

December 2002



# CAAC Attack

## Winter Dates

Sat Dec 14<sup>th</sup> Inter districts [Holyrood Park]  
Tue Dec 17<sup>th</sup> Juniors' Christmas Party  
Thu Dec 19<sup>th</sup> NO TRAINING for Juniors  
Sun Dec 22<sup>nd</sup> Queens Drive races  
Wed Jan 1<sup>st</sup> Portobello Prom races  
Fri Jan 3<sup>rd</sup> Corstorphine AAC Ceilidh  
Sat Jan 11<sup>th</sup> East District Championships  
[Corstorphine Hill]  
Sat Feb 1<sup>st</sup> East League  
Sat Feb 15<sup>th</sup> Carnethy 5 Hill race  
Sat Feb 22<sup>nd</sup> National Championships  
[Linwood]

## London Marathon

We are giving away two places to members. To enter the draw, just give your name to Gill by 12<sup>th</sup> December.

## Circuits Videotape

Jean and Bob have just visited Coaches Training at Meadowbank, organised by Scottish Athletics. It was basically jumps and throws. The benefit for our athletes, who were Stuart Turner and Lewis Innes, was having a one-to-one with more professional coaches.

There is a fantastic circuits videotape from the meeting, which can be copied from me.

*Jean Dobson*

## Your Committee

**Paul O'Brien** chairman  
**John O'Hara** vice chairman  
**Gill Pilkington** secretary  
**Sheena Anderson** treasurer  
**Bryan Clark** club captain  
*and*  
**Donald Gorrie MSP** honorary president

## Captain's Comments



Well done to everyone involved with Corstorphine AAC over the first few months of the winter season. We have had some very good performances and results. This illustrates the fact that we are an improving club that has plenty to look forward to.

### TAKE PRIDE

Athletics is a sport that should be enjoyed and all those that are involved with the club should take great pride in their achievements. Achievements are not just about winning medals and coming first in every race you take part in though. Achievements are the little day to day things you manage to do. These include attending training on a consistent basis, training hard and doing your best when competing.

All anyone can ask of you is that you produce your best in training and on the day of competition and do yourself and Corstorphine proud.

### ENJOYABLE SPORT

I was fortunate to be involved in the Edinburgh to Glasgow road relay in November and there was a great spirit with everyone involved in the event, from runners to team managers and supporters to race marshals

It is this spirit, energy and camaraderie in events like these, which drives athletics forward and makes it the enjoyable sport that it is. Keep up the good work in the months ahead.

*Bryan Clark - Club Captain*

## Junior Members

### CHRISTMAS NIGHT OUT

As you are a member, you are invited to our Christmas bowling evening at Megabowl Fountainpark on Tuesday 17<sup>th</sup> December at 7 p.m. for 7:30 p.m. Bowling should last around an hour, after this you can bring your own pocket money and we will visit McDonalds next door for some food and drink. You can be collected around 9 - 9:30 p.m.

## Thank You

A big thank you to all the marshals who have helped at many events throughout the year. It is not only vital work, but it brings in funds too. For example, the Capital City Challenge awarded us £125 for our help.

## It All Adds Up

So far in 2002 CAAC have competed in over a thousand individual events covering everything from 80 metres to Marathon as well as every possible field event. The most popular event was 800 metres (140) followed by 100 metres (120) and Long Jump (100).

By the end of the year Cross Country, which is currently fifth on 87, looks like it will sneak onto the podium. (That will please the old cart horse!)

The least popular event was 80 metre hurdles (2) but that is a little unfair as it is only available at one competition. The busiest athletes were our Senior men who competed in over 200 events followed by a close thing between U13 Girls (105) and U13 boys (102).

Next year we will be promoted to Division 1 in both CSSAL and Forth Valley so we need everybody to do even better than this year. I know all the kids think their coaches are cruel monsters but if you all come along to training and work hard at building up your strength over the winter we can be as good as any of the other big clubs. And remember that Bob and Jean are getting fitter too so we will beat all of you over 20 metres (well maybe 10) when we get back on the track.

*Bob Innes*

## Scottish League 2002

### REVIEW

Scottish League is a team competition open to male athletes in the Under 20, Senior or Veteran age categories. Under 17 athletes are eligible to compete in the horizontal or vertical jumps but need to have achieved the appropriate standard to compete in other events.

In 2002 there were three divisions, the top two comprising eight teams and the third five teams. Corstorphine competed in Division Two and finished the season in a very commendable third place just missing out on promotion to Division One.

There were four meetings during the season, the first at Coatbridge on 28th April where the weather was terrible and we officially finished in fifth place after initially being placed first on unscrutinised results. The second meeting at Grangemouth on 2nd June saw more rain and a third place finish, we finished fourth in the third meeting held at Meadowbank on 14th July and third in the final meeting at Inverness on 11th August where the weather was again terrible.

### PERSONAL BESTS

The athletes who competed during the season, from Scott Pilkington at age 15 to myself at 55, can be very proud of their performances. Many produced personal bests and several others attempted events like the 3000 metres steeplechase and pole vault for the first time with considerable success. However, it was the tremendous team spirit displayed by all the athletes and officials, unmatched by any other team in my opinion, which gives me most satisfaction when I reflect on the season.

My grateful thanks to all athletes and officials who contributed to the success of the team over the season. Given the continuing level of support I have received this year I feel very confident that we will have another very successful season in 2003.

### HIGH REGARD

On a more general note I must mention that from various discussions with athletes and officials from other clubs it is clear that Corstorphine is held in high regard and considered to be a well run and friendly club. Continuing participation in various leagues and competitions, success and displays of good sportsmanship and teamwork will continue to enhance our reputation.

*Mike Clerihew  
Team Manager - Scottish League*

## Any Comments?

If you have anything to add to the next newsletter, please hand it to me, or any committee member, or email it to:

[newsletter@caac.org.uk](mailto:newsletter@caac.org.uk)

*Martin Caldwell - Editor*

## Middle Distance Squad

### AUTUMN UPDATE

Autumn has seen the middle distance squad hard at work on the streets of Corstorphine and the cross-country courses of Scotland and further afield! The excellent training carried out in the summer has continued with everyone back to fitness (apart from the odd cold or strain) and aiming towards their goals both later this winter and next summer.

Training at this time of year is largely aimed at improving fitness and all round conditioning with less event specific work, in other words lots of miles and hill work.

The group have continued to meet on Mondays at Saughton for one track session every week and Wednesdays, Saturdays and Sundays for long runs or off-road work and the attendance has generally been high.

Clearly the training has been paying off with five members of the group involved in the excellent performance at the Edinburgh to Glasgow road relay. Kris Berry has also represented Scotland at the Reebok race in Margate and both he and Scott Pilkington have attended Bank of Scotland Training weekends as members of the Talented Young Athlete Program.

If everyone keeps up the current work rate we can all expect to see more inspirational performances in the new year!

### Example training week for middle distance group, late autumn:

- Mon: 18x200m 30 seconds recovery. Quality aerobic for strength and speed endurance
- Tues: 2x4km fast with 2km easy between efforts. Lactate threshold improver.
- Wed: 10-12km easy pace. Recovery run/aerobic conditioning
- Thurs: 5km steady pace, 2 long hills & 8 short fast hills. All training effect categories!
- Fri: Active rest. (Swimming, cycling, jogging, pub etc.) Recovery.
- Sat: "Saturday slog", 12km off road including fast sections, hill runs, circuits etc. Total body conditioning.
- Sun: Long run 14 km+ at easy to steady pace. Aerobic conditioning

*Moray Anderson*

## Win Trainers

**Run and Become are sponsoring ' My big day' for the SAL P.B. magazine competition. The competition is open to all ' young' athletes to write about their experiences in some event or competition. It doesn' t matter what event, just a story of what you enjoyed about the event or the day. The best story wins a pair of trainers. See the ' PB' magazine for more detail.**

## Ian Hodgson Mountain Relay

### Lake District

6<sup>th</sup> October 2002

Corstorphine was one of only two Scottish teams (Lothian being the other) to take part in this mountain relay, staged in the central Lake District fells. Following last year's cancellation due to foot-and-mouth, we were keen to see if we could improve on our first attempt of two years ago.

### CONFUSION

The race starts and ends at Brotherswater campsite, which has all the usual on-site facilities, including a pub. Or to be precise two pubs, which caused some confusion as, when John, Dave and I arrived at 10 o' clock on Saturday night, we made a beeline for the bar and found that the others were not there. Eventually, we met them fifty yards down the road at the other bar!

After some sleep (how did Martyn get a tent to himself?) race day dawned bright, if a little misty on the tops. Final arrangements for transport were made and it was time for Dave and Tim to get us underway on the first stage.

### EXCELLENT RUN

The race is run over four stages, with two runners per stage for safety reasons. After Dave and Tim had started, we set off to deposit the second and third stage runners at their start points. Dave and Tim had an excellent run and handed over to John and Martyn. They had run this leg before and bettered their previous time by about a minute.

Chris and I then took over for the third stage. It was now midday, and the sun was beating down from a clear blue sky. The third stage starts with a long climb up a track, which takes on Kaimies proportions before heading to the hillside. As we neared the end, I made the mistake of telling Chris that there wasn' t far to go, and he zoomed off into the distance. Fortunately he waited for me, as teams are disqualified if runners do not finish a stage as a pair. We arrived at the Kirkstone pass for the final change over, having managed to pick up ten places.

### MASOCHISTIC

Moray and Steven were masochistic enough to run the fourth stage again. This leg begins with a quad-crushingly steep climb of 1000 feet. Once out of sight, we returned to the campsite in good time to see them finish. They ended up as the sixteenth fastest team on their leg: the best individual stage position from the club.

Overall, we were a little faster than last time and although our placing was slightly lower, this was probably due to the perfect conditions, which removed almost all of the navigational skill from the event.

If you like hills, then this event is a lot of fun and an excellent prelude to the cross-country season.

*Keith Hood*

## Winter Training

We all look forward to the summer training for various reasons. Mostly because we prefer outdoor training in daylight and hopefully warmer and dryer conditions! But of course we are in Scotland, so the average temperature in early summer isn't that much different to now. The other thing that happens in the summer is the return to training of a lot of our "track stars". There are many in the club, mostly juniors, who think of winter training purely for cross country runners. Well that isn't the case.

Those who train through the winter give their bodies an opportunity to rebuild their strengths and focus on weaknesses to the previous season. This is a benefit to all ages, and in the junior athlete just as much as any. They are at a stage in their life where growing is rapid and exercise through the winter will help them pick up far more easily from where they left off in the summer. Starting to train for your new season in April is putting you months behind your rivals, and not helping your confidence.

Here is just a brief look at what you gain from regular winter training, of at least once a week if you are already active with other sports, and twice a week if not.

1. Ensure good basic conditioning
2. Learn good technique (this goes for runners, jumpers and throwers)
3. Strength development, which helps the developing physique
4. Speed. Although not a lot done in winter, it's still there.
5. Mobility and stability. This helps to reduce the chances of injury during Quality training and racing on the track. Its not 'just' stretching!

Of course, regardless what's your favourite type of competition, through the winter you can run, throw and jump in various competitions. See your recently delivered PB for indoor competitions and speak to your coach if there is something you wish to try.

So, don't be sitting at home waiting for the summer sun, get down to the club and have winter fun!

*Dave Law*

## <http://www.caac.org.uk>

### CORSTORPHINE AAC' S ONLINE PRESENCE

As some of you will know the Corstorphine AAC website [<http://www.caac.org.uk>] has been and is going through a constant reform, the newest being the acquisition of the new easy to remember domain name – <http://www.caac.org.uk>. The aim is to provide an accomplished web presence for the club whilst remaining faithful to the club's aspirations, fun and family spirit and a documentation of our ongoing progress.

Aspects of the club website include regular news updates, upcoming race information, archives of past newsletters, bulletins and records, a photo gallery documenting club events both social and competition and much more.

One aspect of the website that I believe is invaluable is the message board, it's a place where club members, their parents or other interested parties can voice opinions on club issues, request information on events or even ask advice of other members that frequent the board. I would recommend everyone to become a member of the forum; registration is short and simple so you can be active in minutes. The user database of the forum also acts as a mailing list so members of the board can receive important information out with training evenings.

Our website is evolving daily and I am constantly addressing feedback given, some future improvements I aim to implement include :

Calendar – in order to keep track of all upcoming club events.

Articles/Reviews – as an extension to the popular newsletter that Martin Caldwell, people will be able to submit for example race reviews, articles on nutrition etc and these will be archived.

If you have any feedback, questions or ideas regarding the website I'd appreciate it if you could contact me at training or email me at [admin@caac.org.uk](mailto:admin@caac.org.uk).

For those who do not have access to the internet or have yet to visit the site I have attached a sample of the pictures available in the photo gallery - see page 4.

*Chris O'Brien*

**Corstorphine**  
amateur athletic club

**CAAC Ceilidh '03**
















“link your batons for a Strip the Willow”

Tickets for the New Year club ceilidh are now available. So to avoid missing a great night out, speak to Sheena without delay.

**THE GREENWAYS CENTRE**  
(bring a plate of food please)

Friday 3rd January 2003      tickets £5      7.30 for 8.00 till late



		
SAL #4 Inverness	SAL #4 Inverness	SAL #4 Inverness
		
Club Handicap	Club Handicap	Ian Hodgson
		
Ian Hodgson	Ian Hodgson	Ian Hodgson
		
XC League Hawick	XC National Relays Cumbernauld	XC National Relays Cumbernauld
		
XC National Relays Cumbernauld	XC National Relays Cumbernauld	XC National Relays Cumbernauld