

June 2003



CAAC Attack

Summer Dates

- Wed Jun 25th Livingston Open Graded Meeting
- Wed Jul 2nd Falkirk Open Graded Meeting
- Wed Jul 23rd Glasgow Open Graded Meeting
- Sun Jul 27th Donkey Brae [Aberdour]
- Sat Aug 2nd JSB Forth Valley League [Pitreavie]
- Sun Aug 3rd Scottish Gas 5K & 10K
- Wed Aug 6th Falkirk Open Graded Meeting
Berwick Law Race
- Sun Aug 10th CLUB PICNIC**
- Sun Sep 7th Central & S Scotland Athletics League [Grangemouth]
Great Scottish Run
- Sun Sep 21st Capital City Challenge 10K
Great North Run
- Sat Sep 27th CLUB DISCO at Clermiston Inn**
- Sun Sep 28th Linlithgow 10K



Juniors' Party at Megabowl

Your Committee

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

Captain's Comments



So the summer season is well underway and the fixture list has provided athletes with some demanding challenges this season. Athletes have had to peak earlier than usual due to the fact that many competitions, events and league meetings have been scheduled for the first half of the summer. This has had a knock on effect as training programmes have had to be altered to accommodate the need to produce good early season form.

OPEN GRADES

Athletes should not worry though if they have not produced the times, distances or results that they had expected they would have done so far this season. There are still some events to come and there are also Open Grades where athletes are placed in a race or event with other people who are producing the same times/distances that they are. This encourages and helps athletes to improve personal best marks.

The most important thing is not to go on holiday from school or work and also take an extended holiday from athletics. A short holiday from the sport is okay to allow the body to recover and increase the desire to do well but it is a long road back to full fitness if an athlete goes on a long break with no good reason to do so.

KEEP UP THE GOOD WORK

Keep up the good work in the months ahead and try and improve those PB's before the season ends.

Bryan Clark - Club Captain

Club Picnic

All members and families are invited to the picnic at Beecraigs Park, near Linlithgow, on Sunday 10th August from 12 noon onwards.



Early stages of the Black Rock 5

Women Wanted

We need women athletes to represent the LOTHIAN'S Team in the Womens League. If anybody is interested, let me know on 0131 316 4873 or thesting@blueyonder.co.uk

Craig Smith



Billy Braidwood in the Edinburgh Marathon

Junior Athlete Group

WONDERFUL BUNCH

I would like to say it's a pleasure to work with such a wonderful bunch of new & existing young athletes: It has been great fun coaching you all and I know that your positive attitude will continue to grow within the group and continue to be an inspiration to fellow athletes and the coaches.

We hope to see many of you attending more regularly (i.e. every week). Think back to where you were this time last year and how much you have improved since then. Remember, it's all about YOU and YOUR commitment to the club & yourself, all about your own P.B. and how you can better it with more practice and more drive within yourself to do better.

The opportunities that lie ahead for most of you to compete in our competitions over the summer should give you the motivation you need to succeed and do well, not to forget 'POINTS' which helps us to stay in division 1 & 2.

I look forward to seeing you all in the winter season as well as the summer. You are all stars for putting up with Jean, Bob & Dave.

Jean Dobson - Coach

Masters Track and Field Championships

SUCCESSFUL OLDIES

The Scottish Masters Championships took place in the sunshine at Pitreavie on Saturday 31st May.

Given that Corstorphine was represented by just two athletes our final tally of five gold medals and two silver medals was exceptional. Andy Cullen picked up his first Scottish Masters title when winning the 40-44 age category 400 metres and he also placed second in the 200 metres and triple jump. I won the 55-59 age category 100 and 200 metres, long jump and triple jump titles.

The Scottish Multi Events Championships were held in conjunction with the Masters Championships on the Saturday and completed the following day with Corstorphine's lone competitor, Jim Malcolm, winning the silver medal in the Masters (over 40) Decathlon.

The following weekend, 7th and 8th June, I was the lone Corstorphine athlete competing in the British Masters Championships in Derby. On the Saturday in warm and sunny conditions I picked up the gold medal in the 55-59 category long jump and a bronze medal in the 100 metres. On a very windy and much less warm Sunday I won another gold medal in the triple jump.

Overall a very successful eight days for the Track and Field oldies.

Mike Clerihew

Junior Middle Distance Squad

SUMMER UPDATE

It's hard to believe I know, but we're already about half way through our Summer Season and thoughts of trudging round some muddy field in the wind and rain are a dim and distant memory (for the moment at least!).

The Junior Middle Distance Squad have been working hard at training nights and have already produced some remarkable results on the track. Almost everyone in the squad has produced a Personal Best performance in at least one event, and there's still half a season and plenty of competition to come.

Callum Fletcher is spending far too much time on his skateboard, but still managed to produce an 800m PB in the Edinburgh Schools Championships at Meadowbank early this month. He finished in silver medal position in a time of 2m07s. He also ran 37m5s in the 6 mile Balerno Rigg Race to finish 24th overall. Bit early to be specialising in long distance road races, but great result.

Calum McKenzie has produced a PB in two events having run 4m55s in the 1500m at the Falkirk Open Graded meeting on 7 May, and 2m10.96s to finish in silver medal position at the Edinburgh Schools Championships.

Not to be out-done, Douglas Selman has produced a PB in three events having run 55.1s in the 400m at the CSSL match 1 at Scotstoun on 20 April, 2m04.51 in the 800m to finish in gold medal position at the Edinburgh Schools Championships, and 4m20.23 in the 1500m at the Scottish Schools Championships at Grangemouth.

Megan Smith has been improving steadily all season with a succession of PB's, most recently a 2m30.41 in the 800m to finish with silver medal at the Edinburgh Schools Championships, and a 5m20.7 in the 1500m at the Scottish Schools Championships.

Rebecca O'Brien was so determined to improve her 800m PB that she was disappointed with her run at the Edinburgh Schools Championships, so went through to the Falkirk Open Graded meeting later that evening to improve her time to 2m32.6s. She has since improved it again however with a run of 2m29.57s at the Scottish Schools Championships.

Dee has had a very busy year academically having just completed her Highers (good luck with the results), and Neal Robb, as he has no doubt told you, "doesn't do competitions".

SPEED & ENDURANCE

We recently completed our first 'block' of training, concentrating on consolidation and conditioning, and we have just started our next block, which will concentrate on speed and endurance. So, there's lots of hard work to be done over the coming months, but at least the sun is shining (well, some of the time) and plenty opportunity to get those PB's rolling in.

Perhaps we should re-name this "The Flying Squad".

John O'Hara

Middle Distance Squad

IMPRESSIVE PERFORMANCES

The track season has got off to an encouraging start for most of the middle distance squad this year. The hard work in training over the winter is clearly paying off with a number of PB's and impressive performances already achieved.

This season most of the competitive opportunities for the squad fall early in the summer so a corresponding shift in the training cycle was made early on in the year. Unfortunately for Steven O'Brien and Bryan Clark who sustained injuries in April this means they will likely miss the majority of the competition period. Thankfully though, both are now making tentative steps on the road to recovery.

For the rest of the group however, the positives have outweighed the negatives. Good performances at the first couple of league meetings included Scott Pilkington's 1.56 800m clocking at a windy Coatbridge and Kris Berry's solo run for 3.55 in the 1500m at Dumfries. At the East district championships Kris took gold in the U20 1500m and Chris O'Brien took a creditable 5th in the senior men's 800m final. More recently Scott retained his Scottish schools 800m crown winning in an excellent time of 1.54.8 ahead of a quality field including our very own "PB machine" for the year Alistair McColl who had another good race.

The whole squad have regularly appeared in the Self Transcendence races at the meadows picking up a handful of medals and some impressive times over the one and two mile distances. These always prove to be useful training sessions as well as fun competitions with little pressure.

This season's top performances by a squad member, though, have come from Kris Berry at the British Milers Club races at Wythenshawe (Manchester) and Eton (London). At the first of these Kris won the C race in style from the front in a PB of 3.50 and at the second he was 6th in a top quality B race in 3.48.6, only a second outside UK Athletics' qualifying standard for the European Junior Championships!

I feel we can already call this season a success but I'm sure there is a lot more to come.

Moray Anderson

Your Results

PLEASE FILL THE GAPS

Can everybody please submit their results from all events over the years as I am going to have a bash at pulling the club records together with a good spring cleaning. I've managed to source a large amount of results from both Bob and Eileen, but there are still some gaps that individuals will undoubtedly be able to fill. Hand your results to me on a club night or to thesting@blueyonder.co.uk

Craig Smith

enJURAnce

HILL RACE

The Bens of Jura on the 24th May was the last of this year's Scottish category 'long' races, and what an event this was, with seemingly the whole island out to support, organise, or participate. Together with the Islay pipe band which piped the runners out from Craighouse, (and the survivors back in) this was one not to be missed.

Everyone piled onto the ferry at Kennacraig on the previous Friday evening, where most got loaded up on good cheap but cheerful Cal-Mac grub. After the short connecting boat over to Jura, folk were bussed or cycled the remaining 7 miles to Craighouse.

Some veterans of this race chose to use local B&Bs, wary of midges, but most chose to camp in the field behind the hotel. There was not much time to get organised before dark and with all the tents it seemed more like T in the Park than the night before a big race.

A quick pint in the hotel and a chance to meet up with familiar faces and rivals before bed. I thought it would be difficult sleeping with all those campers criss crossed about the field but it was silent, and the midges didn't really mean it.

The race takes in 7 separate mountain tops, 7500' ascent and 16 miles, the last 3.3 being on the road back to the start. It had everything, wet boggy ground, stony hillsides, steep scree and boulders, hill fog, wrong turnings, I loved it!!

I was well prepared, having just had my usual week of hill walking in Skye, Applecross and Torridon, and felt strong throughout.

There were 163 starters, and 153 finishers, with the English Borrowdales and Bingleys taking 6 out of the first 7 places and the winning time being 3.21. I finished 29th overall in 4.12, taking the 2nd SV prize which unusually was not bottle shaped, but a pottery bowl from Islay. The evening ceilidh was on for those up to it, but I reckoned that most over the age of 40 chose bed after the pub had closed.

Sunday was beautiful, and there was time to explore the Jura garden leading down to the sea and it's coastal raised beaches. The place was awash with spring flowers, birds and feral goats, and I could easily have stayed on another week.

Sadly it was time to leave all too soon, but it is not hard to see why the place proved so inspirational for George Orwell - he wrote his seminal book '1984' when he stayed on Jura in the 1940s. I reckon 2004 wouldn't be too soon for a revisit.

Martin Hulme

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

Martin Caldwell - Editor

70 Wild Miles

CYCLE - CANOE - RUN

John, Brian, Keith, Iain, Dave and Andrew Law headed up to Glen Coe for this unique event, which is held in aid of Cancer Research. We formed two teams, each with a cyclist, a canoer and a runner.

Staying at the Kingshouse Hotel on the night of Friday the 13th proved not to be a bad omen, as Saturday morning dawned bright and sunny - perfect hillwalking weather and I had my running gear!

The cyclists (Brian and John) had an early start (some of us were still in bed at the time). They had 47 miles to complete, starting from the ski centre and going via Tyndrum to Taynuilt at the end of Loch Etive. Brian completed the route in 1 hour 52 minutes, with John just 11 minutes later.

Dave and Andrew then had the arduous task of canoeing the ten miles up to the top of the loch. As the running team, Iain and I made our way by minibus to the foot of Glen Etive in good time to see the leading canoeists finish. Dave and Andrew finished with a time of around 2 hours 25 minutes.

Iain and I set off together on the run. The event, while competitive, has a fairly relaxed feel - the runners are allowed to set off (within reason) when they liked. By this time, the glen felt like an oven and the frequent water stations were very welcome. The run is just over 12 miles with a climb of some 800 feet. The main danger, apart from heat exhaustion, was avoiding minibuses and canoe transporters on the single-track road. I finished in just over 1 hour 15 minutes, with Iain a few minutes behind.

No official results as yet but both CAAC teams performed well and everyone enjoyed the experience.

Keith Hood

Juniors' Quiz

1. Where are the 2004 Olympic Games being held?
2. What weight of shot putt do under 11 girls throw?
3. What weight of discus do under 13 boys throw?
4. How many times do you run round the track in a 1500 metre race?
5. Which Scottish athlete won Commonwealth silver and European bronze medals over 400 metres in 2002?
6. If you overtake the 2nd runner in a race, what place are you now in?
7. What are the names of the two leagues U11, U13 and U15s compete in during the summer track season?
8. What commands are given at the start of an 800 metre race?
9. What commands are given at the start of a 100 metre race?

10. Who is Club Captain?

A prize for the first correct entry by a Junior drawn on August 10th.

www.caac.org.uk

The club website is an excellent resource free for all club members, supporters and anyone who has interest in CAAC in general. It's a great place to catch up on the latest results from around the club, find out about upcoming events and to discuss CAAC related matters with people in the club you wouldn't generally get time out to chat to on a training night. The club website is continually evolving as new ideas get put forward and new information is added.

Recent additions to the website include a fuller, larger directory of photographs of club events - albeit in smaller file formats. Everyone is free to browse the large collection of action shots from multiple running events and social occasions, and if you see a photo you like I can email you or arrange to have the photograph printed out for you on a larger scale. Please email admin@caac.org.uk with any requests of this nature.

COMMUNICATION IS THE KEY

Many thanks to all those that have been contributing and sharing their experiences via the online messageboard. I try to keep abreast of all the clubs results and other information, but sometimes the odd race or two slips through. I would actively encourage club members and supporters to register for the messageboard and communicate their own results and information if I have missed something out. Or if you don't wish or have the means to do so let me know at training or email at admin@caac.org.uk

CLUB RECORDS AND STATS

Our current club records are a little dated and due to be freshened up with many excellent performances throughout the age groups over the last year. Craig Smith has volunteered to look after the updating of the club records on a regular basis and, with help of Bob Innes' impressive list of stats recorded over the past 3 years, a new up to date list of stats and records will be available soon via the CAAC website and on the Saughton enclosure noticeboard. So if you think you've broken a club record or have results that Craig will not have had access to, please let him know.

Hope to see you all on the club website soon at <http://www.caac.org.uk>

Chris O'Brien - admin@caac.org.uk

A New View

Hi! I have just joined the Corstorphine Athletics team and it has been great fun in the competitions. I really enjoyed it at Dumfries because I had great fun. I was in the long jump, 800m and the relay team. The meeting at Livingston was fun because I was in the high jump, 200m and the relay. I really like everyone which goes. I have made friends with quite a few. I really want to keep going to athletics.

Helen Cumber

Edinburgh Marathon 2003

EXCELLENT SUPPORT

The club was well represented at the all-new Edinburgh Marathon on 15th June. Not only had we 5 athletes competing in the event but the route was peppered with CAAC marshals and, as usual, excellent support from other club members.

It was an early start as some 2800 participants lined up on the track at Meadowbank with the sun trying to squeeze through the clouds and the forecast thundershowers nowhere to be seen.

The first 5 miles wound round Arthur's Seat and up through the Cowgate - a hilly introduction which probably eased the pace a fair bit. However the long either flat or downhill sections from Princes Street to Portobello and then right along the foreshore through Ocean Terminal (14 miles) to Silverknowes allowed for a steady rhythm.

DREADING THE CLIMB

The cooling breeze was perhaps a little too strong for comfort and was noticeable by its absence when we turned inland again and headed along the cycle path to Leith. I for one had been dreading the climb up at this point but it didn't seem to go on quite as much as expected. Much worse was to come. The cycle path was the loneliest section for me but the Run and Become family were down there cheering us on and Ally McColl and Keith Hood popped up towards the end of it for a much needed boost.

ROUSING FINISH

When we got back on the roads through Leith the end was in sight - only the half mile drag up Lochend Road to negotiate (it was a REAL killer) with more support from Dave Henderson and Dave Law, before a rousing finish on the track in front of a packed stand.

Numbers were down on the expected total but it was a good event and hopefully one that will have some staying power and grow in the years to come.

CAAC RESULTS

The official CAAC results are as follows:

9 th	Tom Ferrington	2:48:36
	[a PB by 10 minutes]	
78 th	Martin Caldwell	3:11:51
	[a PB by 4 seconds and 2nd M50]	
346 th	Billy Braidwood	3:36:19
	[a PB he's been trying to break since 1983]	
2021 st	Linda McGinley	4:50:08
2197 th	Beverley Dodgson	5:01:04

I would like to thank everyone who supported us all along the course. There were some great vantage points early on but after leaving Holyrood Park for the second time we had to rely on people making the effort to get to the more out of the way spots, and the marshals who did a great job. Cheers everyone. Get your entries in for next year!!!

Tom Ferrington

DIARY OF A NOVICE

Dec 2002 Don't get a place in London - boo. However, have decided I want to do one, any one, and what better than the local one?

Have missed the deadline for Edinburgh. Doh! Decide to try and get a charity place.

Jan 2003 'Alzheimer' 'Scotland' give me a place, and I only need to raise £500! Need to start training now.

Feb 2003 Start to build up weekly mileage by adding a long run at the weekend.

Continue running about 10 miles at the weekends, plus training Mondays, Tuesdays and Thursdays & other cross training stuff.

Decide to enter a few races for a build up:

March 9 Lasswade 10 - did it in 91 mins. Windy, hilly and hard!

March 22 Conishton 14 - did it in 2hrs 9 mins. Hot, hilly and hard!

May 4 Keswick Half Marathon - did it in 2hrs 4 mins. Wet, windy, hilly and hard!

May 7 Self Transcendence 5 miler at Crammond, 42 min. wet windy flat & hard!

Between races, I have gradually built up my long runs, to 18 miles in 3 hrs. Things are looking good and I'm cooking on gas!

May 8th Possible disaster - sore hip, likely been over-training. The physio gives me lots of exercises and stretches for my sacroiliac joint and advises no more long runs. Worry that I might not be able to do marathon and feel miserable.

Few weeks later: Hip improving, so sneak in a 17 mile run. Bit sore at start, but I think I will be able to do the marathon after all!

June 1st Dunfermline Half Marathon. Took it easy and did it in 2:12. Hot, not too hilly, not too hard. Things are looking up! Just need to taper and eat the right things now! (oh - and try to stay off the wine) Roll on the 15th.

June 15th The day has finally arrived. Just want to do it now.

Miles 1-17 : The miles fly by, chatting to a London lass, Leanne, her first marathon too.

Miles 18-20 : Leanne starts to walk, but I carry on running. Hot and hard at Silverknowes. Things are starting to hurt BIG style. Legs, all components, nothing specific.

Miles 20-24 : Not as bad as I thought on the cycle track. Overtake the Pink Panther and Superman. Legs still hurt but keep running all the same. Not far now! Feel queasy thanks to overdosing on Lucozade Sport.

Miles 24-26 : See loads of CAAC folk, they spur me on. Lochend Road - uphill - that's not fair! Keep running anyway.

Last few yards : Sudden spurt of energy thanks to the crowds and the finish line in sight! Done it - 4hrs 50mins - surpassed my target of sub 5hrs. Hooray!

June 16th Tired, sore, happy. Try a swim, legs don't work so sit in the jacuzzi. Try to go for a walk, but can't get off the pavement.

June 18th Just a little bit stiff - very happy. Start looking for another one to do!

Linda McGinley

- Linda raised over £1000 for 'Alzheimer's Scotland', so they are happy too.

THE WAY IT ALL STARTED

"Bob, since you did the 10K last year I put you down for the Edinburgh Marathon - is that OK? and can Lewis do it too?" was the way it all started. If Dave hadn't said that I would have spent the morning of fathers' day in my bed instead of getting up at 7am to head for Seafield. But the marathon started at Meadowbank so why did I go to Seafield? Well you didn't expect me to be *running* in the marathon did you?

I was one of 250 marshals along the route to make sure the athletes went the correct way and didn't get run over. Our group covered the 12 to 14 mile section and met at Ocean Terminal by 8:30 to be handed our really fetching yellow bin-bag liners with Marshall written on them. You certainly couldn't miss us when we wore them! By the time we got to our post in Seafield Road it was 9am, so the real runners were started by then.

It took them almost another hour to reach us so we had plenty time to explain to the locals that a marathon would pass by soon. That came as a surprise to most of them - though what they thought all the cones in middle of the road were for I have no idea. By 9:30 we had a nice little crowd of spectators sitting on the wall beside my section and had a practice cheer for the motorbike rider who was about 5 minutes in front of the runners, making sure we were all ready.

And then at 9:53 the official timing car with police escort appeared and behind it the first runner. He looked really relaxed as we cheered him on. At that point he was at least 600 metres in front of the next couple of runners.

I had the wife and children of one of the top 10 male runners and the husband and coach of the 3rd female runner sitting on my wall so we all agreed to give extra cheers when they came through and when each Corstorphine athlete passed. That's why we erupted when Tom passed us in the first 10.

We had a couple of minutes rest after them and then the hordes appeared. It was a wonderful sight to see the whole of Seafield Road covered in runners. I almost missed Martin, as I think he was faster than I expected him to be, but he did not miss me so my crowd gave him a deserved cheer.

A wee while later it was Billy's turn. By then we were getting a bit hoarse but we did our best. Unfortunately the last of the crowd left just before Linda appeared so I had to do all the shouting myself. Who says it's only the athletes who work hard on the marathon?

By noon it was all over for me. Two people dressed in plastic rhino suits were at the very end so I hope they made it round. It must have been really hot inside that. There were some other strange people. I spotted a couple of girls in tiger costumes, a man in Braveheart outfit, complete with sword, and a guy dressed in a nurses uniform (not one of our athletes).

I take my hat off to all the athletes who competed and especially to our CAAC ones who win the award for the biggest smiles on any athletes. And I hope their feet are feeling better by the time they read this.

Bob Innes (marshall number 130)