

March 2003



# CAAC Attack

## Summer Dates

- Sat Mar 29<sup>th</sup> Road Relay Championships
- Sat Apr 5<sup>th</sup> Dunbar 10K
- Thu Apr 24<sup>th</sup> JSB Forth Valley League [Pitreavie]
- Sun Apr 20<sup>th</sup> Central & South Scotland Athletics League [Scotstoun]
- Sun Apr 27<sup>th</sup> Scottish Athletics League [Coatbridge]
- Sat May 10<sup>th</sup> Penicuik 10K
- Sun May 18<sup>th</sup> Central & South Scotland Athletics League [Dumfries]
- Thu May 22<sup>nd</sup> JSB Forth Valley League [Livingston]
- Sun Jun 8<sup>th</sup> Scottish Athletics League [Grangemouth]
- Sun Jun 15<sup>th</sup> Edinburgh Marathon
- Thu Jun 19<sup>th</sup> JSB Forth Valley League [Pitreavie]
- Sun Jun 22<sup>nd</sup> Scottish Athletics League [Wishaw]
- Sat Aug 2<sup>nd</sup> JSB Forth Valley League [Pitreavie]
- Sun Sep 7<sup>th</sup> Central & S Scotland Athletics League [Grangemouth]

## Scottish Schools

Scott Pilkington won the Scottish Schools Over 16 800m Indoors.

Callum Fletcher made the final in U16 800m, as did Douglas Selman in the U16 1500m (but no medals).

Stewart Turner also won U16 Shot Putt.

## Your Committee

*Before voting at the A.G.M.*

- 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



It is almost the end of the winter season and the track season is just around the corner. The club has had some fine displays both indoors and outdoors over the last few months and athletes have been training hard to make those performances possible. It is not always easy to leave the sanctuary of your nice warm house and attend training in cold and wet conditions but to do so is part of the dedication which is required to improve your standard of competing.

The summer season will give athletes a chance to put to good use the strength work that they have put in over the winter. Do not expect to peak as soon as you step back on the track though, there are 6 months of track training and competitions in which to produce your best form. The most important thing is to work hard and give your best both in training and in competition and give yourself a chance of producing your best form. Remember also to enjoy the sport and lets try and achieve some good results over the next few months.

Another reason to show hard work and dedication is the Corstorphine Young Athlete and Senior Athlete of the Year awards for both males and females. These awards are not always handed out to the best athlete as qualities such as dedication, workrate and improvement are taken into consideration when deciding upon whom the awards winners should be. These are club awards and an athlete should feel great pride if they are fortunate enough to be presented with one of these awards, as they will be joining some very good athletes in having their names engraved on the trophies.

*Bryan Clark - Club Captain*

## Ron Anderson Memorial Cup

### NEW CLUB CUP

This year, in addition to the "Athlete of the Year" awards, a new club trophy has been introduced. The Ron Anderson Memorial Cup is to be presented each year for the "outstanding performance in endurance competition".

Unlike the best athlete shields, the award of this cup will be based purely on athletic excellence in events from 800m upwards, reflecting Ron's background in middle distance coaching and competition.

### STAND-OUT RUN

The club has a great tradition of success in endurance events and this year has seen some great performances from our athletes. However, the stand-out run would have to be Kris Berry's 3 min 52.14 secs 1500m last September - a time which ranked him highly in Scotland and the UK and secured some lottery funding to aid his continued development this year.



**Kris Berry in the National Cross Country**

It is this performance which gains Kris the inaugural award of the Ron Anderson Memorial Cup. Many congratulations Kris!

## Future Funding and Development

We are happy to report that we have a healthy bank balance as reported at the A.G.M. This despite not having any major single sponsor. This year financing has come from various sources through the efforts of many individuals, which we are all grateful for.

Not least through the "Clubs:future" program sponsored by Norwich Union who have supported us for development, excellence and coach education. Ken Roy who gave us contact details which provided financial assistance, and payment from the East District cross-country commission & the organisers of the Edinburgh city challenge who both made us payments in recognition of our help in organising and marshalling these events, funds raised from the disco organised by Bryan Clarke and the Celidh, and proceeds from our stall at Corstorphine Fair organised by Steven O' Brien.



This is encouraging but we could do better. If we could secure a main sponsor it would mean committee members being able to focus more on club development planning and athlete development. To this ends anyone who may be aware of a potential sponsor of a successful athletics club, involved in promoting athletics for all should contact a member of the committee. Similarly anyone wishing to give of some of their time to help secure and maintain a sponsorship agreement, would provide a very valuable service to the club.

Currently under development we are looking at athlete recruitment and retention by targeting local schools and sports centres with posters and flyers, and having discussions with "Jog Scotland" as a possible source of new members.

Re-examining our coaching structure, working with Scottish Athletics to ensure we are making the most of the resources available to us, and currently in negotiation with Edinburgh Leisure in an effort to secure a discounted rate for entry into Saughton enclosure on club training nights. We are also re-appraising the winter training venues with a view to finding more flexible facilities to allow coaches to further expand their training programs.

Finally after a long gap UKA has restarted its coach education program, which has been going through a drastic restructure over the last few years, during which time formal coach education has been erratic.

The new system is modular and a number of the coaches within the club are eagerly taking advantage of these opportunities to add to their knowledge, for which they deserve thanks from us all for giving up their time and passing to us the benefits of their increased understanding of our sport.

Wishing everyone a successful summer season.

*Paul O'Brien*

## Team Success

Last year's Track & Field proved very successful, with us winning promotion to division 1 in The JSB Forth Valley League and for the first time promotion to division 1 in the Central & South Scotland Athletics League. We also consolidated our position in the men's league, and those ladies who competed for the Lothians team in the women's league made a good account of themselves.

These successes are due to some outstanding individual performances and a concentrated team effort, making our teams a force to be reckoned with. One of our "scalps" was City of Edinburgh who we beat in the CSSL league and will still be competing in division 2 next year.

However there is no room for complacency, and this year will demand an even greater team effort with the "volunteer" officials requiring to be graded. This is not difficult to achieve and Scottish Athletics are running a 3 hour course on the 6th of April. We need to have a supply of graded officials to rake the sand pit, pick up the high jump bar, hold onto the end of the measuring tape, or we will incur point deduction at these track meetings for not supplying officials.

So if you have in the past helped the club out, or are willing to in the future, please contact one of the committee members for details.

The penalties can be as severe as points deducted equivalent to us receiving no points for finishing first and second in an event! The course will not be difficult and will probably only re-enforce your existing knowledge; it should also lead to fairer and consistent judging as everyone is a little more knowledgeable.

Dates and Team managers for the track leagues are as follows:

### Men's League

Manager: Mike Clerihew

Match 1 27th April Coatbridge

Match 2 8th June Grangemouth

Match 3 22nd June Wishaw

No match 4

### Central and South Scotland Athletics League

Managers: Paul O' Brien, Dave Henderson, & Bryan Clarke

Match 1 20th April Scotstoun

Match 2 18th May Dumfries

Match 3 7th Sept Grangemouth

No match 4

### JSB Forth Valley League

Manager: Jean Dobson

Match 1 24th April Pitreavie

Match 2 22nd May Livingston

Match 3 19th June Pitreavie

Match 4 2nd Aug Pitreavie

Presidents select 6th Sept

We currently have no club representative (manager) for the women's league, and we as yet we do not have the dates for this league.

*Paul O'Brien*

## Scottish Athletics League 2003

### DIVISION 2

There has been particular difficulty this year in finding enough suitable dates for matches and as a result there will only be three rather than the usual four. Corstorphine finished an excellent third in Division 2 last season, narrowly missing promotion, so we will compete in the same division this year.

The match dates and venues are as follows:

27th April at Coatbridge

8th June at Grangemouth

22nd June at Wishaw

### NEW TALENT

Most athletes who competed in the league last season should already be aware of these dates, but we are always on the look out for new talent. If any male club member (sorry girls but Scottish League matches are men only affairs) over the age of 17 who has not been advised and wishes to be considered for the team please contact me on 331-2412. Matches consist of a full range of track events and selected field events, so if you have any athletic talent whatsoever please get in touch.

*Mike Clerihew - Team manager*

## Forth Valley League

Just a reminder for all the under 15s that we have been promoted to Division 1 of the Forth Valley League so we will all need to work even harder than last year. We also urgently need parent helpers at the events so if you can help please tell Jean, Bob or Dave.

Dates for your diaries are:

Thursday 24th April at Pitreavie

Thursday 22nd May at Livingston

Thursday 19th June at Pitreavie

and the final is at Pitreavie on 2nd August.

*Bob Innes*

## Highland Cross 2003

We have just been informed by the organisers that Corstorphine Amateur Athletics Club have had TWO teams accepted for this years Highland Cross on Saturday 21st June 2003. A briefing booklet and sponsorship card will be sent directly to each of the following in early April. John O'Hara, Ian Cumming, Dave Law, Paul O'Brien, Martyn Tunstall, & Brian Nicholson.

### CHARITIES

We hope that we can rely on your support in benefiting the three major projects identified as the nominated charities for this year, namely, Maggie's Highland Cancer Caring Centre Appeal, SNAP (Special Needs Action Project) vehicle appeal, and Highland Disability Sport vehicle appeal.

*John O'Hara*

# Athlete of the Year Awards

## SENIOR MALE

Martin Hulme, a core member of the senior endurance group has been a Corstorphine Athletics club member for many years. Martin to my knowledge has never raced for us on the track, but trains regularly on it.

An endurance athlete he certainly is, and has as "mean" reputation for running in the hills, as those who try to keep up with him will testify.

Martin relishes cross country (the more traditional the better), he also enjoys road racing, representing the club on many occasions, a regular team member in our road relay teams, and only a few years ago part of our Edinburgh to Glasgow relay team.

This time last year saw Martin return to training after a few frustrating months while he recovered from a cycling accident which had left him with a broken collar bone (his attempts at one arm press up were pitiful).



But just to prove you can't keep a good man down, this year has seen Martin fight back with a vengeance and by a very close margin he was runner up to being the national (age group) Scottish hill running champion with the outcome of the competition coming down to one race on Morven, outside Braemar. Unfortunately it was not to be Martin's day, but what an achievement to get so close.

Martin has carried the Corstorphine athletic club name across Scotland and has played a large part in the club being a respected force in Scottish hill running. A couple of recent races which I recall as being of particular note are the Mull Monster ... a race aptly named to describe the 20 miles of unforgiving heather and hill, all in poor visibility, making grown men weep (I bet Martin was grinning all the way round) and the recent Carnethy hill race when Martin was the first club member home in a new P.B.

This award recognises not only Martin's considerable ability but also recognises his indomitable and infectious good spirit which has allowed him to achieve these things and made it a pleasure to have him as a fellow club member.

Well done Martin.

## SENIOR FEMALE



Linda McGinley joined us a couple of years ago having moved from Conniston because of work. She decided to join a running club to meet new people and get fit. She found Corstorphine on the internet and the rest is history. She has proved to be a friendly and enthusiastic member and fitted right in to the group, keenly taking part in road and cross country events. Linda has brought with her a very individual approach to her pre and post race rituals in the form of a "picnic". Well known for consuming various goodies which she hopes will improve her performances, one of her favourites is a piece of malt loaf which is always neatly wrapped in tinfoil.

Linda's recent accomplishments are taking part in the National X-C, completing her first 10 mile road race at Lasswade and she has taken on the challenge of completing her first Marathon later this year in Edinburgh.

## JUNIOR MALE

The last year has seen Alastair McColl come of age as a member of the middle distance squad. He has been ever present at training and has represented the club in competition as often as anyone. He has definitely come out of his shell and contributes greatly to the social side of our group.



Ironically famed for his encyclopaedia of excuses, these days he is the least likely to need any excuse in training where he works tirelessly. I suspect this summer we will see continued improvement from "Meeccoll" who thoroughly deserves this award!

## JUNIOR FEMALE

This athlete has been a member of the Club from almost as soon as she could run and has consistently impressed those around her with her quiet determination and dedication to her sport. Here's what one Committee Member had to say about her,

"She has shown commitment over a number of years as a member of the club. Particularly over the last year she has matured as a person, and with hard work and dedication has become a strong athlete within a good young squad".

As proof of her dedication and hard work, she is also an active member of the Scouts, has been heavily involved with dance classes, and has her work cut out keeping her dad and two older brothers under control.

Her obvious enjoyment for running is matched only by her passion for watching her favourite football team, and if she occasionally misses a training session, it's usually because the team have a crucial match. Even then she gets in an extra training run to compensate. In voting for her, another Committee Member commented,



"This young athlete has trained consistently well and has competed as regularly as anyone. To be along at training on a regular basis, especially at an age (for girls) where there is a high drop out rate is testament to her commitment and desire to improve (as well as her coaching of course!)"

In the relatively short time that I have been her coach, I have seen a steady improvement in her performance - 15 seconds off her 1500, 10 seconds off her 800 and half a metre on to her shot - and have consistently been impressed by her ability to rise to any challenge. Another Committee Member noted,

"She always puts maximum effort into her training without any complaints. She seems to just get on with it whatever the session, and is an excellent role model for any of the younger athletes".

As a new track season begins, she moves up an age group from U15 to U17 and faces an even more challenging year ahead, combining her running with studying for her Standard Grades. She is already working out how best to fit in her running with her school work and doesn't intend to skimp on either!

The vote was unanimous - Rebecca O'Brien.

## Middle Distance Squad

### RECHARGE THE BATTERIES

As the winter season draws to a close the middle distance squad can begin to ease down on their training for at least a few weeks. With a return to more regular track training imminent and the early season track races only weeks away the hard work will begin again soon. For now, though, there is a chance to recharge the batteries and take a constructive look back on how the winter has gone. It is also important at this time of year to set the targets around which summer training will be designed.

### ENCOURAGING RESULTS

Members of the group produced many encouraging results over the winter, a number of which I have outlined below;

Edinburgh to Glasgow road relay – five members of the group involved in an 8th place finish receiving the “most meritorious performance” award.

East district cross-country league – quality runs from squad members throughout the season including 8th place by Steven at Kirkcaldy leading to his inter-district selection and 3rd place by Kris at Alloa. These runs helped the men’s team finish 2nd overall. There were also good runs from Bryan and Alastair who consistently ran better than in previous years.

### OUTSTANDING PERFORMANCE

Celtic international, Reebok cross series, Inter county championships – Kris was selected to run at these major races during the season. His 14th place (1st Scot) at the Inter counties in Nottingham was his outstanding performance.

And just to show that we had not ignored our speed work all winter Scott picked up Gold in the 800m at the Scottish Schools indoor championships.

So if you see the group taking it pretty easy throughout March it is because they deserve the rest not because they are skiving!

*Moray Anderson*

## Lost and Found

**Bob Innes has still got some things in the bottom of his kit bag. If anybody owns them please let him know. If they are not claimed by the time we go back on track they will be donated to charity.**

- 1 girls watch
- 1 water bottle
- 1 CAAC sweatshirt (small)
- 1 Old Cart Horse

## Any Comments?

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

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

*Martin Caldwell - Editor*

## Cross Country Review

### RAINY GALASHIELS

It has been a good season for the club with some fine performances. In the East District Relays at a rainy Galashiels, Corstorphine’s boys team was fifth, while the senior men fielded four teams: the first two finishing fourth and seventh.

At the East District Championships on Corstorphine Hill, the under-15 boys (Douglas, Calum and Callum) took third place. The senior men were fifth and the ‘vets’ sixth.

The National Championships were held on a flat but very soft and demanding course at Linwood. The under-15 boys finished sixth. The senior men were ninth – an improvement on 14th from last year.

### TOP TEN

The club also performed well in the East District League, with Kris and Steven managing top ten placings at two of the meetings. Although I do not have definitive results, the senior men provisionally finished the season in second place, with the club as a whole around fifth.

Well done to all who competed.

*Keith Hood*

## Veteran Indoor Championships

### FOUR GOLD MEDALS

Unfortunately I was the only Corstorphine athlete to compete at the Scottish Veterans Indoor Championships held in the Kelvin Hall on the 25th January. However the club emerged with a creditable four gold medals from the event, as I won the Men 55-59 age category 60 metres, 200 metres, Long Jump and Triple Jump.

The British Masters Indoors was held on the 15th/16th February also at the Kelvin Hall and I was joined by Jim Malcolm, a new recruit to the club, who competed in the Men 40-44 age category Pentathlon. Jim finished in an excellent fourth position given that it was his first indoor competition for many years. My performances were much improved than those at the Scottish Champs but, reflecting the much stiffer opposition, I came away with just two gold medals (Long Jump and Triple Jump) and a bronze in the 60 metres.

### FANTASTIC ATMOSPHERE

Given the number of Veteran/Masters athletes competing for Corstorphine in Cross Country, Road Running and Track and Field team events it is disappointing that so few are prepared to enter Track and Field Championships. The Scottish Veterans Outdoor Championships are being held on the 31<sup>st</sup> May at (I think) Pitreavie and the British Masters at Derby on the 7<sup>th</sup>/8<sup>th</sup> June. Athletes of all standards compete and the atmosphere is fantastic so why not give it a go?

*Mike Clerihew - Old Athlete*

## Junior Middle Distance Squad

### SPRING UPDATE

It became evident half way through last Winter that there was a need to divide up the existing squad of Middle Distance runners, for two reasons really –

- 1 To divide an already large group of athletes of varying ability and age into smaller, more manageable, groups and
- 2 To allow the training to be more focused on that group and their particular abilities and aspirations.

It hardly seems like a year has passed since I took up the role of Coach to the ‘Junior Middle Distance Squad’ (but then again you’d better ask the squad!!).

### HARD WORK

During that time the squad has taken part in two Cross Country seasons and a Summer season on the track. Comparing results from even just one year ago, it is clear that all of the hard work that everyone is putting in is paying off.

### HEALTHY RIVALRY

I know that Megan is particularly proud of the 12 seconds she has taken off her PB in the 800m, and Douglas is now well under the 2 minute 10 seconds mark, and has represented the Club at District Level. There was a healthy rivalry between the Callums (Fletcher & McKenzie) at Cross Country, which will hopefully continue on to the track this Summer, and although Neal isn’t normally available at weekends to compete, he still puts in the effort in the park and on the track.

You will read elsewhere in this Newsletter more about Rebecca, and she has some firm ideas about what times she will be achieving this Summer, particularly at 800 & 1500, whilst Dee has a challenging year ahead combining her running with her studies, in this her ‘higher’ year.

### MOVING UP

A few of the existing squad move up an age group this year too, Douglas and Rebecca moving up to U17, and Dee moving up to U20, and I am looking forward to a few more ‘budding’ Middle Distance Runners moving up from the Development Squads of Dave, Bob & Jean.

*John O’Hara*

## European Vets

### LATEST NEWS

**Mike has just returned from San Sebastian in Northern Spain, where he was competing in the European Veterans Indoor Championships. He won the silver medal in the men 55 and over 200 metres sprint and another silver medal as a member of the British team in the 4 x 200 metres relay. He also came fifth in the finals of both 60 metres and Long Jump.**

## Edinburgh to Glasgow Road Relay 2002

### PRESTIGIOUS EVENT

The Edinburgh to Glasgow road relay is a prestigious historical event, which attracts the top clubs from throughout Scotland and is by invitation only. Corstorphine have qualified to compete at this event in 3 of the past 4 years but have managed to place no better than second last on only one of these occasions, while the club didn't even qualify for the previous year's event in November 2001.

With some fine performances in the East District and National Cross Country relays the club was invited to run at the 2002 event on 24 November. During the week leading up to the event however a couple of athletes were forced to pull out of the team due to injury and there were a few athletes running on the day who were carrying injuries or illness.

After some sterling work by Paul O'Brien, David Law and Martin Caldwell in preparing maps, running orders, lifts to and from leg starts and pickup and drop off times, the team met outside the Quality Hotel at Ingliston for the beginning of race.

## www.caac.org.uk

### CLUB WEBSITE

Hi all just a quick update on the progress of the website, firstly I apologise to regular browsers for the lack of updates to the Photo Gallery. This is due to a server issue which I hope to remedy in the very near future. To combat this I have been posting pictures of CAAC athletes in action from recent events straight to the messageboard. Recent additions include pictures from the National XC Championships at Linwood and the Carnethy '5' Hill Race. The website's photographic content is just a brief insight into the vast array of pictures from CAAC events I have been hoarding, if any member would like pictures of themselves in action or would like more pictures from a particular event I might be able to help out. If you drop me an email at [admin@caac.org.uk](mailto:admin@caac.org.uk) or speak to me [chris o'brien] I'll do my utmost to appease your requests. I would also like to thank the members who have forwarded



### START WELL

The race began at the early time of 9 am with Kris Berry lining up beside 19 other athletes for the start of leg 1 (5.5 mile). It is vital to start the race well, as teams are quickly strung out over large distances. Kris didn't disappoint and ran an excellent first leg to arrive at the changeover in 8th place.

Scott Bisset took over for the second leg, a long 7 mile beginning at Broxburn. He ran a great leg to pass the baton to Ewan Stark in 9 place, which Ewan ran strong to maintain. Ewan would later boast of running the fastest time of any of the Corstorphine athletes although the length of his leg (4.5 miles), the shortest of the race, may have helped a bit!

### MOST EVENTFUL

The two middle legs were the longest and most eventful in relation to race positions. Moray Anderson and Steven O'Brien ran these legs of 7.5 and 7 miles respectively. Moray ran great, whilst carrying an injury, over a difficult long drawn out leg to pass over to Steven at Caldercruix in 13th place.

Leg 5 proved to be the biggest problem of the race for some teams as 4 clubs got lost and were disqualified for not completing the leg in the maximum allotted time. Steven though was on top form and picked up a further 3 places to pass over in 6 place.

me photographs from events to copy.

The CAAC website is a valuable resource for the club, in the past year we have made good steps towards providing a dynamic information and communication tool that is free to use for all club members and others interested in CAAC. The heart of the website is the messageboard which can be navigated to via the main page or by using the shortcut

<http://www.caac.org.uk/phpBB>. With many club members training outwith the school facilities during the winter and Saughton in the summer it can provide valuable interaction and information that otherwise might not be readily available when not attending club training nights. Currently we have 27 members on the CAAC messageboard, personally I'd like to see more members register and participate to further increase the value of the resource. With regular involvement the websites potential to become an enviable communication tool could be attained.

As always I am looking for feedback to help



Tommy Ferrington ran the 6th leg and ran a great solid leg over one of the longer legs (6.75 miles), passing over to myself shortly before Uddingston Station in 8th place. I had been ill in the week prior to the event and maintained the race position on a 5.5 mile leg and passed onto Tim Norwood for the last leg. Tim's leg was also 5.5 miles and he ran well over the distance on a very lonely leg where he didn't see any other runners, to bring the baton home in 8th place.

### MERITORIOUS AWARD

During the prize giving for the event, to our surprise Corstorphine were awarded the Meritorious awards for the most improved team and we each received medals and a cheque for the club. This capped a very enjoyable day and the most memorable thing for me was the great camaraderie that was running through everyone involved.

A big thanks must go to Paul, David and Martin for the organisational work that they did and thanks also to those who drove athletes to and from starting and finishing points on the course. Thanks also to all the marshals who volunteered to help make this a very successful day for the Club. It was a team of 15 or so people who helped to win the club the medals, not just the 8 who took part in the race.

*Bryan Clark - Club Captain*

mould the site to exactly what the CAAC members want from their website so any comments or criticisms I'd appreciate if you'd take the time to speak to me at training or drop me an email at [admin@caac.org.uk](mailto:admin@caac.org.uk).

As a final request I am finding the club records hard to maintain, I would appreciate a volunteer to take the reigns on keeping them up to date. It's a relatively easy job if you keep on top of the information coming in, ideally it would be beneficial if the person or persons had computer access but it is not essential. I will of course assist with any issues with maintaining the records and do the web publishing if required.

On a final note for those with no Internet access I have attached some photographs taken at various CAAC events in the past few months. Thanks and I hope to see you all online soon ;]

Chris O' Brien – [admin@caac.org.uk](mailto:admin@caac.org.uk)

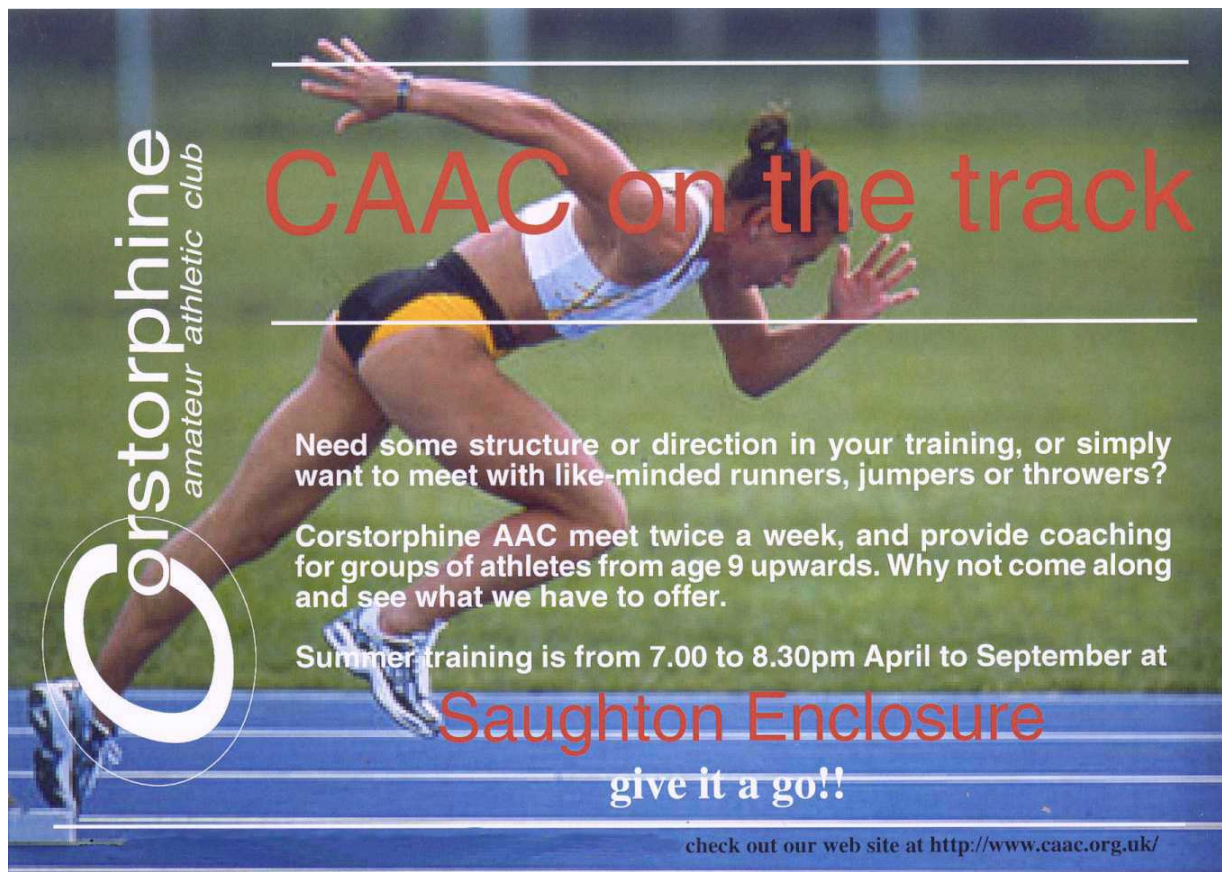


## Star Profiles

**Name:** Keith Hood  
**Age:** 30  
**Occupation:** Analyst Programmer  
**Length of time as a member of CAAC:** 8 years  
**Events and times:** 3000m – 8 min 51 sec  
 3000m Steeplechase – 9 min 24 sec  
 5000m – 15 min 23 sec  
**Most memorable athletics moment:** 3<sup>rd</sup> in Steeplechase at Scottish Nationals (2001) and finishing the Kimm.  
**Favourite place you' ve ever visited:** France  
**Dream job:** Anything involving creativity or travel.  
**What' s the weirdest thing you' veever seen before:** All of Moray' s group finishing a cross country race.  
**If you were in Tony Blair' s position would you attack Iraq (give reason for answer):** Not just yet but as a last resort.  
**Most famous person you have ever met:** Rhona Martin (Olympic Curling Champion) at Balmoral last year.  
**Things that most annoy you:** Cyclists who use pavements and mobile phones (although I have one).  
**Ideal way of spending a Saturday night:** Pizza and Beer after watching Hearts win.  
**If you found a £50 note in the middle of a busy street would you spend it or hand it in:** Hand it in (conscience is awful!)  
**If you could live the same day over and over how would you spend it:** A day in the hills with good weather.

**Name:** Megan Smith  
**Age:** 13  
**Occupation:** School Student  
**Length of time as a member of CAAC:** 5 years  
**Events and times:** 800m – 2 min 38 sec  
**Most memorable athletics moment:** Running into a post at Pinkhill and having to go to hospital.  
**Favourite place you' ve ever visited:** Disneyland  
**Dream job:** TV Presenter or Primary School Teacher.  
**What' s the weirdest thing you' veever seen before:** A baby mouse. It has no fur and looks like a pink jelly baby but it moves a bit.  
**If you were in Tony Blair' s position would you attack Iraq (give reason for answer):** I don' want a war. If it would protect us then we have got to do what we have got to do. War wouldn' be my first choice though.  
**Most famous person you have ever met:** Princess Anne, she didn' t say hi but she walked past with some penguins.  
**Things that most annoy you:** My History Teacher - if someone arrives 2 mins late for his classes he says "we' vstartard" but we haven' t he has. He also says, "sit down son". I hate that, as we' renot his sons. I also find my art teacher annoying as he changes all my pictures. I now have a folio of his pictures.  
**Ideal way of spending a Saturday night:** Going to Laser Quest with my friends and family and then going to BW, which is a really nice hot dog place with a variety of hot dogs.  
**If you found a £50 note in the middle of a busy street would you spend it or hand it in:** I would spend it. If I handed it in then the person I handed it into would spend it. If I saw someone looking for it I would give it to them though.  
**If you could live the same day over and over how would you spend it:** I wouldn' be ill, I wouldn' argue and I wouldn' be bored. I would have fun

Questions by Bryan Clark, Club Captain



**Corstorphine**  
 amateur athletic club

**CAAC on the track**

Need some structure or direction in your training, or simply want to meet with like-minded runners, jumpers or throwers?

Corstorphine AAC meet twice a week, and provide coaching for groups of athletes from age 9 upwards. Why not come along and see what we have to offer.

Summer training is from 7.00 to 8.30pm April to September at

**Saughton Enclosure**  
 give it a go!!

check out our web site at <http://www.caac.org.uk/>