 1:35'57). Collected Winners Medals and meal ticket and after a Team photo, hobbled over to Phipps Hall for buffet meal. Dave and Martyn are already talking about tomorrow's 28 mile run through The Lairig Ghru. I've heard of a long warmdown run after a race, but that's just madness!!

John O'Hara

KINGHORN SANDS

No Picnic at Black Rock

Should you be tempted to evoke childhood memories with a visit to the beach and the promise of a paddle in the sea and some rock, then read on (read on anyway).

A collection of KFC worthies (a.k.a. Dave Henderson, John O'Hara, Craig Smith, Keith Hood, Brian Nicholson and yours truly) recently embarked on a 'ScotRail special' to sunny Kinghorn - the occasion, the famous Black Rock 5.

For those of you who have not run this particular race, think of 'Chariots of Fire' and the run across the sands - then think again, because this is nothing like that! In fact it's altogether a bit of a surreal experience. It's not so much the lung bursting, leg cramping run across Pettycur beach and through the sea (and the perennial self-questioning of 'why am I doing this?'). Rather it's the sight of a piper (and a drummer!) standing on the Black Rock piping all the runners 'round the turn! Of course it takes one's mind off the return leg (more sand and sea) and the finish which in true HBT fashion takes you up the steepest hill in the district.

Of course, it was all worth it in the end with the opportunity to socialise and swap stories (as only runners can) during the remainder of the evening. No prizes for KFC on this occasion (there were 437 runners after all), just souvenir bottles of beer from the sponsors. Strangely none kept their souvenirs, preferring to drink them instead (and indeed buy more to replenish the fluids lost during the race!).

Eventually we all journeyed home on the last train from Kinghorn with many other runners from Edinburgh based clubs. I don't think the ticket collector had quite seen such a busy train from Kinghorn and I doubt if he has yet worked out why his normally quiet Friday evening was so disrupted. Maybe we can make the train even busier next year - definitely one for the 2001 calendar.

Stuart Bowman

NEW SCHOOL RECORDS

Schools Events

At the last Scottish Prep Schools championships, Rachael Bowman won her 800m in a time of 2m 40s (on a grass track) - yes she would have gone to Stoke, but alas holidays intervened.

I'm sure you will also want to know that both Rachael and Douglas Selman won their Schools Athletics Championships (The Mary Erskine and Stewarts Melville Junior School). Andrew Baikie just missed out in the long jump, finishing second, with a jump of 4m 28cm., but missed the final of 100m, with a heat of 14.3 secs.

Douglas swept the board in track events while Rachael is the individual champion in the 75m hurdles, 100m, and the 800m. Both Douglas and Rachael broke the school 800m records - Rachael broke this record twice in the same week and knocked 6 seconds off the previous record (which had stood since 1989) in posting a time of 2m 37 secs on a 300m grass track!! Douglas, meanwhile, ran 2 min 27.2, which again is the record.

Both were invited to the National Championships on 2nd July at Stoke-On-Trent. Rachael is off to France for a wee rest, but Douglas will be trying his best at 800m there. Best of luck to him.

They've both come on a bundle this year and are clearly benefiting from the training - what next!

YOUR COACH SAYS:

There have been a number of athletes with in the club who have taken part in schools championships and inter school competition. As most do this outwith the club, I have found it very difficult to get results and information about them.

Please, if you do take part in these events, don't only come and tell me when you see me at the club, WRITE it down on paper, your name and the results of ALL the events you had done. And if you are busy breaking school or championship records, please let us know, otherwise, how is your coach going to know how well your are progressing?

Dave Law

HEAT & HILLS

Edinburgh 7 Hills

Running over (and between) seven city hills proved harder this year than ever before, so all times were slower. Well done, Martin Hulme for collecting the Super Veteran prize in these conditions. For me, the picnic at the finish was great.

TRAIL RACE

Corstorphine Hill 5K

This annual event, organised by Run & Become, is held on a Wednesday evening in mid-June. The race is informal and friendly, starting in fields, then following paths on the hill. It's a welcome change from the roads, despite a tough uphill start and a set of fifty steps at halfway. Although drier than previous years, cross-country shoes are recommended!

Club Members' Positions

K Hood	1st
S O'Brien	2nd
P O'Brien	7th

ROAD RACE

Penicuik 10K

Another very hot day sapped the runners' strength, but Kwik-Fit Corstorphine succeeded in claiming the third team prize.

Our members' results are:

8	Keith Hood	35:04
19	David Law	37:12
33	Martin Caldwell (M45)	39:54
35	Iain Cumming	40:09
38	Martin Hulme (M50)	40:22
48	Brian Nicholson	41:40
137	Sue Aitken (W40)	50:32
159	Stuart Clarke (M40)	53:59

LETTER FROM AMERICA

Hiya,

Just a quick note to let you all know that I arrived in the States in one piece. After getting sunburnt in London, I've been plastering on the factor 40 so I think I'm probably even paler than when I left the UK, if that's possible? Anyway, Tennessee was fun but hot and now the hard work has really begun. The family I'm staying with are lovely and we've definitely landed on our feet here in Colorado. They're so friendly and encouraging and they're even letting us stay rent free!

The first week was a big success and I've met so many lovely people I just can't believe how helpful everyone is here. We're working hard but learning lots so hopefully things will continue to go smoothly. In case any of you have a spare minute to write letters, ask your coach for my latest address.

Hope you're all having fun. Good luck with the races.

Loads of love,

Laura Henderson

CHANCES ENDED

London Marathon

Olympic Marathon hopeful Mike Malcolm-Smith's chances were ended at London when he came down with a bout of food poisoning 48 hours before the London Marathon. He was heard to comment about the fact it was probably caused by the dodgy water and poor air quality in London and the surprise about how much things cost down there. He later denied reports it was due to the lack of good quality beer by saying at the time he had not had the chance to try any but he intended to sample as many as possible in a search for a cure.

COATBRIDGE IN THE SUN

The Oldest Debutant in Town

Although running for years on the road I never thought of making my mark by putting on the spikes and competing on the track. I was the oldest debutant around. Imagine, ... me at forty-one. I questioned whether my mind was sound and asked myself, "what have I done"?

Long jump, sprints, and relay too - Would I get through the day ahead? It was so bad, I wished I was running in a marathon instead. As years go by, I'll never tire of telling the tale
about my day at Coatbridge in the sun. It was the day I made my track debut at the age of forty-one.

Billy Braidwood

NEXT EDITION

Tell us Your Results & Stories

The next edition of CAAC Attack will be out in early September. Please keep any results or stories from the Summer and pass them on to the editor or to your coach by the start of September.



Keep in touch with what's new in Corstorphine A.A.C. on our web site: www.caac.freeserve.co.uk