

October 2003



CAAC Attack

Winter Dates

Sat Oct 25 th	East District CC League [Livingston]
Sun Nov 9 th	Lasswade Open CC
Sun Nov 16 th	8 Stage Road Relay
Sat Nov 22 nd	Braid Hills Open CC
Sun Nov 30 th	East District CC League [Beveridge Park, Kirkcaldy]
Sat Dec 6 th	National CC Relay [Cumbernauld]
Sun Dec 14 th	European CC Championships [Holyrood Park]
	Queens Drive Race [Holyrood Park 9:30]
Sat Jan 3rd	CLUB CEILIDH
Sat Jan 10 th	East District Championships [Callendar Park, Falkirk]
Sat Feb 7 th	East District CC League [Stirling University]

Junior Athlete Group

HELP REQUIRED

Throughout the League & Cross Country season we always need parent helpers & officials. If you feel you are able to give up some of your time to help the club, please can you let us know. We could use your skills! Please speak to one of the coaches. Many thanks.

Jean Dobson - Coach

Your Committee

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

Captain's Comments

WINTER TRAINING

So here we are again, it's October and nearly back to the long dark nights and the horrible winter weather. But that does not mean that athletes should choose to spend their evenings in the house in front of the television.

Winter training has begun and while cross country, hill running or indoor competition may not suit some athletes, winter training is a necessity for all athletes. Winter training allows athletes to improve their stamina and strength which will benefit them with whatever type of athletics they prefer.

Cross Country is something which takes place over the winter months and these races are attended regularly by many athletes within the club. Those who compete take part in Cross Country races for different reasons e.g. to race against other athletes, for the challenge and to push themselves as hard as they can, or even to improve their strength for the summer season.

CROSS COUNTRY

Whether you are a seasoned campaigner when it comes to Cross Country or someone who has never tried this type of running before, it would be great to see you out there competing on the Country over the coming months.

It is also a great help to athletes to receive encouragement when competing, so remember and give a shout and some support to Corstorphine athletes at every available opportunity.



Bryan Clark - Club Captain

CAAC T-shirts

NEW DESIGN

It's been a while since we had any club uniform other than our grey CAAC hoodies. Many members will remember the last batch of t-shirts we had was when Kwik-Fit were our sponsors.

Now however we have new CAAC t-shirts in the pipeline. They will be made by Ron Hill and will be made of coolmax material to wick away the sweat when you are training hard. These will be available for order very soon via a tear-off slip that you will receive via your coach or myself, Chris O'Brien, and will cost in the region of £13.

After an intensive period with the club's artistic consultants we have come up with this design, which we hope will please everyone.



Club Ceilidh

A great night to ceilidh with friends, with an experienced caller to show you the moves. The party is in the Greenways Centre again, but this year is on Saturday 3rd January (to avoid the night before a race).

Put it in next year's diary now. If you have not got one, what better way to start?

GB v Italy Junior International

GB VEST

It all started at the AAA' s! Lining up in the final I knew I had to come in the top two to provisionally book myself a place for the European junior champs. I then had to run a pb by 1 sec to get the qualifying mark.

After forgetting how to run for the first 1100 and sitting in second last place at the bell I finished strongly for fourth place 0.7 behind the leader but too little too late! My chance of a GB vest was gone, or was it? A few days later, I noticed an answer phone message on my machine, and to my amazement it was a lady from uk athletics saying I had been picked to run an international match for GB against Italy and Poland in Italy. Ya bobby dazzler I thought as I ran around the house screaming like Bryan Clark! So then, destination Italy, well via London to meet the squad!

It was a short plane journey to Italy, being first class helped a lot though (my eye). Arriving in Italy I was shocked to see thunder and lightning and unbelievably heavy rain, it felt just like home. It was about an hour and a half bus ride to the hotel, five star (again my eye). The following day it was absolutely gorgeous, then I thought to myself I had to run in this heat so hoped it would cool down, but unfortunately it didn' t.

SAUGHTON IN ITALY

Approaching the track I thought to myself, wow, another Saughton in Italy. It was a 6 lane track with no indoor warm up area and a small stand, ideal for keeping cool!!!! I had to limit my warm up due to the heat. I knew it was going to be a tough race as the Italian boy had run sub 3:47 and had been picked for the European junior so must have been talented.

We lined up but there was a problem with the start and they had us standing there for about three mins, not ideal in that heat!

We eventually started and the two Italian boys went to the front. I sat back behind my GB team mate in fourth place! By 200m I needed a drink, by 400m I needed an ambulance. It was quite a slow tactical race going through 1100 in 3:01.

The boys at the front kicked going through the bell and I followed about a second behind. They kicked again going down the back straight, this is where I got left. Coming round with 200m to go I kicked again and went past the second Italian boy, going down the home straight I had left myself a little too much to do but closed the gap and finished in third place in 3:55.7ish roughly 0.5 behind the Italian winner and 0.2 behind Chris Parr (Parrsy) in second place.

MEDAL AND FLOWERS

I felt pleased and was happy with my 54 last lap. I got my medal and flowers on the medal rostrum. It was all very professional!

Now it was time to relax. A dinner was organised for all the competing athletes. It was a chance to mingle with everyone and try and pull some Italian hotties! The following day it was time to leave. I had an awesome time and felt so proud to have run

for Great Britain! I even got full kit which is unusual up here in Scotland.

DEDICATED TRAINING

Looking back, I went from coming in second last in my heat at the AAA' s the previous year to coming 4th in the final and getting picked for GB this year. How? Well with hard training and a dedicated training group and coach! I must add my thanks to Moray Anderson i.e. Mozza, i.e. dwarf man, for putting up with me and basically just being an all round nice guy!(can I have an easy night tomorrow?).

Remember with the right training and right attitude who knows where you can get to and hopefully Corstorphine will have more people running for GB in the very near future! Proper Bo!

Kris Berry

Forth Valley (President Select)

FANTASTIC ACHIEVEMENT

Just a few words to say what a fantastic achievement by the following:

Calum McKenzie:

Gold in the 800m
Silver in the 400m

Megan Smith:

Bronze in the mile

Niall Waddell:

Bronze in the Javelin

Helen Cumber:

Silver in the High Jump
Medal for the Winning Relay Team

Euan Smith:

Gold for the Long Jump

Gordon Hunter:

4th for Shot Putt

LOOK - LISTEN - LEARN

What an exciting day it was for both parents and athletes! Well done to everyone. You have shown that through determination, commitment and hard work that you can achieve these high standards and you have continued to keep them going throughout the whole year. I say to all you juniors out there, "Look - Listen - Learn from each other and help keep up these high standards."

I have enjoyed being the Forth Valley League Manager for the Club over the last two years and I am also looking forward to passing this great responsibility on to the next manager. Also thanks to all the parent helpers and qualified officials for all their help and support over this time.

Jean Dobson - Coach

Any Comments?

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

newsletter@caac.org.uk

Martin Caldwell - Editor

Two Breweries

CLASSIC POINT TO POINT RACE

At the risk of getting terminally type cast, here is another hill race report. This one really is a classic, a point to point race taking in and going against the grain of the very best of the Manor valley hills. With 18 miles and 4900' of ascent to complete, it is a grand day out.

Being the 20th anniversary race, over a hundred starters made off through the grounds of historic Traquair house before taking to the hills. The day was cool and clear, so it was ideal conditions really.

I resorted to my tried and tested tactic for long hill races of finding the nearest runner and striking up a conversation, the logic being if you can talk comfortably whilst running, then your pace is about right. Towards the end everyone has to face the steep ascent of Trahenna hill, and it is important to conserve as much as possible for this final hurdle before the welcome sight of Broughton village.

Anyway, I was fortunate enough to have HBT' s Megan Clark as my early companion, and she is having a stormer of a road season, with some very impressive times. She left me and was soon 100m ahead on the approach to Birkscairn hill, but the tactics paid off as I went past her and several others to the top.

A bounding, steep, heathery descent into Glen Sax followed, then a steep gully re-ascent for Hundleshope Heights. Feeling good and enjoying the race is the key to hill running, and the traverse to Stob Law, all above 2000' is exhilarating. The descent to Glenrath farm was flagged due to a grouse shoot - remember that our playground is someone else' s livelihood and it is best to maintain good relations with landowners. The next hill traverse, mostly through forestry, is soon accomplished and there is a nice easy angled track descent to Stobo.

WALKING BACKWARDS

Washing down a revolting sachet of power gel at the Stobo water point made no difference, I still got quad cramp on the gradually rising track ascent to Trahenna. I have found that walking backwards when this happens is the only way to keep going, much to the bemusement of a group of hill walkers descending from the hills just then. Mercifully the cramp disappeared as soon as I was back on to soft ground, and I blasted up Trahenna, taking back two of the runners who had passed earlier while I was suffering.

The line of descent was new to me, flanking the hill initially before steeply descending to the road end and a mile back to Broughton Brewery. All finishers got a bottle of beer, and at the village hall afterwards there was free beer on draft, plus copious soup, rolls, tea and cake.

Veteran Colin Donnelly won the race in 2:51 from HBT' s Phil Mowbray (HBT had the team prize). I took 4 minutes off my pb, coming 14th in 3:18 and gaining the SV prize so I was well pleased, leaving with an armful of bottled beers from the two breweries, a cup trophy, and a t-shirt!!

Martin Hulme

You get used to it

NO CONCESSIONS

At the end of a recent 10k one of my fellow runners remarked that she had found it "really hot in places" This made me smile as I had actually found it quite a pleasant temperature, and in fact had cooled down very quickly once I stopped running.

Having spent 5 years in Saudi Arabia, temperatures become very subjective. During my time there I ran and trained with the SAAD track club, coached by Ian Wilson. Ian worked out individual training programmes for all his runners, and the only concession to the high temperatures was that there were no concessions.

So how did we cope in the summer with temperatures well in excess of 45 degrees? The most important thing I found was that on the days I trained at the track I had to have drunk at least two litres of water prior to the track session. Then during the session it was a case of drinking during your recovery times. Luckily the track was well equipped with water fountains. It is surprising how quickly you become acclimatised to running in high temperatures, especially if you are running every day!

Our long runs were usually done in the early morning, usually starting at around 6am. We had routes worked out which went from water fountain to water fountain. The hardest part being the 40 minutes across the desert without water. Ian advocated this as part of his endurance programme. One other part of training was either to avoid the wild dogs, or throw a well-aimed rock to frighten them off!

SOAKING WET, HOT TOWEL

Worse than the high temperatures during the summer was the humidity. If the temperature dropped on training days you knew you were in for a really tough time, because a drop in temperature indicated a rise in humidity. Running in high humidity is a bit like trying to run with a soaking wet, hot towel on your face! Running in the hot houses in the Botanic Gardens is probably a similar experience. On days when the humidity was high, you could follow the wet footsteps of the runner in front of you. Passing anyone on the track ran the risk of getting showered by his or her sweat!

In the humidity it is inevitable that times on the track would be slower than normal. Runners would then use their heart rate monitors to prove to themselves that they were running to capacity!

WILD DOGS

Another part of our endurance training was to do repetitions on sand hills, again dodging the wild dogs and occasional snake. I would always hope that on my return to Scotland I should be running well, as I no longer had the heat to contend with. Unfortunately this was rarely the case because I found it so cold that I "had to get used to it".

Phyllis Mitchell



Iain Cumming is dragged out of bed. It's no use, Iain, you cannot avoid the 70 Wild Miles (see June issue).

Club Championships

WARMER

It certainly didn't feel like the club championships we had been experiencing in past years. For a start it was at least 10°C warmer.

The club championships is always a great event to take part in as it's the happy medium between competition and just hanging out with your training buddies and friends and I certainly felt this year was no different.

I'd especially like to thank on behalf of the entire club all the officials and helpers that made the event possible. Well done to all those that took part, there was a great turnout in all age groups and it was encouraging to see so many families and friends along to support the athletes. And last but not least congratulations to all those that took victories in their respective age group competitions.

AGE GROUP CHAMPIONS

- U11F – Danielle Clyde
- U11M – Euan Smith
- U13F – Rachel Osborne
- U13M – Niall Waddell
- U15F – Fern Fraser
- U15M – Calum McKenzie
- U17F – Rebecca O' Brien
- U17M – Callum Fletcher
- U20F – Dee Turner
- U20M – Kris Berry
- SENF – Anneliese Lithgow
- SENM – Chris O' Brien
- VETF – Sue Aitken
- VETM – Graeme Fletcher

Club Handicap

STAGGERED START

The Club Handicap race is a fun event where athletes set off in staggered time blocks, with the aim of all finishing at the same time. The 2.4mile [3.8km] route starts and finishes outside Saughton enclosure taking in a loop around the local pavements.

First off was Stuart Clarke on 0.00. The 12 remaining athletes left at set intervals, up to the back markers leaving at 6.10 behind.

Starting from the back with Moray, I had the luxury of watching the race unfold ahead of me, but I didn't seem to be catching anyone, sod's law! That said, as we ran round the last few turns out of Saughton Park and up towards the finish there was a great bit of bunching and it was an all out sprint between almost the whole field. Just about perfect handicapping, well done Bryan!

FEMALE WINNER

Who won though? That honour went to the second starter, Phyllis Mitchell, who finished in 15mins 11s, and actual time of 14mins 41s. Phyllis, the first female winner of the handicap, received the CAAC handicap trophy. She follows some esteemed but absent past winners, Martyn Tunstall, Douglas Selman and Billy Braidwood.

The fastest leg honour went to Moray Anderson in a time of 11mins 25s finishing in 6th place. There was a stewards enquiry over the suspicious finishing time of David Law, who was a few seconds faster than Moray. This wouldn't have been questioned hadn't Moray chased down and passed David halfway down Gorgie Road. The enquiry's final verdict was that he might have taken a shortcut ;].

The night was topped off with a visit to the Corstorphine Inn, to toast to the winner and celebrate the end of a long enjoyable summer season. I'm sure all that took part will tell you it was a very enjoyable evening. Hopefully next year more people will come down and take part, the more the merrier.

Chris O'Brien

www.caac.org.uk

UPCOMING EVENTS

The site has had a few additions this month with a calendar added on the forum with upcoming events. This can be accessed via the top links when you browse to the forum. Also on the front page there is an improved upcoming events listing which you can click and follow to more information on the event.

Upgrades in the pipeline include an improvement to the ergonomics of browsing the gallery, hope to have this done by the end of October. In the meantime samples of the latest photos can be found in the relevant forum thread of the event. The larger selection is available via the gallery link on the main page at <http://www.caac.org.uk>. If you don't see what you're looking for please don't hesitate to email me at admin@caac.org.uk and I'll see if I can help you out.

Chris O'Brien – admin@caac.org.uk

CAAC Mailing List

WEEKLY NEWS

To supplement the CAAC website and online communication of club information [and this newsletter - Ed], there will now be a weekly mailing list sent out to all those who register to receive it.

The list will be sent out every Sunday

evening / Monday morning by email, containing links to the newest forum posts, a brief rundown of upcoming club events and competitions and any other important weekly information. It will be available as html and plain text.

To register to receive the weekly mailing list please email admin@caac.org.uk

Thanks.

Chris O' Brien – admin@caac.org.uk

Great North Run

On a hot day, and with a record entry of over 47,000 runners, I was delighted to have knocked 13 mins off last year, with 1-42-16. And after doing hardly any training in past 2-3 weeks with a hip injury, made it even more pleasing.

Billy Braidwood

What do we get from CAAC?

Coaching – From UK Athletics qualified coaches

Opportunity – To compete in all disciplines, at all standards of athletics.

Rewards – The club offers a range of awards and prizes throughout the year.

Social activities – Disco, ceilidh, picnic and Christmas party as well as other activities

Technical advice – If our coaches lack expertise in an event CAAC will bring in an expert to help

Ongoing development – CAAC supports its coaches in improving their skills through courses

Real value – You' ll be hard pushed to find a sporting club which costs less to join and attend

Physiotherapy – CAAC members can get reduced physio fees or even help with costs

Health – The health benefits of participation in active sports like athletics are well documented

Individual targets – CAAC will help you to set and attain personal targets.

New friends – Everyone makes new friends at CAAC, it' s that kind of club!

Employment – Prospective employers love to hear that you have interests outside of work

Achievement – No matter your standard, you can gain a great sense of achievement through athletics

AAA's championships – CAAC have funded many athletes' trips to the UK's premier competition

Camaraderie – I' m quite sure everyone who comes along to CAAC enjoys the club spirit!

Moray Anderson

Specialised Coaching at Meadowbank

From November through to March 4, I will be organising specialised coaching evenings on Thursdays for Long Jump & High Jump. If you would like to take part, please complete and hand back to me, Jean Dobson. I shall get back to you with the dates that you have been chosen to come. You must be dropped off and collected at Meadowbank. The usual cost at the entrance is £1.50. Any questions please phone me on: 0131 445 2766.

Jean Dobson

I wish to attend Thursday training at Meadowbank:

Name:

Tel:

Dates not able to come:

Parents signature:

Date: