

June 2005



CAAC Attack

Summer Dates

- Sun Jul 3rd Scottish Women's League [Aberdeen]
- Sun Jul 10th Central & South Scotland League [Grangemouth]
- Thu Jul 14th Jogscotland Challenge [Inverleith Park]
- Sat Jul 16th The Rat Race [Edinburgh]
- Sat Jul 30th Musselburgh 6 Mile
- Sun Jul 31st **CLUB PICNIC** [Aberdour]
- Sun Jul 31st Donkey Brae Run & Fun Run [Aberdour]
- Wed Aug 3rd North Berwick Law Race
- Sat Aug 6th Forth Valley League Final [Grangemouth]
- Sun Aug 7th Scottish Athletics League [Ayr]
- Sun Aug 7th Scottish Women's League [Grangemouth]
- Sun Aug 7th City of Edinburgh 5&10K [Granton]
- Sat Aug 13th Haddington Half Marathon
- Sun Aug 14th Central & South Scotland League [Scotstoun]
- Sun Aug 14th Forth Road Bridge 10K [North Queensferry]
- Sat Sep 3rd Forth Valley League President Select [Pitreavie]
- Sun Sep 4th Great Scottish Run 10K & Half Marathon [Glasgow]
- Sun Sep 18th Great North Run [Newcastle]
- Sun Sep 18th City of Stirling 10K
- Sun Sep 25th Linlithgow 10K
- Sun Oct 2nd Ian Hodgson Mountain Relay
- Sun Oct 2nd Loch Ness Marathon
- Sun Oct 2nd Strathcarron Hospice 10K

Your Committee

- Paul O'Brien** chairman
- Tim Norwood** vice chairman
- Martin Caldwell** secretary
- Sheena Anderson** treasurer
- Keith Hood** club captain
- and*
- Donald Gorrie MSP** honorary president

Captain's Comments

BUSY TIME



Mid-summer already and it has been a busy time recently for many Club members in a variety of events. The younger athletes have produced excellent performances in the Forth Valley League, winning their first three meetings and looking good for promotion. The seniors, despite weakened teams, have finished first and second in the first two Men's League meetings and similarly should ensure promotion with a strong team at the final meeting.

The second 'CAAC 5' took place at the start of June and despite poor weather during the day, was still a success. The opportunity is there for this to become an established midweek race with a little more promotion, and the feedback once again was generally positive.

In the past month, we had a number of runners in the Edinburgh Marathon, with some outstanding performances; a team which included two novices in the 50-mile Highland Cross duathlon; and two intrepid runners who finished third in their class in a two-day mountain marathon on Mull!

GOOD PERFORMANCES

Hopefully these good performances from the team and individuals will motivate everyone to achieve their goals, whatever they may be, over the rest of the summer.

Enjoy your running,

Keith Hood - Club Captain

Club Picnic

SUNDAY 31ST JULY

All club members, with their families and friends, are invited to a day of fun at the club's picnic.

The 2005 picnic will be at The Silversands Park, Aberdour on 31st July. The day begins with a race, The Donkey Brae Run (approx. 7 miles) at 1 pm and a 2 mile fun run starting just after the race.

Whether you take part in the big race, or the fun run, or spectate while starting on your food, you will find amusements provided by Aberdour Gala Week. Please bring or buy your own picnic.

The wide grassy park leads down to one of Scotland's cleanest, safest beaches, so you can cool off with a swim.

From Aberdour Rail Station, go 300m East on the A921, then turn right into Hawkraig Road for 400m to Silversands Park. Car parking is ample, but there is a parking fee and long queues build up through Aberdour shortly before 1 pm.



Subscriptions

A few members still have not paid their membership subscription, due last March. The Treasurer has a list of them and will be issuing reminders soon. If you think you may be on that list, please check with Sheena without delay.

We meet at Saughton Track every Tuesday and Thursday at 7 pm, until late September.

JSB Plumbing Forth Valley League

PROMOTION ON THE CARDS

After winning the first two meetings of the year, we went into the third feeling confident that the good work wouldn't be lost. The team is filling 'most' events and is much stronger than previous year with PB's being set by most. Our third meet was at Livingston on Thursday 23rd.

It was beautiful weather and the little people turned out in strength. We had almost a full complement and everyone did really well with about 20 new PBs. We came first overall and, with that being our third win in a row, promotion to division 1 is on the cards if we can get a full team out on August 8th.

THIRD WIN

I could pick out lots of people to praise, but for me the highlight of a very enjoyable evening was seeing Craig Knowles coming from about 10 metres behind at the last changeover to win the Under15 boys relay. He crossed the line so fast it took him about another 10 metres to stop. That was our third relay win of the night as the Under11 and Under13 boys had won as well.

Our Under15 girls team had a close run thing as well. Edinburgh Southern were well in front, but our girls just managed to pip Livingston at the line, to come second just 0.3 seconds in front.

SCREAMING

This time the team spirit was excellent with everyone rooting for our athletes. The screaming on the home straight was reminiscent of a 60s pop concert (for those of us old enough to remember).

THE OFFICIAL RESULTS just came in:

Totals after 3 Meetings	Match Points
1 Corstorphine AC	21
2 Livingston & District AC	17
3 Musselburgh & District AC	14
4 Linlithgow AC	13
5 Harmeny AC	9
6 Dunbar Running Club	7
7 Edinburgh Southern Harriers	3

Let's get a full team for the final match and make it four wins in a row!

Match	Date	Venue	Start
Final	6 Aug	Grangemouth	11:00
President's Select	3 Sep	Pitreavie	12:00

Dave Law and Bob Innes

Holidays

Could all juniors please let their coaches know when they are on Holiday?

Scottish Athletics League

EAGER FOR SUCCESS

After being relegated last season from Division 1 of the Scottish Athletics League (SAL) the Corstorphine Men's team were eager to have a successful season in Division 2 and gain promotion back to Division 1. Due to several teams withdrawing from Division 3 of SAL, it was decided to amalgamate Division 3 with Division 2, which would mean 13 clubs competing in Division 2 this season.

The Corstorphine team for the 2005 season was looking pretty strong, with Stuart Turner now old enough to compete in the throwing events and Dave Singleton recruited to compete in the Pole Vault and High Jump. This added strength to the field events and with the team already strong on the track the signs were positive for a good league campaign. What was also impressive was the number of people wishing to officiate at the meetings, with Eileen Clerihew, John Ross, Rupert Jones and David Smart all acting as officials.

A strong Corstorphine team travelled to Grangemouth for the first meeting of the season under the guidance of Assistant Team Manager Steven O'Brien. The team spent most of the day near the top of the leaderboard, but a strong showing over the final few track and field events saw Corstorphine win the meeting.

GREAT TEAM SPIRIT

It was a different story for the second meeting with several athletes unavailable due to injury, illness or competing elsewhere. In addition to this some athletes competed whilst not fully fit. Only 11 athletes travelled to Wishaw for the meeting but again great team spirit helped the club to an excellent result. Several athletes competed in more than one event with some competing in 3, 4 or even 5 events. This meant that we only failed to fill the hurdles and the B String berths in the Triple Jump and Pole Vault. The club finished second on the day, but were later promoted to first after the results were scrutinised.

This leaves the team needing a top three finish at the last meeting at Ayr on 7 August to win the league and secure promotion back to Division 1 of SAL. It would be good however to put out a strong team and end the season with a win at the last meeting. In the history of the Scottish Athletics League, Corstorphine have never been promoted as champions.

Bryan Clark - Team Manager, SAL

Website

Visit our website

www.caac.org.uk

for more events, results and training tips.

The messageboard carries announcements, advice and questions from many members, while the gallery displays pictures taken at many events. Are you there?

A Hill Too Far?

SEVEN HILLS OF EDINBURGH

Sunday 19th June saw the 27th running of the 7 Hills of Edinburgh Race and my third time. Even at 9 a.m. it felt far too hot and humid to be running a race, let alone 14.4 miles and 2200 feet of ascent, and many others must have thought the same because only 80 runners turned up (110 last year).

It was a fast start (too fast) and the normal carnage ensued as runners threw themselves off the Castle Esplanade through the thick wet grass on Castle Bank towards the West End and then played chicken with the buses on Princes Street.

[The carnage was suffered on the wet grass, not under the buses. Ed.]

The route passes my house on the way to Corstorphine Hill and so I was half-tempted to call it a day because of the heat and the lingering tiredness in my legs from the Edinburgh Marathon a week before. However, the thought of seeing my name and "Corstorphine - did not finish" on the race website spurred me on and by the top of Craiglockhart some grit had returned.

Thanks to Dave Henderson for devising a training run to show me the short-cut from Greenbank to the Braids as well as the quickest way up Craiglockhart Hill (a vertical ascent without ropes!).

LEMMING-LIKE

To run in a straight line from Braid Hills to Blackford Hill requires a lemming-like descent into Braid Burn followed by an amphibious crossing. Now suitably cut and bruised and with soaking wet trainers, I set off for Arthur's Seat, which was 2 miles away and already looking menacing.

Probably the most critical part of the route is the turnstile gate from Pollock Halls into Holyrood Park - miss this and you could be going around the Halls for hours. I usually try to follow a runner who looks like they know where they're going and this year it paid off at last. The scramble on hands and knees up the south face of Arthur's Seat was as cruel as it always is, with legs pumping and lactic acid burning with each step.

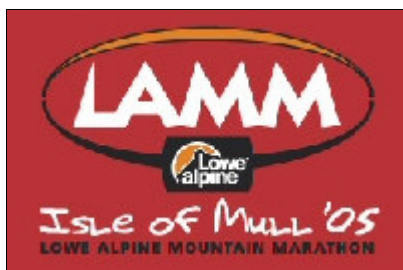
It was a great relief to bump into Sue Waddell and Jim Duffy doing the Challenge - my thanks to them for their encouragement. By now I had consumed about 2 litres of water and so I was interested to note that Sue's trademark running bottle was still only half drunk!

Last year I got lost on the descent of Arthur's Seat, so it was encouraging to find myself well on the way to the Palace and then the finishing line at the top of Calton Hill. What a relief: but not even a medal at the end of it, just the 2005 version of the same old beer mat! Sandy Low was at the finish, already having completed the Challenge in 2 hours 43 minutes and looked as if he had thoroughly enjoyed it.

My time was 2 hours 30 minutes and makes this the only race that I've run and got slower every time. Tiredness and weather were to blame - perhaps it's a hill too far!

Never again . . . until next year.

James Felstead



A BIT LIKE HURDLES

To me, competing in the Lowe Alpine Mountain Marathon is a bit like running the 110 metres hurdles at Meadowbank Stadium. To start with, both require you to dress up in shorts and running vest; both require you to wear flimsy little shoes on your feet and both require you to jump over obstacles (some bigger than others). But besides these obvious comparisons there are others. You line up for the hurdles, head down, stomach churning, looking, focusing on the finishing line. The gun goes off and before you've known what has happened...11 seconds...110 metres... it's all over: glory!

The LAMM is just the same. You line up for your start, head down, stomach tight, peering through the mist and drizzle to see a bloke dressed in gortex, stinking of midge repellent, mutter something through the midge net over his head. You step over the piece of white tape lying in the mud and before you know what has happened...11 hours, 40 minutes, 51 seconds...49 km...7500ft...it's all over: glory!

The uninitiated might think the LAMM is the antithesis of 110m hurdles. For example in the hurdles you don't get to carry your rucsac, stove, sleeping bag, and food. You certainly don't get the opportunity to sample Paul's cuisine of quick cook noodles softened (just slightly) in Knorr Thick Crofters soup. Additionally, you rarely see someone stop in the mist at Meadowbank to ask 'which way?' And in those moments of disaster when the hurdler stumbles and time stops as you wonder if they will recover before watching them fall to the ground, rarely do they fall face first into a rotting sheep's carcass lying in the peat bog.

SECRET LOCATION

For those of you still unconvinced, let me tell you what its like. The LAMM always keeps the location a secret. They don't even tell the competitors. It's a kind of game like hide and seek. We were told to arrive in Oban on Friday night, which we did. As we parked up, two Calmac tickets for Mull were thrust into our hands. The ferry was 10.30 pm. It was only 8.35pm. The rain was falling. Arriving in Craignure at 11.30 pm we were given another ticket for a steam train. It was 12 (midnight). We arrived at the start and registered, ate something and tried to get to sleep at 1.30 am. Up again at 7 am.

The race started, for us, at 8.30ish with a bus ride to the middle of nowhere, where a piper played a happy tune. The race was on. 12 controls over 27.5 kms. The first few controls were steady and obvious. Obvious if you follow the map and avoid the rhododendrons, that is. Control 4 was straightforward after a wee error and on to control 5, a loch. Due north for a couple of kilometres. Easy.

A couple of kilometres north and no loch to be seen - just mist and rain. Waterproofs on. A team appears out of the mist. They look weary, fed up. 'Have you found the control?' they ask.

'How long have you been looking?' I reply.

'Over an hour!'

What people were starting to realise is that Mull's rock is magnetic and your compass is no longer accurate. On these occasions Paul O'Brien operates on his 'sixth sense'. 'It's over here,' he says. Loch found and little time lost. Controls 6 to 11 were a blur (just like running the 110 metre hurdles).

Running to Control 12 required Paul to stuff his face in the bog and swing his legs in the air. He did it twice for good measure. The tussocks were two feet deep with peaty bog everywhere. Paul seemed to be enjoying himself and I felt left out, so I stepped into a bog with one leg up to the thigh and, as the momentum of running (well, kind of running) threw me forward, my face disappeared into the rib cage of a dead sheep. It's one of those moments when you can't move quickly enough and you squeal like a girl.

Control 12 was also the overnight camp. A chance to eat and sleep. Paul had decided this year that I should carry the tent and he the food etc. It made sense as I was the stronger runner and the tent is heavy on day two and his sac would be lighter as the food was eaten.

To lighten my sac I used a blizzard pack, which are emergency sleeping bags. Sleeping in one is a bit like being a turkey wrapped in tinfoil at Christmas: you get very sweaty and roast in your own juices. Paul just laughed as I rustled. The sleep was peaceful, but Paul got worried in the night as lightning passed overhead and he wondered how he could explain my sizzling remains to anyone who asked if I was struck. He didn't bother to warn me though.

DAY TWO

We were 5th in class after day one, which meant a chasing start. The piper played his happy tune again at 5 am. The mist was still down (just like Meadowbank). Paul only brought half the breakfast, so it was Complian, Jordan's Crunchy bits (now reduced to a fine powder after several hours being shaken in Paul's sac) and a jammy cheese sandwich. Sunday was shorter: 20kms and 8 controls.

It was 6.21 am and I couldn't understand why the marshals were wearing silly netting over their heads. It became clear as I marked out the map with my deirdre sticking up and midges biting away.

The Controls 1, 2, 3 and 4 were straightforward. Navigation was spot on and we'd overtaken Team 3 by the first control. Control 5 is the wrong side of a mountain. We were standing 150 metres above sea level and the lowest point over the hill was at 700 metres. That's a 550 metre climb (that's about 1700 ft for the old folk in the club, Johnno) up a 45-50 degree slope. It made people sweat.

Controls 6, 7, and 8 took us home. Paul took a tumble and couldn't open his Jelly Baby packet with a sore thumb. But we were running for home and after getting the JB's for Paul I wasn't going to waste time watching him eat them.



Control 8 was found with a wee nod from an elite team (thanks) and we ran home. Within 300 metres of the finish team 4 were running back up the hill. They'd missed control 8 (and they discovered later they missed control 7 as well). A celebratory smile from Paul was all that was needed.

THE FINISH

Last year we ran home so late people thought we'd given up or fallen over. This time almost all people are still on the hill and the finish was Lowe key. I did ask if we'd won after the small round of applause died away.

We came third in the C class, only 2 minutes behind second placed team and for the first time in nearly nine years of competition I'd (oops...we'd) won something. It may only be a wee rucsac, but in the eyes of my 4 years old son it might as well be the Olympic Gold medal for the 110 metre hurdles.

And there you have it, QED: competing in the Lowe Alpine Mountain Marathon is a bit like running the 110 metres hurdles at Meadowbank Stadium... Or perhaps it's more like the triple jump... Anyway if you need further convincing we'll see next year - it was really good fun.

Martyn Tunstall

Never Lose Hart

BEN SHEANN HILL RACE

How often do most of us get on terms with Al Hart, one of HBT's elite? My chance came recently at the mid week Ben Sheann hill race at Strathyre.

This brilliant wee tester is also renowned for its voracious midges, so blotchy legs and arms are more or less guaranteed. With all the recent rain the course lived up to its treacherous reputation, especially the slippery descent through the forest.

Imagine my surprise near the end of the race to catch up with Al, who was picking his way down. I swept past, only to see him respond on a flat section, gaining 10 metres. At the final steep descent he ground to a near halt again, and I just....well leapt!

I kept ahead to the road, wondering if I could possibly hold him off again on the last 50 metres of downhill road. He was as determined as I was, but I got the position by the thickness of a brown vest.

Ben Sheann (from the gaelic Beinn an t'Sidhean) means 'Hill of the Fairy Knoll.' Maybe the impish sprites had put lead in Al's Walshes for a joke.

Martin Hulme

Still 'Tri'-ing.

OPEN WATER SPRINTS

Some of you may be interested to know that I am still dipping my toes into the world of triathlon, and now my toes have been dipped in the dreaded 'open water' season. I finally took the plunge (no pun intended) and two weeks ago did the Ayr OW sprint triathlon, where the swim was based in the River Doon. Then on Sunday, it was the Bruce OW sprint, in Lochore Meadows Country Park in Fife. These events were 750m swim, 20k bike and 5k run. I am pleased to report that I wasn't last in either! What a difference, though, swimming in open water! That is, once you have struggled for 20 minutes to get into your wetsuit! For a start, you can't see where you are going, and have to learn to swim 'heads up' now and again. This is where you do an impression of a hippo, and just peep your head up out of the water to try and keep the buoy or whatever in your line of sight. My first attempt in Ayr had me going way off course - I think I swam about 200m more than I needed to!

WEEDS AND DEBRIS

You also have to contend with people swimming over you, under you, and into you. And other things like weeds and debris are not good when you come up for air and get a mouthful of 'stuff'. Running was never this scary (although cross-country is fairly scary)!

I am now training for my first 'standard' event, which is double the sprint distance (1500m swim/40k cycle/10k run), and have entered the Gullane Beach Triathlon on 31 July. Any tips on how to deal with swallowing salt water, encountering jelly-fish and generally how-not-to-panic in the sea, will be gratefully received!

Linda McGinley

More Records

WATFORD

Kris Berry ran a new club record time of 3:43.4 in the 1500m B race at the www.britishmilersclub.com Grand Prix, winning the race.

EDINBURGH

We had several runners doing the marathon over the new flatter course, big thumbs up from them all. Result of the day was Billy Braidwood taking a whopping 24mins off his target time to finish in 3h 06mins!

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

Welfare Update

WELFARE POLICY

Since the last **CAAC Attack** a lot has been happening in the sport with regard to Welfare and Child Protection, and in April this year **uk:athletics/scottishathletics** launched their Athletics Welfare Policy and Procedures documents. It is intended that these documents become living, working documents that coaches, athletes, parents and others involved in the sport will want to refer to, and Corstorphine AAC is happy to adopt its policies and implement its procedures. A copy of the full documents were sent to all clubs affiliated to **uk:athletics/scottishathletics**, and it is available to download from the **uk:athletics** website (follow the link <http://www.ukathletics.net/> and go to "Getting Involved/Coaching/ Athletics Welfare Policy and Procedures").

CODE OF CONDUCT

As reported last time, all Corstorphine AAC coaches are **uk:athletics** registered, and are bound by a Code of Conduct. The code is included in the above Athletics Welfare Policy and Procedures documents and as well as coaches it also covers the responsible Athletics Club, Technical Officials, Athletes and Parents (persons with parental responsibility). Corstorphine AAC is asking each of its younger members to sign a form confirming that they agree to abide by this code, and a copy is included on the back page of this newsletter. It is also hoped to include it on the Club website.

DISCLOSURE SCOTLAND CHECKS

Now that the Protection of Children (Scotland) Act 2003 has come into effect, there is a legal requirement for all Coaches and Volunteers or those in occupations which bring them into contact with young people and vulnerable adults, to have their backgrounds vetted by the Central Registered Body for Scotland (CRBS). **scottishathletics** has been working closely with both **uk:athletics** and CRBS to make the checking process as easy as possible, but even though **scottishathletics** has met all the prescribed criteria to become registered there have been procedural and paperwork requirements applied to the process by third parties, which are not enabling things to move ahead as quickly as expected.

In a letter we received recently it was identified that each club will have to nominate someone as their Welfare Officer. I was nominated to represent Corstorphine AAC and I am required to fill in a different disclosure form and produce identification documents to become a counter-signatory for the club. This will enable me as Welfare Officer to check volunteer forms on a local basis and we are advised that this has to be done in the presence of Ewen Cameron as Lead Signatory for **scottishathletics**. Unfortunately, until this process is completed, forms for club coaches and volunteers will not be released, and due to these administration delays, which are outwith **scottishathletics** and Corstorphine AAC's control, it will not now be possible to complete this process until early August at the earliest.

MORE ABOUT THE CHECKS

If you would like to know more about the Disclosure checks, ask one of the coaches to see a copy of the statement issued by **scottishathletics**, or visit the **scottishathletics** website to read the welfare update dated 22nd June 2005 (follow the link <http://www.scottishathletics.org.uk/> and go to "News" [WELFARE UPDATE](#)).

CRBS/Disclosure Scotland Checks Procedure

1. Corstorphine AAC has identified John O'Hara as its Welfare Officer, who will undertake and implement Counter Signatory status for the club.
2. Welfare Officer emails Ewen Cameron at **scottishathletics** to request the number of Enhanced Disclosure Application Forms required for coaches and volunteers.
3. Disclosure form is completed in accordance with the guidelines accompanying the form. The form is then taken in person, along with the required documents for identification purposes (i.e. Passport, Driving Licence, Birth Certificate, and Utility Bill showing current address, for verification by the Welfare Officer (**scottishathletics** staff and **uk:athletics** Coach Education tutors can also verify forms).
4. The Welfare Officer then forwards forms to Ewen Cameron marked "Private and Confidential". All forms will be countersigned by Ewen and forwarded to CRBS for the check to be carried out.
5. A copy of the check will be sent to the applicant and to **uk:athletics** once completed.

This process will be repeated 3 yearly.

John O'Hara - junior middle distance coach and welfare officer

Central & South of Scotland League

CLASHES WITH HOLIDAYS

Sunday 10th July 2005 is the 2nd meeting and it clashes with Edinburgh summer holidays. It is important that we get as many athletes as possible available. The meeting is at AYR and we would normally take the bus, but this may be reconsidered if the numbers are low like last year.

Please indicate if you can or can not make this meeting by returning this slip to David Law or your coach by Thursday 30th June.

Contact David Law 478 3014 / 07775525461 or Bob Innes 334 8723

Dave Law

I can / can not make the next CSSAL meeting on the 10th July 05 (please tick)

Name/s: 1:

2:



STATEMENT OF CONDUCT

Statement of conduct for athlete

As a member of the Corstorphine Amateur Athletic Club I will adhere to the following code of conduct:

Do	Don't
Show respect for other club members and coaches.	Behave aggressively (verbally or physically) or bully anyone.
Behave sensibly and with consideration for others at all times.	Vandalise property belonging to the club/squad/facility or anyone else.
Attend sessions on time. If not inform the coach prior to the session.	Do not swear or use obscene language or gestures.
Promote a good image of Corstorphine Amateur Athletic Club.	Be rude or insolent to anyone.
Obey instructions from coaches.	Spit or chew gum.
Observe track protocol at all times.	

Statement of conduct for parents/guardians (if athlete is under 18 years of age)

1. Support your child's involvement and help them to enjoy athletics.
2. Help your child recognise good performance and encourage fair play.
3. Never punish or belittle your child for losing, or making mistakes.
4. Inform the coach of any injury that may affect your child.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, athlete, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will demand that my child treat other athletes, coaches, officials and spectators with respect regardless of race, creed, colour, sex or ability.
8. I will never ridicule or yell at my child or other athlete for making a mistake or losing a competition.
9. I will respect the coaches and will never question, discuss, or confront coaches during the session and will take time to speak with coaches at an agreed upon time and place.

I agree that if I fail to abide by the aforementioned code of conduct, I may be subject to disciplinary action that could include, but is not limited to the following:

1. Verbal warning to athlete by coach or committee member.
2. Verbal warning to athlete and parent/guardian by coach or committee member.
3. Written warning to athlete and parent/guardian by coach and/or club secretary.
4. Removal of athlete from the group.

Athlete Name:

Signed: Date:

(If athlete is under 18 years of age)

Signature Parent/Guardian: Date: