

March 2001

Kwik-Fit

CAAC *Attack*

FOOT AND MOUTH

Cancellations

These events have been **CANCELLED**:

- 26/03/01 Dumfries Marathon
- 31/03/01 Schools CC International
- 15/04/01 Neways Speyside Way 50K

These events have been **POSTPONED**:

- 11/03/01 Lasswade 10 mile Road Race
- 24/03/01 Five Peaks of Fife (now 19 May)

AGM PROPOSALS

SAF Fees

The Scottish Athletics Federation (SAF) now levies a registration fee on the Club (£7.00 for competing athletes / £3.00 non-competing).

In a direct response to this, the committee will propose at the AGM that Club Membership fees should be adjusted to cover it.

Cost of Buses

In an effort to offset some of the expenses for Cross Country Championships and Leagues, the Committee recommends that senior athletes wishing to take part in the 2001-2002 Cross Country Season would be asked to pay a levy of £5.00. This is intended to encourage senior athletes to honour their commitment and should be paid at the end of the Track Season. This proposal will be put to the AGM for approval by the Membership.

LOST IN THE MIST

Where are we?



This is not Kaimes Road. Turn to page 3 to find out what Keith and Paul are doing.

CLUB NAME

Sponsorship

Kwik-Fit sponsorship will finish at the end of March and we wish to thank them for helping hundreds of athletes over many years. We are still in a reasonably sound financial position for the coming year, but every effort will be made to find a new sponsor as soon as possible. Until such time as a new sponsor can be found the Club name will revert back to Corstorphine A.A.C. SAF and Leagues will be notified of this change.



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

OUTDOOR TRAINING

Spring Dates

It is time to look out your track shoes and check their spikes are secure.

We return to outdoor training at Saughton on **Tuesday 27th March, Thursday 29th March** and every Tuesday and Thursday throughout the Summer.

Please turn to page 2 for the dates and locations of all the league meetings for the club.

SAUGHTON NEWS

Users Meeting

Maintenance is ongoing - throwing fan will be weeded again, and hopefully new red shale put down. An order for sand is ready to go, so the sandpit should be topped up by the start of the season. The covers should also be completed, with rope handles to move them. The lane marking is also ongoing.

Edinburgh Leisure have set the prices for using Saughton in 2001 as follows:

- £1.10 for children
- £1.70 for Adults (with Leisure Card)
- £2.80 for Adult (no Leisure Card)

An Adult Leisure Card costs £35.

I expressed my concern that this would definitely discourage our senior athletes from training on the track, which would be a loss to the Club as well as Saughton. They suggested looking at reducing this price by means of season ticket, monthly ticket, or other promotional offer - watch this space.

Gill Pilkington

LEAGUE MEETINGS

JSB Forth Valley League

Team Manager: DAVID LAW
Assistant Team Manger: Jean Dobson

26 Apr	Pitreavie
17 May	Livingston
07 Jun	Pitreavie
04 Aug	Pitreavie (FINAL)
08 Sep	Pitreavie (Presidents Select)

Central & South of Scotland League

Team Manager: PAUL O'BRIEN

22 Apr	Grangemouth
20 May	Ayr
09 Sep	Coatbridge

PERFECT WEATHER

Carnethy 5

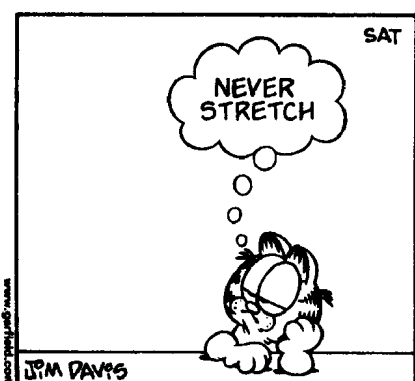
The Carnethy 5 Hill Race was held on February 17th in perfect weather - dry, sunny and windless. Surprisingly, I was the only club member in the senior race.

The climb up Scald Law is steep, but I am fresh then. It is the second haul, up Carnethy, which really exhausts me for the final headlong descent to an unremarkable finishing time.

Alistair McColl won his age group in the Scald Law Junior Hill Race, which took place simultaneously. Finishing fourth overall in a time of 23:40, he was the first Under 16 runner. Well done, Alistair!

Martin Caldwell

GARFIELD



Men's League

Team Manager: JOHN O'HARA

29 Apr	Coatbridge
17 Jun	Greenock
15 Jul	Grangemouth
26 Aug	Inverness

Railtrack Scottish Women's League

Team Manager: BRIAN WINNING

29 Apr	Scotstoun
27 May	Aberdeen
26 Aug	Grangemouth

Initial selection for the Lothian Team would primarily be based on the City of Edinburgh Championships to be held on the 1st April at Meadowbank. Athletes wishing to be considered for the team would be encouraged to take part in this event (U13 – Seniors).

The event would also be open to male athletes who wished to test their early season performances.

RECRUITING

Coaches

We are now in a much stronger position than this time last year, thanks to the efforts of Moray, Bob, Jean and Mhairi who have come forward to help with the coaching. We feel we are now in a position actively to recruit new Junior Members. The poster in Run & Become will be updated and an article prepared for the Herald & Post.

SAF EGM

An EGM of SAF has been called for the 24th March at Scotstoun to change the status of SAF to a Limited Company.



Brian Nicholson passes the bell with one lap to go in the Men's League 5000m at Scotstoun

PRACTICAL EXPERIENCES

Letter to All the Under 11s

Hi all!

We are both looking forward to putting our new-found practical experiences to use with all the under 11's at the beginning of the Saughton Track Season.

We will be looking at keeping notes on times & distances and working towards P.B's.

See you all prompt at the track.

Coaches:

Jean & Robert

by Jim Davis

Ian Hodgson Mountain Relay

Sunday 10th October 2000



The team practices baton-passing technique, to save vital hundredths of a second

SHEER EXCITEMENT

I have never failed to be impressed how the name of an event and a wee picture in *Runners World* can play with a man's imagination. I still remember the photo now. Two runners, stripped down to the bare essentials, obligatory bum bag on the back, that look of hard graft mixed with sheer excitement as they ran down a 55 degree slope covered in boulders. Before I knew where I was, I was dreaming a dream, and leading the team on the Ian Hodgson Mountain Relay. We just had to do it.

This isn't the first time this has happened to me. Names (and other nouns, I suppose) can stir a man's loins. The Karrimor International Mountain Marathon, the Lairig Ghru race, the Carnethy Five have all been equally emotive and have encouraged similar blind optimism. Look what happened with these! They became terms of endearment, mixed with a wry laugh and knowing look. I could tell this was going to be the same...

There was an air of anticipation the night before. All those assembled were happy hydrating themselves in the pub. The

conversation was sporadic. One pint became two. Johnno arrived with Keith and Dave Law in the Merc. Two pints became three. Hydration lead towards dehydration, as the pints matched the miles we were expected to run: the banter erupted.

The Ian Hodgson Mountain Relay is a four-stage race, which takes place in the Lake District. For safety, teams consist of a pair of runners in each stage. Our team was Dave Law and Chris O'Brien on leg 1, John O'Hara and Martyn Tunstall on leg 2, Paul O'Brien and Keith Hood on leg 3, with Moray Anderson and Steven O'Brien finishing the race.

This story is also a relay, passed from writer to writer at each stage.

Later, tents were organised on strictly pragmatic grounds: if you snore you're on your own. (I'll mention no names). Next morning the atmosphere was tense. All produced healthy-looking foods. Bran flakes and Weetabix, were the order of the day. In a gesture of good will I offered Moray a packet of rabbit food. Such stuff

was not for him. Out comes a packet of black pudding and eight (yes eight!) pork sausages. Straight in the frying pan!

FLAT CAP AND WHIPPET

Being team captain, and taking my duties to heart, I had researched the route thoroughly and realised that lack of local knowledge was not our only handicap. The language barrier was evident. The 'flat cap and whippet' accent of the organisers was understandable, but translation was needed for the map! Tarn = loch, Beck = wee burn, Pass = bealach. Everyone clear?

Leg 1: 7.5 miles 2800ft ascent

The 'off' was 10.00. Chris takes up the story...er...Dave takes up the story...er...Johnno remembers it well. As the Leg 2 runners prepared for their run, Martyn T had brought along a pair of compact binoculars, and we watched in awe as the first of the Leg 1 runners began appearing on the skyline high above us on St. Sunday's Crag. At nearly

2,300ft, the summit looked, and was, a long way up. The runners a mere dot on the horizon, and the only way down was directly down the zigzagging, knee wrenching trail before them.

Leg 2: 4.5 Miles 1000ft ascent.

John continues: *The leg itself began in the playing fields by Grisedale Bridge in the village of Patterdale. Martyn and I waited by the start pen until eventually Chris and Dave battled their way in to the playing fields and in to the finishing funnel. As Dave crossed the line in approx. 34th position overall, we were off.*

Our route took us through a gate in the dry-stone dyke and right along the A592 until the track leading to Side Farm. Here we turned right again and began our climb. We contoured up the side of Place Fell on a well defined, if somewhat eroded and rocky path until eventually topping out at about 1,300ft. Then it was up again and over Angletarn Pikes towards our first control point at Angle Tarn.

The early morning cloud had by this time lifted, and had we had the time, we would have enjoyed spectacular views south and west over the remainder of the race course towards High Street and over to Fairfield.

We had already caught up and overtaken a couple of teams by this point and were moving well. I seemed to be fractionally stronger than Martyn on the uphill sections, but he blew me out of the water on the downhills.

MINI BATTLE

The first control was on a small peninsula jutting east in to the Tarn, and once reached, a quick check of the map had us moving off once again. The running by this time was mainly level along a plateau of soft and often very muddy heathland, and we had a mini battle on our hands with a pair of slightly older guys who plodded away and managed to maintain a steady pace throughout, whether uphill or downhill.

As we contoured around Satura Crag, we encountered a whole herd of deer crossing our path and at really quite close quarters. Just after this we reached the point at which we had to leave the path and follow the headwaters of Calfgate Gill. In fact, we had traversed a little too far round, and had to correct our line, which took us through some fairly boggy ground before reaching the top of the slope down which we now had to go to reach the second checkpoint.

The route was obvious, and was very steep. Any further to our left and we would have fallen very sharply into the Gill which was raging down the hillside. Martyn was also at this point raging down

the hillside, and although I didn't actually see him do the 'Arthur's Seat Shuffle', he was opening up a fairly substantial gap between us as I struggled downwards through the heather.

The bottom finally reached, I punched the control at the junction of the stream with the path, and we were back on stony track once again heading west towards the Sheep Pens at Hartsop. Chris and Dave had walked up the track a way to meet us and to shout encouragement (at least I think that was what it was).

One last knee-wrenching descent lay between the changeover point and us. Martyn's excitement on the downhill had led to a Marshall suggesting that he waited for his partner if he didn't want to be disqualified, and as I caught Martyn up we crossed the line (almost) together.

Time: 50 mins 44sec 36th position.

Leg 3: 7.4 miles 1800ft ascent

Paul and Keith took over, setting off up the track the others had just come down and continuing the tale.

This stage started on a scenic track which quickly took on Kaimes proportions and then some. Any hope of maintaining dry feet disappeared at the top of the path as we splashed through the burn to take to the steep hillside. Once onto the high ridge, we made good time on very runnable terrain... until the second major climb which involved the use of hands!

The drifting mist caused us to lose our way at one featureless point - however, we used the brilliant technique of waiting for the next team to emerge before latching on to them. Soon after, we made the steep descent to the Kirkstone Pass and the end of the stage. Imagine the torture: finishing outside a pub but having no time for a drink!

Time 1 hour 27 mins 20 secs. Position 37

COMPLICATED

Logistics are one of the many problems of the event. Dave and Chris had to be at the start. Easy enough. However, from then on it gets complicated. Johnno and me had to be at the start of the second leg, Paul and Keith at the start of the third leg and Moray and Steven at the start of the final leg. As a group, we only met up briefly at the end of leg 3 when Johnno, Moray, Steven, Dave, Chris and myself were all waiting for Keith and Paul.

They weren't the main attraction. As Borrowdale F.R. (A Team) (winners for the last 6 years) came in and left, we watched with wonder at their route! The path on the mountain goes up and round left. Imagine looking at Arthur's Seat and walking up the easy side from the loch. This wasn't their style at all.

Leg4: 4.8 miles 2000ft ascent

Moray takes over: *On approaching the start of stage 4, I was struck by my lack of geographical knowledge, having always thought that the Eiger was in Switzerland. (You should have seen the look on his face! Ed.) When I realised that the route of this leg required Stephen and me to make an ascent of its north face, equipped only with running shoes and a compass, it became clear that the track season was well and truly over.*

However, we took over from Keith and Paul and set off up a small path. Our steady run soon degenerated into a jog then a walk and then a scramble across scree and rock as we scaled the initial incline, a climb of 1000 ft or so within the first kilometer! At the summit we found ourselves strangely isolated from other competitors who had been close on the ascent. (A slight navigational error here lost us a little ground.)

The next 2km or so were fairly undulating and we were able to get into more of a rhythm. Over this section we closed on a number of teams who clearly had the advantage of knowledge of the course (honest)! Another short climb leveled out onto flat ground and a chance to do some real running (the kind you do on a road or track, like on the telly Martyn).

MOUNTAIN GOAT

We were now on the shoulders of a number of teams and there only remained the final descent of around a mile. Stephen 'mountain goat' O'Brien had no problem here and threw himself off the hill after the teams in front. Clearly the altitude had not affected my sanity in the same way, and my cautious descent prevented us catching everyone we could have (sorry Stephen). However, we raced down the last section at a good pace, for the crowds in the campsite/finish and after a few swigs of well-deserved Export were even rumored to have said 'we'll be back next year'.

Time 1 Hour 3 mins 49 secs. Position 21

At the end of the day Kwik-Fit Corstorphine came home 27th overall out of 60 teams- a respectable result for a first attempt. Credit has to go to Steven and Moray who dragged the rest of us up the results table. But who cares?.. it was a laugh.

Martyn Tunstall and team

P.S. After all the hassle getting in the race and spending hours on the phone convincing the organizers we wouldn't be the ones to get lost, Shirley Hodgson informed me her son, a several times competitor, got lost on leg 4 for over an hour. She also stuck a 'Post-it' on the results sent to me, it read 'hope you enjoyed it - you finished quite well up!