

December 2004



CAAC Attack

Winter Dates

Sat Jan 1 st	Portobello Promathon
Fri Jan 7 th	Ceilidh
Tue Jan 11 th	Indoor training restarts
Sat Jan 15 th	Inter District CC Championships [Holyrood]
Sat Feb 5 th	East District CC League [Corstorphine Hill]
Sat Feb 12 th	Carnethy 5 Hill Race
Tue Feb 15 th	No indoor training
Thu Feb 17 th	No indoor training
Sat Feb 19 th	National CC Championships [Irvine]
Sun Feb 27 th	KB 5&10 Mile Road Races
Sun Mar 6 th	Lasswade 10
Sun Mar 13 th	Round the Houses 5K & 10K [Grangemouth]
Sat Mar 26 th	6 Stage Road Relay [Livingston]

Website

Visit our website

www.caac.org.uk

for more events, results and training tips. The web site has recently been redesigned, with a new front page. It shows the latest news items and a calendar of events. The messageboard carries announcements, advice and questions from many members, while the gallery displays pictures taken at many events. Are you there?

Your Committee

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

Captain's Comments

CROSS-COUNTRY



The cross-country season is well under way and there have already been some very good performances across the age groups. At Lasswade, the under-11 boys took the bronze medal and the senior men finished first team.

FIRST TEAM

At the first league meeting at Livingston, the U11 boys were first team; the U13 boys were third and the senior men fourth. There are no official results from Kirkcaldy yet but it appears that the U11 boys and senior men both finished in second place.

I should also mention our team which took part in the Ian Hodgson Mountain Relay. Designed for teams of eight, we had only six, which meant that a couple of the team ran two stages. Combined with some poor weather conditions and three first-time runners, it was quite an achievement to complete the race.

CORSTORPHINE HILL

Keep up the training and make sure you are at Corstorphine Hill for the final cross-country league meeting on February 5th. We finished second overall last year and we will only match (or better) that with our strongest team.

Merry Christmas to all!

Keith Hood - Club Captain

Ceilidh

GREENWAY CENTRE

The annual ceilidh is again in the Greenway Centre, Wester Hailes, on Friday 7th January from 8 pm to 12 pm. This is a popular event so get your tickets now from Sheena.

Fell Race

MOUNT FAMINE

Recently, I entered a Fell Race, which is the name for a Hill Race in England. I decided that if I could do a Hill Race in mountainous Scotland then a Fell Race in a flatter place would be no problem. I probably would not even get my feet wet.

We registered then jogged to the start along a path through a narrow steep-sided valley. The path hardly sloped at all. This was going to be even easier than I expected.

The starter called us to order. "Everybody turn right!" What? We were, apparently, going straight up the side of the valley, through woods, over roots and rocks.

The route climbed to a ridge and alongside a wall. Just a few steps to one side was a seriously steep drop. Then it went downhill into a bog. Yes - wet feet.

Back over the hill, clinging to the wall, I reached the start, but there were no welcoming officials. There was more to run! I really should have looked closer at the finish area before I started.

Mount Famine is no easy race. My time was 55:12, compared to the winner's 40:43.

Martin Caldwell

Any Comments?

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

newsletter@caac.org.uk

Martin Caldwell - Editor

Club Championships 2004

Full Results

U11 BOYS

	Event 1 - 100m		Event 2 - Shott Putt		Event 3 - Long Jump		Event 4 - 600m		OVERALL	
	Result	Points	Result	Points	Result	Points	Result	Points	Points	Place
Dugald Hepburn	15.3	2	5.52	2	3.25	2	1:58.5	2	8	2
Connor Johnston	17.4	10	3.51	11	2.60	9	2:26.9	10	40	11
Jack Keane	16.8	8	3.87	9	2.77	7	2:09.4	6	30	8
Craig Nolan	17.8	11	3.91	8	2.52	10	2:26.9	10	39	10
Blair Robertson	16.1	7	4.16	7	3.24	3	2:07.1	3	20	4
Duncan Scott	17.0	9	5.31	3	2.90	6	2:17.3	8	26	7
Callum Smith	16.0	6	4.40	6	2.67	8	2:08.0	4	24	6
Euan Smith	14.5	1	5.57	1	3.66	1	1:57.6	1	4	1
Alex Webb	15.8	5	3.77	10	NJ	12	2:09.1	5	32	9
Phillip Wilson	15.3	2	4.55	5	2.97	5	2:20.4	9	21	5
Callum Lewis	15.7	4	4.98	4	3.05	4	2:13.6	7	19	3

U11 GIRLS

	Event 1 - 100m		Event 2 - Shott Putt		Event 3 - Long Jump		Event 4 - 600m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Sophie Addison	17.5	3	2.77	6	2.19	4	2:40.3	4	17	3
Clare Alexander	16.6	2	3.59	2	2.87	1	2:28.2	2	7	1
Lisa Christy	18.7	5	1.81	9	2.02	5	2:24.0	1	20	4
Lara Clyde	19.1	6	2.22	7	1.46	9	2:44.2	5	27	7
Sophie Clyde	19.1	6	1.98	8	1.56	8	2:47.8	6	28	8
Sophie Fletcher	16.4	1	4.07	1	2.70	2	2:32.3	3	7	1
Amy Mackay	18.3	4	3.35	3	1.91	7	2:58.8	7	21	5
Kirsty McBride	21.1	8	2.94	5	2.38	3	3:24.0	8	24	6
Louisa Harper	21.8	9	3.08	4	2.01	6	DNR	10	29	9

U13 BOYS

	Event 1 - 100m		Event 2 - Javelin		Event 3 - High Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Thomas Bryce	17.5	9	13.58	4	1.00	7	3:14.8	9	29	9
Hamish Hepburn	14.7	5	13.35	5	1.05	3	2:52.3	3	16	3
Ciaran Johnston	14.6	4	9.42	9	1.10	2	3:06.1	6	21	5
Andrew Keane	15.4	6	15.20	3	1.05	6	2:55.5	4	19	4
Craig Nicholson	15.6	7	11.52	7	1.00	7	3:07.1	7	28	8
Alasdair Price	14.1	3	22.23	1	1.05	4	2:49.0	1	9	1
Fraser Scott	16.5	8	17.79	2	1.00	9	3:01.2	5	24	7
Philip Shorney	13.6	1	10.90	8	1.05	4	3:09.2	8	21	5
Hector Fraser	14.0	2	12.04	6	1.20	1	2:49.2	2	11	2

U13 GIRLS

	Event 1 - 100m		Event 2 - Javelin		Event 3 - High Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Danielle Clyde	16.0	4	9.19	1	0.90	8	2:59.8	2	15	2
Rosalyn Lawrie	14.4	1	6.95	6	1.05	2	DNR	10	19	4
Alice MacKenzie	16.6	6	5.17	9	0.90	9	3:30.5	5	29	9
Jill Mcloy	16.7	7	8.74	2	1.05	4	DNR	10	23	7
Eilidh Nolan	17.2	8	8.52	4	1.05	4	3:14.7	3	19	4
Natasha Price	14.5	2	6.69	7	1.10	1	3:19.8	4	14	1
Alison Reid	16.0	4	5.57	8	0.95	7	3:47.0	7	26	8
Caitlin Wilson	15.4	3	7.86	5	1.00	6	2:56.0	1	15	2
Helen Cumber	17.5	9	8.62	3	1.05	3	3:42.4	6	21	6

U15 BOYS

	Event 1 - 100m		Event 2 - Javelin		Event 3 - High Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Craig Knowles	11.8	1	13.16	2	1.15	3	2:32.5	1	7	1
Niall Waddell	14.1	3	17.72	1	1.20	2	2:42.9	3	9	2
Mark Smith	12.0	2	NT	4	1.25	1	2:37.5	2	9	2

U15 GIRLS

	Event 1 - 100m		Event 2 - Javelin		Event 3 - High Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Chloe Addison	18.0	7	8.59	6	0.95	7	3:38.1	7	27	7
Jennifer Alexander	15.8	6	8.32	7	1.05	6	3:19.3	5	24	6
Charlie Bryce	15.1	4	14.30	1	1.15	3	3:03.6	2	10	2
Emmy Ferry	14.3	3	10.82	3	1.10	4	3:09.6	3	13	3
Fern Fraser	13.8	2	9.64	4	1.05	5	3:10.6	4	15	4
Allana Henderson	15.3	5	9.23	5	1.15	2	3:32.8	6	18	5
Ann Whitehouse	13.5	1	13.77	2	1.25	1	3:00.7	1	5	1

U17 MEN

	Event 1 - 200m		Event 2 - Javelin		Event 3 - Long Jump		Event 4 - 1 mile		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Calum McKenzie	26.6	2	14.80	2	4.21	2	5:07.0	1	7	2
Calum Fletcher	25.3	1	27.26	1	5.03	1	5:23.6	2	5	1

U17 WOMEN

	Event 1 - 200m		Event 2 - Shott Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Rebecca O' Brien	28.2	1	5.64	2	4.31	1	2:30.0	1	5	1
Megan Smith	29.7	2	5.82	1	3.75	2	2:33.4	2	7	2

U20 MEN

	Event 1 - 200m		Event 2 - Javelin		Event 3 - Long Jump		Event 4 - 1 mile		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Alistair McColl	27.3	2	21.42	2	4.44	2	5:00.1	2	8	2
Scott Pilkington	24.2	1	30.02	1	5.50	1	4:56.3	1	4	1

U20 WOMEN

	Event 1 - 200m		Event 2 - Shott Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Dee Turner	DNR	2	5.31	1	3.78	1	2:54.2	1	5	1

SENIOR MEN

	Event 1 - 200m		Event 2 - Javelin		Event 3 - Long Jump		Event 4 - 1 mile		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Moray Anderson	26.0	4	25.11	3	4.63	4	4:41.8	3	14	4
Bryan Clark	32.0	6	14.50	6	3.48	6	5:09.3	5	23	6
Chris O'Brien	23.9	2	27.54	1	4.71	3	4:40.7	2	8	2
Ewan Stark	24.8	3	25.21	2	5.03	2	4:45.3	4	11	3
Kris Berry	23.7	1	24.35	4	5.24	1	4:35.3	1	7	1
Grant Wilkie	28.7	5	22.85	5	4.26	5	5:39.8	6	21	5

SENIOR WOMEN

	Event 1 - 200m		Event 2 - Shott Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Gillian Cockerall	32.0	1	5.34	1	3.66	1	2:48.1	1	4	1

VETERAN MEN

	Event 1 - 200m		Event 2 - Shott Putt		Event 3 - Long Jump		Event 4 - 1 mile		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Martin Caldwell	29.6	3	4.99	3	4.15	2	5:18.8	2	10	2
John O'Hara	28.8	2	5.88	2	3.80	3	6:06.6	3	10	2
Graeme Fletcher	26.9	1	7.70	1	4.69	1	5:10.6	1	4	1

VETERAN WOMEN

	Event 1 - 200m		Event 2 - Shott Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Susan Waddell	40.4	3	5.26	1	2.08	4	3:25.8	3	11	4
Gillian Brown	36.0	2	4.25	3	2.35	3	3:20.1	2	10	2
Ann Turner	35.4	1	4.72	2	2.90	2	3:30.1	4	9	1
Phyllis Mitchell	DNR	5	4.25	3	2.96	1	2:55.4	1	10	2