

July 2004



# CAAC Attack

## Summer Dates

Wed Jul 7 <sup>th</sup>	Open Meeting [Grangemouth]
Sun Jul 11 <sup>th</sup>	Central & South Scotland League [Grangemouth]
Sun Jul 25 <sup>th</sup>	Scottish Athletics League [Wishaw]
Wed Jul 28 <sup>th</sup>	Edinburgh Open Graded Meeting [Meadowbank]
Sun Aug 1 <sup>st</sup>	Donkey Brae [Aberdour]
Wed Aug 4 <sup>th</sup>	North Berwick Law
Sun Aug 8 <sup>th</sup>	Forth Valley League Final [Pitreavie]
Sun Aug 8 <sup>th</sup>	Scottish Gas 5K and 10K [Granton]
Sat Aug 14 <sup>th</sup>	G to E Canal Relay
Sun Aug 15 <sup>th</sup>	CLUB PICNIC (provisional)
Sat Aug 21 <sup>st</sup>	Livingston Open Graded Meeting [Craigswood]
Sun Aug 22 <sup>nd</sup>	Scottish Athletics League [Meadowbank]
Sun Aug 22 <sup>nd</sup>	Great Scottish Run [Glasgow]
Sun Sep 12 <sup>th</sup>	Capital City 10K [Meadowbank]
Tue Sep 14 <sup>th</sup>	CLUB CHAMPIONSHIPS
Thu Sep 16 <sup>th</sup>	CLUB HANDICAP
Tue Sep 21 <sup>st</sup>	<b>Indoor Training Begins</b>
Sun Oct 3 <sup>rd</sup>	Loch Ness Marathon

## Website

Visit our website

[www.caac.org.uk](http://www.caac.org.uk)

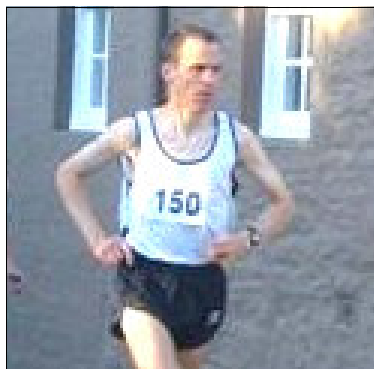
for more events, results and training tips.

## Your Committee

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

## Captain's Comments

### A GOOD YEAR



We are already well into the summer season now and it has been a good year for the Club. Last winter in the Cross Country League, the Men's team finished in second position. As this is based on all age groups, from under-11 to seniors, it proves that it is indeed a 'team effort'. With fewer numbers competing, there were also some excellent performances in the Women's team.

Our recent 5-mile road race proved very successful, attracting 100 entries, which is a notable achievement for a new race. The feedback has been very positive and this should become a fixture in the summer calendar. The success was due to a lot of preparation by the Committee and by the many members who helped on the night.

### VALUABLE POINTS

Although the track is now closed for several weeks it is important to keep up your training at this stage of the season, as the final track meetings are usually the most important. We often have trouble finding athletes to compete in certain events and sometimes in an entire age group so if you are available, come along and take part. Every finisher gains valuable points for the Club, which can be vital over the course of the season. It also provides good targets for your training.

Enjoy your running and the rest of the summer season.

*Keith Hood - Club Captain*

## The CAAC 5

### NEW RACE

The Corstorphine 5 Mile Road Race was born this summer. The Corstorphine Fair committee asked us to arrange an athletic event for the Fair and helped us present a new 5 mile route.

It begins easily on a flat road, running North West from Maybury beside the airport. The central part presents the challenge of a long uphill then a twisty downhill to Cammo before a fast straight finish.

On a fair June evening 100 runners faced the new test, including one Englishman who happened to be jogging past and asked to join in. While the race was on, we also organised a shorter fun run.

The prizewinners were

#### Men:

1. J Mareque (C of E) 25:24;
  2. K Berry (Corstorphine) 25:59;
  3. A Hart (HBT) 26:15;
  5. A Robson (Phoenix, vet O40) 27:06;
- Junior: S Pilkington (Corstorphine) 28:45;  
O50: S Dempsey (Lothian) 30:10;  
Team: Corstorphine.

#### Women:

1. A Higgins (JW Kilmarnock) 29:08;
  2. C Ferry (C of E) 31:18;
  3. N Mayfield (unatt) 33:24;
- O35: D MacDonald (HBT) 33:50;  
O45: S Aitken (Corstorphine) 37:05;  
Junior: R O' Brien (Corstorphine) 37:22;  
Team: City of Edinburgh.

Everything went well, the runners were pleased and we raised funds for the club's activities, so clearly we must return next year. Look out for the bigger and better CAAC 5 in June 2005.

*Martin Caldwell*

## Forth Valley League

Great show from the Juniors - we finished 3rd in our last meeting on 17th June and are now 3rd in the league with 1 match still to go. We still need a big effort on 8th August to stay in Division 1 next year but I am sure we can do it.

*Bob Innes*

## Junior Development Group - The Club's Future

### GETTING BACK TO THE TRACK

The main aim with this group is to introduce young athletes to ALL aspects of athletics, from track and field events, their competition rules, through to the competition of the athlete's prospective preferences.

Although most events that this age group can compete in will be shown and coached, not every athlete will either want to compete in it, or be suitable. But it is in their own interest to try all events in training when the chance is given, as the young athlete never really develops into what you personally may want, it is usually much later before an athlete will actually find their appropriate events.

However, without the commitment from Jean Dobson, Bob Innes and myself, it would have been a very difficult task keeping them together. There is still a very big challenge ahead, and I have to admit that the club will need to somehow recruit others into the coaching of juniors. This is a far bigger responsibility than I can remember from the early days of Corstorphine AAC.

### NEW HELPERS

Further development for the future though, requires new helpers that will hope to develop into COACHES. So don't be shy, if you have been watching any training nights, when there have been 1000's (just looks like) of young athletes, and thought you could help, then please get in touch with me or any other coach. You don't have to be or have been a competing athlete to become a good coach! Coaching Courses start up in the Autumn, so please think of becoming a coach of the future!

It has been a pleasure, so far, with many in the group getting PB's, and just the general progression overall, but the hard work is only just starting. Although there have been some excellent results in the various leagues last year, past cross country season, and current track and field, it was very disappointing to see many events not covered. This is usually due to last minute call offs or non-availability of others!

### PROMOTED

We were promoted to division 1 of the JSB Forth Valley League, which is a great achievement but that's where the hard work starts! There has been a good response over the summer months of training, with good numbers turning out on Tuesday and Thursday. However, it would be nice to see these athletes competing. We try to give all a chance to try events of their choosing, but sometimes there isn't enough events if we have a big turn out.

If you fall into the 'category' of wanting to compete but are not getting chosen, why not try some of the local Open Graded Meetings. Most are Wednesday evenings and it would be good to take small teams out to some. There may well be a few at Meadowbank, check the clubs events list.

### TEAMWORK

To finish I will say this to remind all. To compete is to enjoy. Enjoyment comes by working as a TEAM. All league meetings ARE TEAM events and if we are weak in an age group, no matter how many events we all may win, we WILL struggle to compete against the top clubs. For the last 5 or more years, we have competed with the best and beat them, so let us all improve on that, athletes, helpers and, very important too, the parents of our youngsters. We need, as a TEAM, strength through from the youngest group, U11's, to the oldest group, our Vets (veterans, not veterinaries).

Next League Meeting: Sunday 11th July 2004, be there!

*David Law - Club Coach (level 4)*

## Self Transcendence

### WEDNESDAY EVENING

Another summer season for the middle distance group means another timetable of 1 & 2 mile and 5km races in the Meadows. This series of Wednesday evening races is put on by Sri Chimnoy Running Club organised by Adrian Stott of Run & Become fame, and runs from early May through till mid September, with a month's break during August.

The course is a flat and accurately measured 1 mile loop, with a couple of tight corners the only obstructions to out and out racing. Recently, too, the south boundary path has been overlaid with tarmac which means the races can go on during wet conditions without having to alter the course.

### SHARPENERS

These races are excellent "sharpeners" which help bring all the training together and are a good chance to race regularly against some good athletes. However, there is a good spread of abilities throughout the field of runners that turn up and all levels of athlete are welcome to compete.

This summer there has regularly been a good turnout from the middle distance squad with some notable performances (particularly by Kris Berry who has run 4.18 over the mile course and 9.19 over the 2 mile) and PB's from pretty much everyone in the squad.

Medals are given to the first 7 athletes in the senior male and senior female classes and to the top three veterans, and this season the medals have been flowing for CAAC. It would, however, be nice to see a few more of our athletes down there competing, and particularly some of our females.

Registration for the races is at the blue pavilion on the Meadows from 6.30pm and the races start at 7pm. It costs just £1.50 a race for SAF registered runners, so get down to the next race where you too can hear Adrian utter his immortal catchphrases, "We record the first 7 men, the first 7 women and anyone over 50", and "Remember, runners are smilers and we'll see you all next week for some more self transcendence".

*Tom Ferrington*

## Glentress Hill Race

### TRIALS FOR GERMANY

I recently did a hill race at Glentress, near Peebles. The junior race was also the trials for the teenager games in Germany, first two girls and first two boys were selected to go to Germany and there was then a further one of each picked to make up the teams.

I decided to do it because when I was going down to London to do the mini marathon I got talking to one of the other girls, Jemma Toner, who was already involved in hill running. A few weeks later I was sent information on it. I wasn't sure if I should give it a go or not as it was on the same day as CSSL. I decided to go for it as there was always a chance of being selected and I really fancied a trip to Germany.

### A BIT LIKE CROSS COUNTRY

This was going to be my first hill race and I thought it would be a bit like cross country. It was, but much, much harder. It was only like a one and a half mile run, but all up hill! When the hills were really steep everyone else was leaning forward and doing a sort of long stride thing up the hill. I copied and it worked.

I came 2<sup>nd</sup>, which I was thrilled with, as it was my first hill run and it also meant I was going to Germany. I am going away to Germany on the 8-11 July so I will be doing the hill races involved with that. I might do a few more races I'm not sure. I suppose I'll just have to wait and see what happens. It does take a lot out of you and I don't want to give up track, but we'll just wait and see what happens after Germany.

*Megan Smith*

## Scottish Masters

### DEAD HEAT

I had a good day at the Scottish Masters at Dumfries on the 13th of June. It was a beautiful sunny day but a bit windy. Mike was due to compete as well but had to sit out with a dodgy hamstring.

Managed a second in the M40 200m with a 24.1s dead heat with third (Tommy Finkle won 23.9, Alan Crawford 3rd 24.1) running into a -3.5 wind.

### CHAMPIONSHIP BEST

Won the 400m in a championship best performance of 52.88s (Second was Derek Watson 54.52s). Think this is the fastest 400m I've ran for about 10 years, not sure why it's all coming together this year, lack of injury and a good winter in the gym and weights I suppose. I'm sure the training on a Thursday with the club is making a difference as well.

Was due to compete at the British Masters this weekend but I've got a slight calf / Achilles problem so not able to complete.

*Andy Cullen*

## 999 Hill Races

### GRANITE PEAKS

Scottish Islands have a special attraction, and many of the larger ones host their own annual hill race. This year's new one for me was the Glen Rosa Horseshoe on Arran (13 miles and 5500'), a real mountain event over the granite peaks in the centre of the island, of which Goat Fell is the best known. The route as the name implies takes in several of the peaks surrounding Glen Rosa, and includes the spire of Cir Mhor, the full traverse of which is a must for the serious rock scrambler and highly recommended. Mercifully the infamous 'mauvais pas' on the A'Chir ridge was not included in the itinerary!

A smallish field of runners completed the race, starting and finishing from Brodick Castle ranger centre in clear cool conditions. The race route was as rough as Jura last year with precipitous grassy slopes and rock to contend with, and long awkward traverses through the corries while trying to avoid exposed tongues of larval granite that sweep down into the glens. The crux of the route is trying to find the best ascent of North Goatfell. Warned that sticking too close to the skyline would involve some rock scrambling, the more astute took a lower traverse of the pinnacles sections. Needless to say I found myself having to contend with some exposed rock moves to reach safety. Meantime, Westies Murdo, who had been stalking me some 50 metres behind all the way, suddenly appeared in front by a similar distance on the approach to Goat Fell. I thought 'you wily old fox, I knew I should have stuck with you!'

### LOST IN THE FOREST

The long rocky descent from Goatfell is unrelenting on the joints, and it was nice to enter the cool of the forest before the end of the race. I'd set a target time of 3 hours to complete the race and was pleased to finish in just over that, despite getting slightly lost in the forest.

The next one was in the 'Bog and burn' series of midweek races at Strathyre. A short and sharp lung burster to the top of Ben Sheann and back involved 1400' ascent and 2.5 miles mostly on trails. There was an excellent winning time of 25.40 but the horrendous midges at the start ensured a fast start! I just cracked 31 minutes for that one.

### SCENIC RACE

A few days later I was back at Durisdeer (Doris Day) in the Lowther Hills surrounding the impressive Dalveen pass to the south west of the A74. I've done this race a few times now as it is so scenic, but it still involves some effort. At 10.5 miles and 3800' it is what could be called a long 'medium'. However the terrain is kinder on the feet and joints and is mostly grassy. I always seem to suffer anyway, and by the end my new walshes (Glen Rosa did for the previous pair) had rubbed a raw heel. I was uncomfortably inside 2 hours for this one. Why 999? Well I was 9th overall in these three consecutive hill races. Spooky.

*Martin Hulme*

## Patience is a Virtue

### A FRUSTRATED RUNNER WRITES

OK, I know this won't affect our chances at the Olympics, but to me, my foot injury is a disaster!

To fill you in: I sustained a stress fracture in the London Marathon, and haven't run now for 7 weeks. Although I suffered pain in the foot (amongst other pains) during the London Marathon, I thought nothing of it. My plan after London was to rest for a week or two, then resume my training for the Edinburgh Marathon. However, during my first training run for that the pain flared up again.

A quick trip to the physio confirmed a stress injury, probably a fracture – and complete rest from running was advised, for 6-8 weeks minimum. So, meanwhile I have been seeing a lot of the inside of the David Lloyd club, swimming and doing stuff in the gym – within limits, to try and retain some fitness. Thanks to Sue A for keeping me company in the pool (and bar) on a Wednesday night!

### BUILD UP SLOWLY

Went back to the physio this week to get the all clear to start training again, and I am pleased to say I can resume running, but I must build it up very slowly. I am allowed to do a couple of 20 minute jogs a week to start with! Absolutely NO marathons for me this year, in fact nothing further than 10k is recommended for the rest of this year. So, I think patience and perseverance are the key things.

My problem now is that I feel I don't have a challenge to look forward to without training for a marathon (sad, I know), so I need something fresh to focus on. To that end, I think I may dip my toe into the world of the triathlon this year – the cycling should help my fitness – and the running distances involved in the shorter events should be OK for me to do.

### TRY A TRI WITH ME

So, any triathletes out there who want to impart some advice for a novice, I am all ears! Also, if any fellow club members want to try a tri with me, that would be great – we could train together and it might be less daunting too! You can contact me by email, linda.mcginley@forestry.gsi.gov.uk, or phone 07970 496779.

*Linda McGinley*

## Any Comments?

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

**newsletter@caac.org.uk**

*Martin Caldwell - Editor*

## AAA's U20 and U23 Championships

26<sup>TH</sup> - 27<sup>TH</sup> JUNE

The Amateur Athletic Association of England championships for U20 and U23 athletes this year returned to its usual home at Bedford International Athletics Stadium. Again Corstorphine was well represented with three entries – Kris Berry and Steven O'Brien in the U23 1500m and Scott Pilkington in the U20 800m. Unfortunately Steven had to withdraw due to injury but the other two took their places on the start line on Saturday in their respective heats.

Scott disappointingly performed well below par, for the second consecutive year at Bedford – now his least favourite track! Mind you with another year left in the age group I'm sure he'll be back next year to prove there is no jinx!

Kris however lived up to pre race billing as a major contender by qualifying in satisfying fashion. Mind you, he had the CAAC supporters panicking for an instant when he had to leap in the air to avoid a faller with a lap to go. (Hmm, hurdles at the next men's league perhaps?). The final was one of the last events on the Sunday but was well worth the wait. Slow and tactical throughout, Kris led from 400m to 1000m keeping away from bumps and scrapes which inevitably occur in such races. However just prior to the last lap bell he was swamped by the accelerating pack and found himself well boxed in with 400m to go. A bit of manoeuvring got him out of the bunch just avoiding two fallers but well down on the leaders. Lucky for Kris he has a devastating "kick" and off the final bend he was able to chase down and pass all of the field bar Chris Warburton, the champion.

### SILVER MEDAL

Afterwards Kris was a little disappointed with second, as he felt he had a great opportunity to win, especially given the nature of the race. Perhaps his reaction was a reflection of the high standards he expects of himself these days. I think everyone would agree however that at this level a silver medal is a great achievement and a reward for the commitment Kris has made to his running.

*Moray Anderson*

## 24 Hours Running

600 LAPS

Ever wondered who spent most time running in a Corstorphine AAC vest last year? The answer will probably surprise you. Our very own Stuart Clarke holds that honour having run 12 half marathons in 2003 in places as far away as Stornoway. As it takes about 2 hours per race he has been running for a whole 24 hours. And he has run as far as from Edinburgh to Inverness, or for those of you who only run round the track at Saughton it is over 600 laps!

*Bob Innes*

# Black Rock 5

## ROAD AND BEACH RACE

This is certainly one of the weirder races I have been in. You are expected to run round a rock which is normally a mile offshore from Kinghorn, but at low tide the water should retreat far enough to pass round on foot. Do not expect to stay dry, however, there are many puddles left on the sand.

A pub sponsors the race so all adult finishers receive a bottle of beer and the pub is packed while waiting for the results. Fortunately, the pub is just around the corner from Kinghorn railway station.

The rain eased off before the start, but the starter told us that there was so much water in the Forth that we could not run round the rock. Instead we would run up to it, then round a ring of stakes, making an equivalent distance.

## STING IN THE TAIL

The first mile is on road, then we hit the sand, where the puddles were up to four inches deep with the sea and rainwater. Round the turn we went and the puddles seemed even deeper as we struggled back to shore on the firm sand. The sting in the tail comes with the very steep uphill finish.

No prizes for Corstorphine, unfortunately, but Moray was unlucky to miss the 6<sup>th</sup> place prize narrowly. We had twelve competitors from CAAC and most stayed on - just for the prizegiving, of course - and took the last train home.

# Seven Hills of Edinburgh

## RACE AND CHALLENGE

This tough race reached its 25<sup>th</sup> birthday this year. It is a race to seven hill tops on foot, by whichever route you consider to be best as fast as possible. With about 15 miles to run and 2200 feet to climb, the winning time of 1:41:52 is impressive. There is also the challenge event for those whose aim is to complete the course in under four hours.

Much of the fun is in working out your route in advance, picking short cuts and checking what has changed from last year. Even though this was my 10<sup>th</sup> entry, I was out reviewing the course the week before. At one point I emerged from a short cut at the front of the race! It only lasted seconds, but I felt a certain psychological advantage.

I sprinted from the start on Calton Hill to the Castle esplanade then plodded away out to Corstorphine Hill and back to Craiglockhart Hill. After heavy rain the steep climb up it was very slippery. Next I crossed to Braid Hill, from which my route to Blackford Hill involved a plunge down an almost sheer drop. Trying not to get lost in the maze on Pollock Halls, I just had to struggle over Arthur's Seat and limp home to Calton Hill.

Keith Hood won fifth place, I took the 50+ prize and eight other CAAC members followed, while Billy completed the challenge in a time worthy of the race.

*Martin Caldwell*

# The CAAC PB Club

## YOUR RESULTS

Have you a CAAC PB? (Corstorphine AAC Personal Best)

The club aims to maintain records of all its members and has been putting results over the last few years onto a Data Base.

It is getting very extensive, and I am trying to put old results from earlier days onto it. However, it's easier to keep more recent results, but still needs your help. We are not just a club of track and field, but anything from Track and Field, Road, Hills, Triathlons and Duathlon. It is impossible to know what everyone does unless it's a 'team' or 'league' event therefore we need YOUR help.

By filling in the form below and handing into your coach, we can log your results. Remember, it's not just the young athletes, but ALL age groups AND events, so please help and inform us of your results.

Please note that Club league or Team meetings won't be required as we receive a full set of results.

Question for next CAAC ATTACK: How many CAAC athletes hold League records in the JSB Forth Valley and the Central and South Athletic League? Who were they and when?

*David Law*

Please enter my results to join The CAAC PB CLUB.

My name is: .....

My age group is: ..... The meeting was at ..... on .....

The event was: ..... My new PB is: ..... My old PB was: .....

The event was: ..... My new PB is: ..... My old PB was: .....

The event was: ..... My new PB is: ..... My old PB was: .....