

June 2001 *

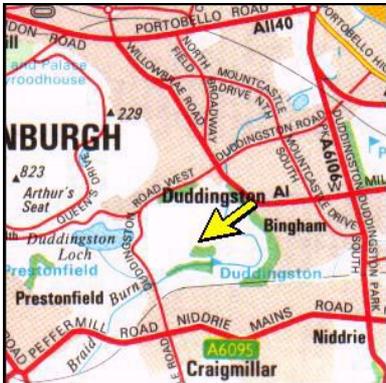


CAAC Attack

New Date for CAAC Picnic

FUN & GAMES

There will be a Club Picnic on Sunday 19th August 2001 from 12 noon at Dudingston House. Entry is only by the Main Gate on Milton Road West (the A1), due to building work elsewhere. Bring your family to all the usual fun and games, like fourteen a side football. [So you thought I wasn't counting!]



Veteran Around The Globe

I would like to take this opportunity to wish Mike Clerihew (above) the best of luck at the up coming World Veteran Championships in Australia. Everyone in the sprint group is excited at the prospect of a world medallist in the group. Having already won medals at every level, Mike is looking to add to his tally.

He has been training very hard (well, he's a man of leisure now) and has had some fantastic runs. The hard work is now done and he sets off on the 30th June, dragging his "poor" wife all the way to the land of Kangaroos and Rolf Harris.

Mike is really looking forward to this trip and we all look forward to his return. I am sure the sprints and jumps will go well and Mike is sure to be considered for the relay teams.

So from us all, GOOD LUCK!

Disco Tickets

You are invited to a Disco in Forrester Rugby Club on 1st September from 7:30 to 1. Please see Sue Aitken as soon as possible for your tickets, costing £6 including buffet.

DIARY

- 15 Jul Men's League (Grangemouth)
- 4 Aug JSB Forth Valley League FINAL (Pitreavie)
- 19 Aug Club Picnic – **NEW DATE!**
- 26 Aug Men's League (Inverness)
- 26 Aug Scottish Women's League (Grangemouth)
- 1 Sep Disco
- 8 Sep JSB Forth Valley League Presidents Select (Pitreavie)
- 9 Sep Central & South of Scotland League (Coatbridge)
- 18 Sep Club Championships

LEAGUE TEAM MANAGERS

JSB Forth Valley League
Team Manager: DAVID LAW
Assistant Team Manger: Jean Dobson

Central & South of Scotland League
Team Manager: PAUL O'BRIEN

Men's League
Team Manager: JOHN O'HARA

Railtrack Scottish Women's League
Team Manager: BRIAN WINNING

Central & South Scotland League

SET FOR PROMOTION

In the Central & South Scotland League we finished fourth in the first meeting and second in the second, though we are still awaiting the scrutinised results of the 2nd meeting to confirm our overall standing.

There is only one meeting left in September at Coatbridge to decide the league result. The standard of competition should hold no threat to us, providing we put out our strongest team and cover as many events as possible. Promotion back to Division 2 is a very realistic prospect.

Paul O'Brien

Design a New Club T-Shirt

Design your own Corstorphine A.A.C. uniform and have it computer printed on a T-shirt in a new competition.

You can include the club logo shown at the top of this page and your own design on the back. You can use full colour, but the design must fit into an A4 page.

Full details will be available soon, so start thinking of a great style now!

Scottish Athletic League

FIRST MEETING

The track season is now well and truly underway, with the Central & South Scotland and Forth Valley kicking off on Sunday 22 April 2001 and both the Women's League and Men's League on Sunday 29 April 2001.

A reasonable team (in terms of quality and numbers) turned out for the first Men's League meeting at Coatbridge. Although some good performances and a proven commitment by certain individuals to support the team and cover as many events as possible saw us finish fifth on the day, it was evident that we still lack overall depth in the team, particularly in the field events.

A review of the confirmed results reveals that we finished second on the day in the Track competition with 172 points. Only the eventual winners, Kilbarchan, finished above us with 195 points. However, in the Field competition we finished second bottom with only 53 points.

There are still a number of athletes who, for one reason or another, were not able to turn out for the first meeting. Hopefully their inclusion in the second meeting will take the strain off those trying to cover too many events and help us finish ever higher in the division. We are certainly capable of it.

SECOND MEETING

We're getting in to our stride now, with the second Men's League meeting of the season under our belt on Sunday 17th June. Greenock was the venue, and after the horrendous weather on Friday and Saturday, it was a welcome sight to see blue sky and flat calm on the Clyde.

The warm weather proved favourable for a number of athletes with Division 2 records being set in the Pole Vault (I. McKenzie of Inverclyde with 4'41) and Javelin (S. Armstrong of Law & District with 60'45), and a Division 3 record in the Shot (W. Falconer of Clydesdale with 14'54). PB's too for Keith Hood in the 3000 Steeple Chase (9:30.0 to finish second behind a very relaxed looking Ian Murdock of Law & District) and the 1500m (4:12.9), and for David Smart in the 200m (23.3) and the 400m (52.7), although the timekeepers recorded the 400m time as 57.2 and would not entertain our objections.

Brian Winning was bemused by the fact that he has not competed for two seasons yet won the A-string 110m Hurdles in 17.6s.

The remainder of the squad also performed very well, but it does seem to be the same athletes that turn out time after time. Perhaps the absences can be

explained by a very busy weekend of athletics elsewhere (Scottish Schools, Edinburgh Seven Hills, E. Kilbride Half Marathon and Stirling Triathlon) but we narrowly gained one place to equal fourth position overall (with Fife AC).

The next meeting falls in the middle of the holiday season, but hopefully the inclusion of those who were unable to attend this meeting will help take the strain off those trying to cover too many events, and help us consolidate our position in the division.

The third meeting will take place at Grangemouth, on Sunday 15 July.

The confirmed points totals from the first meeting, the preliminary points totals from the second meeting and the points overall are included below.

John O'Hara (Team Manager)

Points from 2 meetings & League Points

Law & District	300	257	15
Kilbarchan	230	283	14
Inverclyde	286	253	13
Corstorphine	194	225	8
Fife	218	223	8
Victoria Park	67	246	6
BP Black Isle	155	171	4
Dunfermline & West Fife	179	119	4

Railtrack Scottish Women's League

CHEERFUL

Well, the Corstorphine athletes who set off for Aberdeen on 27th May were sleepy but "cheerful". The day turned out to be very warm and windy, so we were not expecting good times from the ladies in the sprints.

At the beginning, Mhairi McLennan started with the long jump to cover for missing athletes she then had a difficult 400m Hurdles, 76scs, not her best time but she is still learning this event so she seemed fairly happy.

Katharine MacDonald was next in the U17 300m hurdles, 55scs, again coming to terms with the conditions and heat made it a hard race.

Then we moved to the 100m's. Mhairi MacDonald continued to improve this year, getting back to her old form. Having to put up with gamesmanship from a girl in the next lane, she was left at the start. She ran a swift 13.1scs into a 3m/s wind: a very good result for her after running 13.3 on the Wednesday at the civil service championships.

On the sprint hurdles, Lisa Mitchell joined Katharine MacDonald. Lisa, covering B string, ran an excellent race, 16.7scs. Katharine followed in the U17 event, running another good race, 14.7scs, showing composure in windy conditions.

Moving round the track we go to the Long Jump, Lisa Mitchell was in great form, another PB this year 4.25m, still more to come from this powerhouse and multitalented athlete.

The 200m series saw three of our ladies running, Fiona Blair, fresh from Saturdays highland games debut, ran a stunning race, first place, into a blustery wind, clocking 27.94scs to record a new PB, she was delighted and knackered.

Lizzie Aitken followed, having an off day, Lizzie ran well enough but knew in herself she could have done better, a little disappointed but will bounce back such is her determination.

Mhairi MacDonald was next, in the A race she ran another brilliant run, 27.4scs into a gusty wind, (on Wed she ran 27.6scs) Did I mention that Lisa, Fiona, Lizzie and Mhairi had to put up with the only rain that day? Poor souls.

Rachael Bowman had an excellent run in the 800m, recovering from a hamstring strain, 2min 34scs, not her best but very good in the warm windy conditions. Good to see her smiling face back on the track, pity about the voice!

PERFECT CHANGEOVERS

The day finished in the relays, Lisa Mitchell and Fiona Blair ran in the U15 race, 4th place was a very good result, perfect changeovers and good strong running, Lizzie Aitken ran the U17 event, again 4th place and another brilliant race, plenty effort and a very fast run. Mhairi MacDonald finished our day running first in the senior 4x100m, again a fast start, strong leg, but this time 3rd place.

Well done to all the young ladies for their efforts. It is good to see you all improve and learn from the few mistakes that are made - long may it continue.

Finally a big thank you to Sue Aitken, our official again. The team management values her due to her helpful attitude. Well done captain.

Brian Winning

JSB Forth Valley League



Jo, Caitland, Bob, Rachael, Beth, Ian, Neall and Callum get soaked

JOY OF TEAM MANAGEMENT!

It is our first season in Division 1 of the JSB Forth Valley League, after promotion last year, and our overall performances so far have been great! There have been a lot of changes since last season, mainly new athletes and others moving up an age group. This usually sets you back, but we have done well so far.

We have now completed three matches and are currently fourth equal in the league, but the points are close. There are 3 teams in 4th place on 7 points each. With 2 going down, it's sudden death at the final! The first 2 are way out in front. 3rd place team is 3 or 4 points above us so, unless they make a real mess of it, will stay up. It's all to play for; therefore a big effort at the final meeting on 4th August is required to stay in Division 1.

LATE CALL-OFFS

The final meeting, at Pitreavie, will be very important to get everyone out, so we are not leaving events uncovered. We have had some unfortunate call offs in the last 3 meetings, and usually too late to find an

Markinch Money

QUALITY FAMILY RACES

The Mob set off to Markinch Highland Games, looking for nice weather and MONEY!

The 90m sprints were tough, but all are improving their marks: Fiona second in her heat, Mike a tired 5th and Andy 2nd I think. In the 800m event for the group, John Ross (CoE) on 145 WON in 1min 54secs - £40 in the bag. Brian Winning finished a tired 7th from 87.5m in 2min 01, missing the cash.

Next came the 200m series. First Mike made the final in 20.8 from 44m, and then Andy Cullen won his heat in 19.8 from 25m. Fiona then followed up in the youth

alternative athlete to cover that event. For our young athletes to progress, it's important to compete at this level, but with a limited number of events. If we are asking others to cover for late call offs, it means those competing are usually juggling between their main event and the additional event.

Our final meeting has MORE events to cover, so we will need the most athletes available. We need good team spirit and effort to succeed. Please can I ask for as much help as possible, as we will need four officials plus the team managers left to look after the athletes, especially the young and less experienced.

At the recent meeting, four people improved PBs for the year and we had five first places. I specially mention Beth Mcphail, who won the shot U13G in her first ever competition, throwing 5.51. We had a sprint double with Fiona and Lisa winning the 100m races.

Thanks to parents who turned out in appalling weather both at Livingston and Pitreavie, especially those who helped as officials and almost certainly got even wetter than the kids did. Hopefully we will get better weather for the final.

David Law

event with 24.2 from 28m to win her heat and make the final.

Brian and John took part in the 400m, both heavyish after the 800m. John finished 4th I think, he got cash anyway, and Brian finished 6th. I FINALLY GOT SOME CASH: £5!

The 200m finals came around, Andy versus Mike, both ran fantastic races with Andy coming out in 2nd place for £25 and Mike 5th I think for £5. Then Fiona made our day. She was 4th in the youth final, the only female, and got £5 for her effort. Beverley and Lizzie Aitken had a busy day too, running in the "mums" race. Do their mothers know of this you may ask?

So we all got money and had a great time. I have spare registration forms, anyone else want one?

Brian Winning

Glas Tulaichean Uphill Race

9th June - 4.5 miles 2,200' ascent

STRONG FIELD

What goes up, must come down, generally speaking, but not apparently with "uphill only" races. In this case finishing meant touching the trig point on top of this fine munro near by the Spittal of Glenshee.

It was a strong field this year, partly because the race was being used as a trial for Scotland's European Championship team and partly because race starved hill runners were looking for an event that had not been cancelled due to Foot & Mouth. Thus there were representatives from as far afield as the Orkney Isles and Birmingham gathered at the start, just up from the Dalmunzie Hotel. The hotel owner, whose land includes Glas Tulaichean, also competed.

KNEE DEEP

The course follows the glen for two miles, including three knee deep river crossings, before taking to the open hill. Given the strong cold north west wind, there were some remarkable performances from the likes of the winner Bobby Quinn of Kilbarchan (34:13), ageing Keith Varney of Cosmic (1st vet in 37:19) and our remarkable world champion Angela Mudge of Carnethy, who smashed her own course record, coming in 10th overall (39:28).

I had set myself a target time of 45 minutes and broke that comfortably in 44:13 (22nd position) adrift by some 40 seconds behind my arch SV rival John Blair-Fish. Us old folk support each other and we celebrated with an extended return down another ridge, drinking in the superb views over the wild land dominated by Beinn a' Ghlo, the jewel in the vast wilderness of the southern Cairngorms.

Perhaps the most enduring memory of the day was saved for the return home, as there were a few centimetres of lying snow on the approach roads to Blairgowrie. For once the "chilly for June" cliché was quite true.

Martin Hulme

A Good Start

Thomas Fred Macdonald Tunstall was born on Thursday 12 March 2001, weighing 9 lbs and 14 oz. Congratulations to Martyn and Catriona.

Black Rock '5'

DEPENDS ON THE TIDE

This is one of those unusual races on the running calendar that attracts a very mixed ability group of runners, from your plodders to the fast boys/girls. As part of a contingent from Corstorphine AAC (I was promised a good night out) we set out on the train "over the water" to Fife. As far as I can gather, the idea of the race is to run out to the Black Rock, round it and back to the pub to consume as much alcohol as possible before catching the last train back to Edinburgh. The race depends on the tide being far enough out to run on the sand and I was assured that this would not be a problem.

The race itself is fast and flat, with plenty surface water, but not quite the 5 miles suggested by the name. We were still getting our photo taken when the race started, but quickly made up ground to catch up with the back markers. The rest of the team disappeared rather too quickly up the road and I settled into a nice comfortable pace (i.e. slow) enjoying the rest of the race. A nice touch is the piper playing at the Black Rock itself, although I think he had exhausted most of his cheerier tunes by the time I got to the turnaround.

PRIZE

After a pretty non-eventful run, considering we were running over ground normally under water, I arrived back to the finish, conveniently situated near the local pub. In exchange for your race number you get a bottle of beer, not quite what is meant by re-hydrating after a race. Fortunately for us, Martin Hulme took 2nd place in his category; he happily distributed his prize - a crate of Bellhaven Best - to his grateful club mates.

The journey back to Edinburgh could best be described as lively. Everyone really enjoyed the evening, or what they can remember of it. I can highly recommend next year's event as a good Club outing.

Gill Pilkington

What Club Do You Belong To?

An athletics club in Corstor-FINE takes on kids from age of NINE.

The junior group in Corstor-FEEN trains you till age sevenTEEN.

And all athletes from Corstor-FIN just go out and win win WIN!

Bob Innes

Marathon Memories

GO ON LIZ!

Picture the scene - it is the Friday before the London Marathon and two young lovers are walking hand in hand near the where the finish will be. Suddenly a runner goes past them. The man, who is wearing a Corstorphine sweatshirt, makes a comment. The runner stops.

Mike M-S: Go on yourself Liz.

Liz MacC: Hey you're Mike from Corstorphine aren't you?

Mike M-S: Yes. How are you doing? How's the family?

Liz MacC: Och, alright. The wee one's coming on. You must be down for the marathon, are there many from your club?

Mike M-S: Yes, me and one other, a guy called Billy Braidwood. I am not sure if you have come across him. What are you doing here?

Liz MacC: Oh some photo shoot or another. I wish I was running because it could be ideal conditions for it. How do you think you'll do?

Mike M-S: Well I won't win it this year, my training has been interrupted by a few thing including moving house and the foot and mouth outbreak, and general things like that. I will be happy with a time near 3:30. Is this you starting training again?

Liz MacC: Aye! I am gradually picking up the pieces again, I hear you are much the same after a wee break to get married etc last year.

Mike M-S: It was nice wee break, but I am like yourself beginning to get back.

Liz MacC: Look, I'd better get going again, but it was good to see you again. All the best to those at Corstorphine for the coming season. See you around sometime.

Mike M-S: Cheers Liz! If you think about joining Corstorphine let us know.

Liz MacC: (laughs) A bit too far to travel from Dundee for a training session.

With that she runs off. Karyn M-S (Mike's wife) turns to him and says, "You talk to anyone, who was that by the way?"

Mike Malcolm-Smith

[Mike's official time was 3:33. - Ed]



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

London Marathon

GREAT ATMOSPHERE

Billy Braidwood finished his first London Marathon this year in 3hr 50, though his "official time" was 3hr 47.56. He says:

I was going well most of the way until 24 miles then took cramp, for the first time ever in a race. Maybe walking round London on Saturday had something to do with that - next time I'll take the tour bus.

Anyway, I was devastated. What a time to get cramp, after going so well and probably on course to do my predicted time of around 3hr 30mins, however, after stopping and starting I eventually got going again. I took things very easily as I had visions of cramping again in the home straight in the mall, but it was ok, and I finished well - totally elated.

I enjoyed the whole occasion. The atmosphere all round the course was great and an experience I will never forget, at least until next year, when I hope to run it again.

Billy Braidwood

Boston Marathon

WELL ORGANISED

On April the 16th 2001 my dad (Craig Smith) ran the Boston Marathon. It was really well organised; the day before they even held a pasta party with lots of juice, pasta, bread and ice cream.

Then came the marathon, my dad was number 2909. He ran the marathon with a time of 3 hours, 17 mins, 31 secs and came 2565th out of over 15000. He was really pleased that he had completed it because it was a really hot day and at one bit he thought he would not finish.

I went to speak to Craig Smith himself who said that he would have liked to have been quicker but was just glad to be able to finish it. He also said that everyone wanted to give him high fives as he went past. But when he passed us who had made banners and everything he didn't see or hear us! How he didn't hear me I don't know!!! We all had a really good time though and that's one of Craig's ambitions fulfilled.

Megan Smith

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All photographs in this edition by Jean Dobson.