

October 2001



# CAAC Attack



International Highland Games at Meadowbank – more pictures on page 4

## DIARY

7 Oct	Ian Hodgeson Mountain Relay
13 Oct	East District CC Relay
20 Oct	East District CC League
27 Oct	National CC Relay
3 Nov	Allan Scally Road Relay
11 Nov	Lasswade CC
18 Nov	Edinburgh to Glasgow relay
24 Nov	Braid Hills CC
1 Dec	East District CC League
15 Dec	Inter District CC
23 Dec	Queens Drive races
5 Jan	East District CC League
19 Jan	East District CC Championship
23 Feb	National CC Chamionship

## An Appeal

Helpers required to lay the East district relays. I need 3-4 people on Saturday 13th Oct from 8 am.

I will also need 6 people from 12:30pm as marshalls to 3:30pm. All helps get fed!

*David Law*

## Cross Country Levy

Can you remember at the A.G.M. it was proposed a £5 levy be paid for certain events. That's 62.5p per event if you do all eight (what value).

## Promotion

We have been promoted to Division 2 of Central & South Scotland Athletic League. Give everyone a pat on the back (plus officials).

## F.A.S.I.C.

### GROUP DISCOUNT SCHEME

*The University of Edinburgh*

*Fitness Assessment Sports Injury Centre*

Corstorphine A.A.C. is a member of the Group Discount Scheme. If you visit FASIC be sure to say you are a club member to get your discount.

### MORE ABOUT FASIC

Good Sports Injuries facilities should be available to all at the lowest possible cost. In order to try and make our expertise more available to more Sportsmen and Sportswomen we operate a Group Discount Scheme.

The scheme is available to all active men, women and children with two exceptions: Edinburgh University Students (their fees are already well discounted) and Medical Insurance Claims (these will be charged at the normal rate due to the amount of administration involved in processing them).

This scheme offers the highest standard of care, consultancy monitoring and advice at affordable rates. Patients seen at F.A.S.I.C. are always seen on a one staff to one patient basis and appointments can be obtained within 48 hours for Physiotherapy.

All FASIC Staff are specialists. FASIC is a Scottish Sports Council Accredited Sports Injury Centre.

### Enquiries and bookings:

FASIC Reception 0131-650-2578  
FASIC Secretary 0131-650-9660  
Main sports centre desk 0131-650-2585

An answering machine may operate at some times. Please leave a message as this will be checked as soon as the receptionists return to the desk.

# Scottish Athletic League

## THIRD MEETING

The third meeting of this year's Men's League competition was memorable for a number of reasons. Firstly, having drawn up the Team Sheet, I managed to avoid having my name appear on it, other than as team manager, and so decided to cycle through to Grangemouth. I should have known better however, as I ended up running a 400m!! (More of that later).

The Team Sheet also managed to leave off Paul O'Brien, which is significant since at the first two meetings he covered four events in each (although he still couldn't bring himself to stay away completely).

## ATHLETES AVAILABLE

This was due to a healthy number of athletes making themselves available for this meeting. Amongst the 'firsts' for this year were John Hanlin (throws), Brian Nicholson (3K s/c – a nice 'team pool' developing here), Graeme Fletcher (400m hurdles), Craig Hutton (800m) and Scott Pilkington (high jump). Unfortunately, despite changing the team sheet and informing the track referee, the results show the b-string 400m runner as Scott Pilkington. Sorry Scott. I was, however, fairly happy with that time after the cycle!

All of which meant that with the exception of the Pole Vault and 110m hurdles, all events were covered.

The bad news is that we have fallen foul of the League rules, which apparently state that Junior Men can only participate in five events including relays. Unfortunately, David Smart competing as an U20 has been disqualified from the Triple Jump, and those points deducted. Sorry David!!

## GOOD PERFORMANCE

Our performance on the day however was very good, although again there is a marked difference between the results from the track (where we finished third), and those from the field (where we finished seventh). Overall, we finished fourth on the day, consolidating our fourth place position in the League.

*John O'Hara (Team Manager)*

## FINAL MEETING

The fourth meeting of this year's Men's League saw the conclusion of the competition and decided who would be promoted to Division 1 and relegated to other Divisions. The meeting was held at Inverness, and provided an opportunity for the Corstorphine team to spend the weekend there, and, for those who were interested, take in a few 'Munros' on the way back down the road.

A posse of cars left Edinburgh on Saturday evening, and camp was established at Bught Caravan Park, right next to the stadium, and the Leisure complex. A fine selection of tents was assembled and the sleeping arrangements sorted out. Nuff said!!



**Keith Hood recorded a PB 5000m**

A reasonable team presented itself on the track on the Sunday, but due to injury and other commitments, the sprint squad was not at full strength, being represented by Andy Cullen. This provided an opportunity for a few of the 'more experienced' members of the team to cover some of the events they would not normally be considered for. Dave Henderson found himself doing the 100m B-string, and despite a 'well dodgy' start, finished in a respectable 13.5s.

## PERSONAL BESTS

A few other notable performances included firsts in the A and B-string 1500m. Kris Berry winning the A-string in 4:12.8, and Morray Anderson coming back straight after injury to win the B-

string in 4:19.5. In the 5000m both Keith Hood and Bryan Clark recorded PB's. Keith finishing second A-string in 15:33.5, slicing 14 seconds off his previous best, and Bryan chopping a whopping 26 seconds off his previous best to finish 3rd B-string in 16:45.4.

Not a lot should be said about my inclusion in the 400m hurdles, other than to say I don't think this will be a permanent arrangement.

## RELAY FUN

Since this was the last meeting of the competition, one last piece of fun was had in the relays when it was agreed to run a Vet Men's 4x100m team. Andy Cullen was nursing a slight injury at this point so Dave Henderson was made an honorary vet for the day (he'll be 40 soon though!!). The other members were Dave Law, John O'Hara and Paul O'Brien, and if you ask me, the sprinters better watch out. 54.4s wasn't that bad!! The 4x400m had a more traditional line up and Chris O'Brien, Ewan Stark, Bryan Clark and Kris Berry ran a blistering 3:36.9 to finish one place higher than the Vets in 4th position.

At the end of the competition we finished a somewhat disappointing 6th on the day, but 4th overall, which I am perfectly happy with (although 3rd would have been all right also). The winners of the competition were Law & District, closely followed by Kilbarchan, and both will be promoted to Division 1.

## THANKS

Thanks to Gill Pilkington and Elaine Smith for being officials on the day, and thanks to all of the athletes who took part in this year's competition and to those who helped throughout the year.

The points totals from the fourth meeting and the points overall are included below.

*John O'Hara (Team Manager)*

### Points from meetings 3 & 4 and Final League Points

Law & District	293	315	30
Kilbarchan	300	286	29
Inverclyde	258	284	25
Corstorphine	223	197	17
Fife	171.5	233	16
BP Black Isle	181.5	215	12
Victoria Park	174	98	11
Dunfermline & West Fife	170	0	5



Keep in touch with what's new in Corstorphine A.A.C. on our web site:  
[www.caac.freemove.co.uk](http://www.caac.freemove.co.uk)

## Mud

Well it might be mud. Below is a list of cross-country dates for your calendar. It would be very interesting if we can assemble some good teams for ALL three league meetings and relays.

### East District Cross Country League

**Saturday 20th October 2001**  
Gorebridge (5.8mile)

**Saturday 1st December 2001**  
Townhill, Dunfermline

**Saturday 5th January 2002**  
Lochgelly

Above league incorporates girls in all age groups, which are U11 B&G, U13 B&G, U15 B&G+U17G, U17B&JL/SL/VETL.

### East District Cross Country Relays

**Saturday 13th October 2001**  
CORSTORPHINE HILL

All age groups from U13B & G.

As in previous years, CAAC are to supply marshals, AND lay the route. Please can you offer assistance with either if you are not running? The more that can help with the route marking, the quicker and less tiring it will be for those laying the route. N.B. Myself and Ian H started the route last year at 8:30. It wasn't until much later did we have more than 3 of us!

### National Cross Country Relays

**Saturday 27th October 2001**  
Cumbernauld

### East District C C Championships

**Saturday 19th January 2002**  
Livingston

All age groups from U13B & G.

### National C C Championships

**Saturday 23rd February 2002**  
Falkirk

All age groups from U13B & G.

### Edinburgh to Glasgow

**Sunday 18th November 2001**

Road Relay in 8 stages. Last two places will depend on our performances of at least 2 relay teams. Please note the date. Do you want to be part of the team?

*David Law*

## Capital City Challenge

23<sup>rd</sup> September 2001

### EXCELLENT TIMES

There was a big turnout of Corstorphine athletes on a very good day for running. Congratulations to most of you who achieved excellent times (including some PBs) and commiserations to those few who were disappointed. Maybe next time.

Thanks to our marshals, Jean, Bob and Lewis, who were at a difficult point where the lead car was coming down the High Street before the back marker car was finished its first loop!

8	Scott Bisset	33:07
12	Keith Hood	33:36
36	David Law (M40)	35:47
52	Iain Cumming (M40)	36:25
61	Brian Nicholson	36:41
72	Stuart Bowman (M40)	37:18
94	Martin Hulme (M50)	38:04
106	Martin Caldwell (M40)	38:28
130	Graeme Fletcher	39:02
150	David Henderson	39:28
224	Phyllis Mitchell (F35)	40:54
317	John O'Hara (M40)	42:29
965	Richard Whitehead (M40)	50:00
969	Tracy Fraser (F35)	50:02
970	Colin Fraser (M40)	50:02
1263	Stuart Clarke (M40)	53:09
1450	Gavin Turner (M40)	55:08
1506	Caroline Gaunt (F35)	55:57
1559	Anne Turner (F35)	56:38
1971	Billy Braidwood (M40)	1:05:13

## Scottish Gas 10K

5<sup>th</sup> August 2001

Rather fewer club members took part in this earlier 10K. You must all have been on holiday. However, Scott Bisset continues to finish in the top ten.

9	Scott Bisset	34.03
50	Martin Caldwell (M40)	39.23
169	Billy Braidwood (M40)	45.55
326	Colin Fraser (M40)	52.42
440	Caroline Gaunt (F35)	59.02

## Donkey Brae

**Aberdour – 29 July 2001**

*A scenic run of about 7 miles, mostly on coastal trails, but save some strength for the Brae near the end!*

We had a beautiful day! Though the weather was doubtful as we left home, with a few spots of rain, in Aberdour the sun shone continuously.

My family met Dave Law's at registration and Mike & Karen soon after. We were expecting Keith Hood to turn up at the last minute, but he did not, so we wondered if he was absolutely choked with Saturday's result! In fact, he was absolutely choked with hay fever.

The start was a few minutes late before the starter stepped forward to get everyone back behind the line, a couple of inches. He did this twice more, while there were mutters of "What difference will two inches make?"

### CLICK

Then he raised his gun. Click. Groan. "Why can't he just shout go?" The starter fiddled a little with his gun and raised it again. Another click. Immediately there was a general shout of "Just go!" and we were off to a very clean start, in the circumstances.

Unfortunately the marshals at the exit from the park had to stop us and send us back. The timekeeper had not started the clock because the gun had not gone off. From this point on, thankfully, the race went off faultlessly.

Dave ran well, winning a head to head battle on the finish line for 24th place. What a shame that he therefore missed the spot prize for 25th place! I finished 36th in 43:32, about the same time as last year. Mike looked good as he finished a bit later, but I did not catch his time.

The sun was still bright and hot, so we had a quick lunch then headed down for a swim or paddle. Swimming was tricky as I waded out 100 yards and was still only knee deep.

### MAGNIFICENT

This was a great time for the little children, who ran round and round each other, in and out of the water, giggling – and some bigger ones joined them, I must admit. We dragged them away at half five. What a magnificent day!

*Martin Caldwell*



Corin, Megan, Sarah and Katie – our U13 Girls team which came 6<sup>th</sup> at the Edinburgh International Highland Games



Matthew, James, Geoff and Callum – our U13 Boys team which came 3<sup>rd</sup> at the same event



Back row: Julie, Suzanne, Angus, Jordan. Front row: Rachel, Lyndsey, Andrew, Niall.  
Our U11 Girls team (2nd) and U11 Boys team (5th)

*All photographs in this edition by Jean Dobson*