

October 2005



CAAC Attack

Winter Dates

Sat Nov 5 th	Braid Hills CC Races
Sun Nov 6 th	Lasswade CC Races
Sat Nov 12 th	Secondary Schools Road Relay Champs [Grangem'th]
Sun Nov 27 th	East District CC League [Kirkcaldy]
Sat Dec 10 th	East District CC Champs [Aberdeen]
Sun Dec 18 th	Queen's Drive Races
Sun Jan 1 st	Portobello Promathon
Fri Jan 6 th	Ceilidh [Greenway Centre]
Sat Jan 14 th	International CC [Edinburgh]
Sat Jan 14 th	Great Winter Run [Edinburgh]
Sat Feb 4 th	East District CC League [Livingston]
Sat Feb 18 th	National CC Champs [Falkirk]

Parents

Sometimes we need help on Tuesdays & Thursdays, or at competitions. If you are able to stay on to help occasionally, please can you let Bob Innes or David Law know – this would really be appreciated.

Your Committee

Paul O'Brien	chairman
Tim Norwood	vice chairman
Martin Caldwell	secretary
Sheena Anderson	treasurer
Keith Hood	club captain
	coaches
Moray Anderson	Dave Henderson
Bob Innes	Lewis Innes
Dave Law	Mhairi McLennan
John O'Hara	Stewart Turner
<i>and</i>	
Donald Gorrie MSP	honorary president

Captain's Comments

PROMOTION TO DIVISION ONE



Congratulations to all who braved the conditions to take part in and help out at the Club championships. It was another successful night with the usual mix of 'friendly' rivalry and competitiveness. Also, well done to all those younger athletes who won promotion to division one of the Forth Valley League and to the Senior Men, who also return to division one next year.

OVERSEAS APPEARANCES

CAAC athletes have also been making their presence felt overseas this summer, with appearances in such far flung places as Stockholm, Berlin, Budapest and Toronto.

And so to the cross country season. Hopefully we can build upon some strong performances from last year and do even better this season. The first race is the East District Relays on Corstorphine Hill on Saturday 8th October, so there couldn't been a more local race to get us started.

HAVE A GO

We have shown in the past that when we have a full team out, we can be highly competitive, so look out the thermal tops and gloves and if you haven't tried it before, have a go at cross country this winter. It is good stamina building and easy on the joints after a summer on the roads!

Enjoy your running,

Keith Hood - Club Captain

Welfare

CODE OF CONDUCT

By now all Junior and U17 athletes will have received a Code of Conduct and most have signed it. Agreement to a Code of Conduct is essential for the successful management of the group. We should all know what to expect.

If you have any issues with this code, please talk them over with your coach, or with our Welfare Officer, John O'Hara. Otherwise, do make sure you have signed and returned the form. The Code is aimed to help everyone understand how to fit in well.

Cross Country

There was not a bad turn out for seniors in the East District League at Stirling, finishing behind Central AC and City of Edinburgh AC. Our seniors finished with 202 points, after Central AC on 49 and City of Edinburgh AC on 122. HBT were 6th with 303 points, while Edinburgh Uni and Carnegie had 220 and 221 (to be confirmed).

It was a big disappointment from the junior section though. Very few athletes ran, maybe because of the holidays. Lets try for a bigger turn out in Kirkcaldy on November 27th and for the final league meeting at Livingston on February 4th.

Ceilidh

GREENWAY CENTRE

The annual ceilidh is again in the Greenway Centre, Wester Hailes, on Friday 6th January from 8 pm to 12 pm. This is a popular event so get your tickets now from Sheena.

Championships

Full results of the Club Championships on pages 4 - 6.

Scottish Athletics League

FIRST AND SECOND PLACE

Following first and second place finishes in the first two meetings of the season, the Corstorphine men's team were well placed to win promotion to Division 1 of the Scottish Athletics League (SAL). After the first two meetings Corstorphine were top of the league table with 25 league points. That was 2 league points and 38 match points ahead of Whitemoss, with Victoria Park a further 2 league points behind.

STRONG TEAM

We were missing a few athletes for the last meeting, but travelled to Ayr with a reasonably strong team. After the first points count was announced however, Corstorphine were not well placed and badly needed to pick up points to stand a chance of promotion.

The team did pick up to finish third on the day. Unfortunately for us though, Whitemoss were able to fill every event including A and B string in the 110 metre hurdles, an event where we had failed to enter an athlete at any of the three meetings. This meant Whitemoss won the meeting, beating us by 77 match points. So they won the league by 39 match points, with Corstorphine finishing second and gaining promotion.

SMALL MARGIN

The team were delighted to be promoted, but bitterly disappointed to finish second in the final league standings. It was a very small margin to lose the league by, considering Whitemoss' final points total of 1359 compared to Corstorphine's total of 1320.

TEAM SPIRIT

I was very impressed with the team spirit, friendship and commitment shown by the Corstorphine men's league team this year. On behalf of Assistant Team Manager Steven O'Brien and myself I would like to say a big thank you and well done to all the athletes and officials who helped Corstorphine to gain promotion back to Division 1 of the Scottish Athletics League.

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. Check the "Calendar" section for details of forthcoming events.

Central & South of Scotland League

STRUGGLED

The Central and South Scotland Athletic League is for men and women of all ages from under 11's right through to masters. For this reason it's an important league, because it's the only track league where Corstorphine athletes get a chance to complete together as a whole club.

Unfortunately over the last few years we've struggled to fill all the events and last year we slipped down to the third division. Once 1st division stalwarts, we had to do something about it.

WIN AT GRANGEMOUTH

In 2005 came a new season, a new team manager and new hope. I think everyone felt confident after the first league meeting at Grangemouth where, even though we lost points for declaration errors (sorry!), we won by 44 points!

It was looking good but the second meeting is traditionally the killer because it scheduled right in the middle of the school break when most people go on holiday. The second meeting at was at Wishaw. To get promotion to the second division we needed to put out as many athletes as we could muster.

DREAMS ALIVE

On the day there were many excellent performances and most importantly, everyone had fun. So, even with a dwindled squad, we managed to finish a very respectable 5th and kept our dreams of promotion alive.

It was too close for comfort now. Everything hung on the final meeting at Scotstoun. The overall meeting points after the first two meetings were Irvine first with 14 points then East Kilbride, Victoria Park and Corstorphine on 12 points. We had to win the last meeting to make promotion a reality.

I remember the meeting well, it was the first time I had to run a 100m since I was 13. One of the difficulties of being a small club is when a few people are injured or have other commitments it has a huge effect on the team.

FULL EFFORT

As ever, there were some disappointments and some excellent performances, but the main thing is everyone gave it their full effort and everyone in the team could be proud of themselves. Unfortunately, East Kilbride and Victoria Park put out extra strong teams, which pushed us down to 4th position for that match and 4th in the league.

DISAPPOINTED

I can't deny that I'm disappointed that we never got promotion, but sometimes things just don't go your way. Still, I feel confident that with better organisation from me and a wee bit luck we will rise above the other clubs in our division and move on up!

Tim Norwood - Team Manager, CSSAL

Middle Distance Squad 2005

HIGH HOPES

The senior middle distance (800m-10000m) squad began the 2005 season with high hopes of national medals and possibly even international honours. A full squad, injury free, embarked on summer training in the late spring. By the East District Championships in May however, a few of our group were already struggling with injury or illness. Still, Kris Berry managed victory in the 800m, Moray Anderson was fourth in the 1500m and Tom Ferrington scored pb's in the 1500m and 5000m.

A MUCH STERNER TEST

Good performances continued at the league meetings throughout the summer. Tom remained unbeaten over the Steeplechase at all league fixtures and in some races very nearly lapped the rest of the field! Squad members scored big points for the club at the Scottish League matches helping Corstorphine to gain promotion back into division 1 where a much sterner test will await us next year.

Kris unfortunately got injured shortly after commencing his competitive season over his favoured event, the 1500m. Despite this, he managed to run three races including a win at the Scottish U23 championships and a 3.43.4 clocking which would remain at the top of the Scottish rankings for the season. This without ever really completing any speed sessions. A very frustrating season for Kris in a Commonwealth Games year, but he will be back stronger.

ILLNESS OR INJURY

By the national championships the entire squad had been affected by illness or injury in some way during the season, so results were a little disappointing. Scott Pilkington made the semi-final of the 800m with a slight return to form, however, and Tom again claimed yet another pb. Indeed Tom had the most successful season of all squad members, recording pb's from 1500m upwards on track and roads. Currently in preparation for the Florence marathon in November, he will be hoping for big things, with one eye no doubt on the club record.

So, perhaps a disappointing season on the track, but as the squad regains its fitness we all look forward to a successful winter. There were signs last year that the club could be about to challenge for major honours in cross country. I'm sure with a fit team we can!

Moray Anderson

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

My CAAC Story

PIGGYBACK

It all started in the playground. I was the fastest in my year. Peter Smith and I had the best piggyback time across the playground, me running, him on my back. When boys came from the big playground and challenged the infants to a race, all the boys picked me cos I was the fastest. Some thought it was my velcro superman trainers but even after the superman trainers fell apart I was still the fastest. That's when I knew I was a runner.

My Dad heard about a running club that met in the Scout Hall across from the school and brought me down one night to have a look. I wasn't allowed to compete until I was nine but they let me go to training for a few months until my birthday.

I wanted to be a one hundred metre runner like Carl Lewis but my coach, Sybil, said I would be good at 800m. I could hardly imagine running that far, but the first time I tried it, I was second in my race. I did it in 3 minutes 5 seconds. After a while I started winning a few 800m's and lost interest in 100's altogether. Now I wanted to be like Steve Cram. I liked it when Steve Cram ran at the back of a race until the last lap, then on the back straight he started passing everyone and you just knew he was going to win. It was really neat, he always looked like he was jogging.

NECK AND NECK

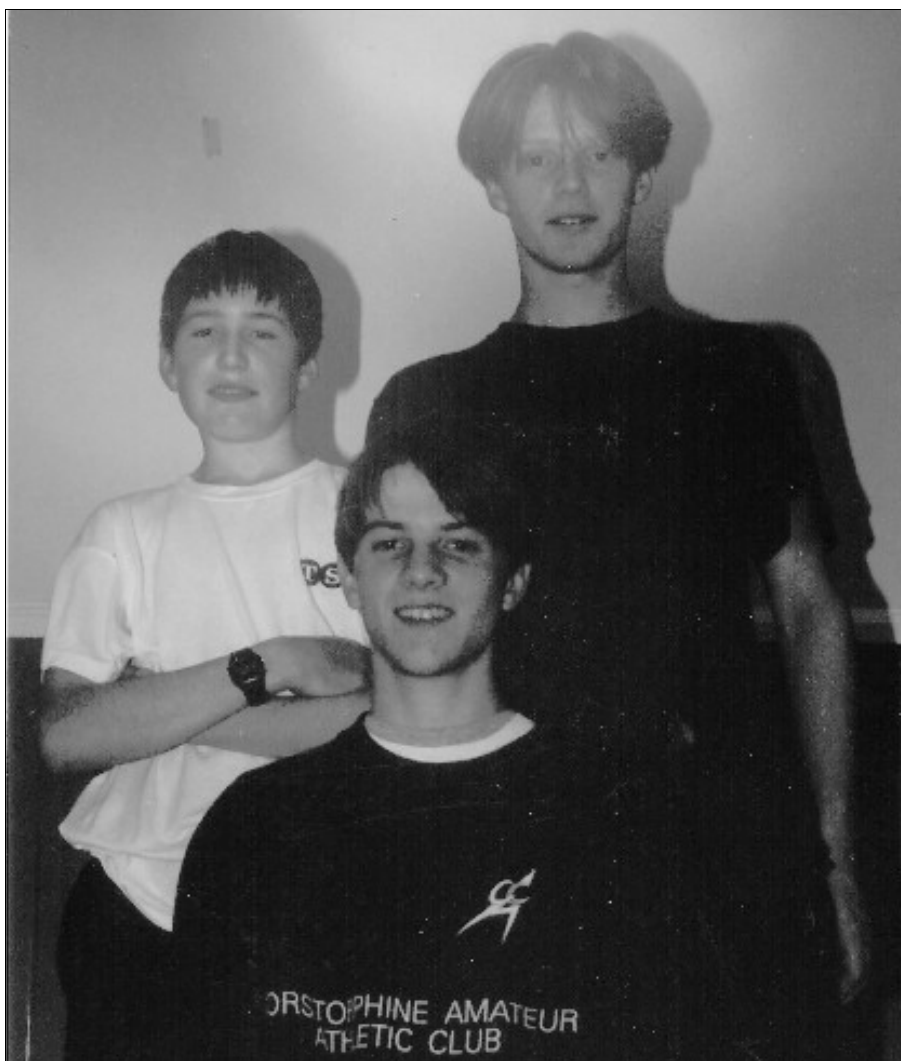
My first big win was at the Edinburgh Inter School Championships when I was 13. It was the 800m again. After the first lap it was me and a boy from Watsons out in front. I kept behind him until 300m to go then did a Steve Cram. But unlike Steve Cram I couldn't get away from him. It was down to the home straight and he was coming back. We fought all the way to the line, neck and neck. In the end, there was nothing in it, we didn't know who had won until the presentation ceremony. When I heard, I felt brilliant. I had a fire in my belly, I couldn't wait to go home and tell my Dad.

The first cross-country race I ran for CAAC was at Alloa. I wouldn't say I loved it but I enjoyed the mud and big crowds of people at these meetings. By the time I was 14 I really enjoyed cross-country and it was at this age that I had my greatest, and some might argue, the club's greatest win.

HARD MAN

A young tyke called Chris O'Brien had joined the club a couple of years after me. Everyone was talking about how he could be the next Dave Law. He had had some impressive wins in both cross-country and track and even though he was a wee wide-o everyone looked forward to seeing him run. The third member of the team was CAAC's hard man of Cross Country running, Moray Anderson. He was only 15 but when it came to running, he took things seriously.

In 1992 we had won the East District Cross Country Junior Relay Championships and we were hopeful that we could do it again this year. As the race began, it was clear that we were in with a chance. Chris ran a great race and came in first by 150m. All I had to do was stay in touch with the leading



**Chris O'Brien, Moray Anderson and Tim Norwood:
National Cross Country Champions**

teams and I knew Moray could whip the other Under 17s. I only dropped one place but sure enough Moray picked it up again on his lap. We had done it. Two in a row!

HORSE RACING TRACK

I still never dreamed we could win the Nationals Championships, but after winning the East Districts we were in high spirits. I still remember the course in Hawick. It started with half a lap of the horse-racing track then took you out into farmed fields. The last section of the race took you over several hillocks and very steep sections before twisting down back to Hawick racecourse.

I saw Chris go off really fast. When he left the racecourse he was in the lead and I thought he might have blown it. But when he came back into view ahead of the rest I felt sorry for doubting him. At the same time I had a rush of nerves. I was next and we were winning the Nationals.

Again, all I had to do was hold on near the front of the race to give Moray a chance. I went off fast. Too fast probably. By the time I had entered the fields I felt the adrenaline beginning to wear off. I wanted to slow down to a comfortable pace, but I knew there were guys behind me who had beaten me before. I thought they were

catching me. I was sure I could feel them getting closer, but didn't dare turn round to look.

RIDING A WAVE

I got to the hillocks and still no one had caught me. My legs were starting to tire and I could feel the others getting closer, their presence was like a cloud gathering behind me and the force of it pushed me on, like riding a wave.

Finally it came, with only 800 metres to the finish, a guy passed me and another a few seconds later. I tried to respond, but I had nothing. The final downhill got me to the change over point, where Moray was waiting. I crossed the line, totally exhausted. Once I had control of my breath again, I started puking all over the grass and someone came to my side. The rest of the club were away watching Moray.

IN THE LEAD

Moray, of course, took it on with vigour and before leaving the field had caught the second team. Somehow I wasn't even surprised when he came back into sight in the lead. We deserved it. We were the champions.

Tim Norwood

Club Championships 2005

Full Results

U11 GIRLS

	Event 1 - 100m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 600m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Lisa Christy	18.5	2	2.06	2	2.16	2	2:22.0	2	8	2
Anna Hume	16.2	1	4.01	1	3.43	1	2:12.0	1	4	1

U11 BOYS

	Event 1 - 100m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 600m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Matthew Donaldson	15.7	2	4.27	4	3.29	3	2:22.4	4	13	3
Connor Johnston	16.9	6	4.22	6	3.13	4	2:22.6	6	22	5
Nile Lashley-Johnstone	16.0	3	3.58	7	2.99	6	2:22.7	7	23	7
Craig Nolan	16.5	4	5.13	1	3.46	2	2:22.2	2	9	2
Craig Owen	16.8	5	4.26	5	2.86	7	2:22.5	5	22	5
Rhuiridh Waddell	17.2	7	4.41	3	3.08	5	2:22.3	3	18	4
Philip Wilson	15.0	1	4.52	2	3.66	1	2:22.1	1	5	1

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
Clare Alexander	17.1	6	7.58	4	1.05	4	3:30.0	4	18	6
Rosalyn Lawrie	14.3	1	9.08	2	1.15	2	DNF	9	14	2
Amy Mackay	17.7	7	6.63	6	0.85	8	4:10.0	7	28	8
Alice MacKenzie	15.5	2	8.48	3	0.85	7	3:18.0	2	14	2
Jill McCloy	15.7	3	11.59	1	1.20	1	3:27.0	3	8	1
Eilidh Nolan	15.7	3	5.38	8	1.15	2	3:08.0	1	14	2
Alison Reid	15.7	3	7.50	5	1.05	4	3:42.0	5	17	5
Morgan Griffiths	18.3	8	5.72	7	1.05	4	3:56.0	6	25	7

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
Andrew Christy	16.5	7	13.24	5	1.05	5	3:00.0	7	24	7
Dugald Hepburn	15.5	3	16.51	4	1.10	3	2:57.0	5	15	3
Jack Keane	15.5	3	22.55	1	1.10	2	2:48.0	3	9	2
Callum Smith	16.1	6	11.46	6	1.05	6	2:47.0	2	20	5
Euan Smith	14.2	1	19.91	2	1.20	1	2:43.0	1	5	1
Alex Webb	15.4	2	NT	8	1.10	4	2:58.0	6	20	5
Blair Robertson	15.7	5	16.77	3	1.00	7	2:50.0	4	19	4

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	17.5	7	7.87	5	0.85	7	3:37.0	6	25	7
Julie Baird	14.7	1	6.76	7	1.20	4	DNF	8	20	5
Charlie Bryce	15.0	5	16.53	1	1.25	1	2:58.0	2	9	2
Rosanne Christy	15.7	6	7.05	6	1.20	3	3:31.0	5	20	5
Emmy Ferry	14.7	1	11.93	3	1.05	6	3:22.0	3	13	3
Mhairi Hunter	14.7	1	13.36	2	1.20	2	2:57.0	1	6	1
Natasha Price	14.7	1	8.78	4	1.10	5	3:23.0	4	14	4

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
Hector Fraser	14.2	3	24.63	2	1.45	1	2:50.0	6	12	3
Hamish Hepburn	15.3	7	NT	10	1.15	6	3:01.0	8	31	8
Ciaran Johnston	14.9	6	11.50	7	1.00	8	3:00.0	7	28	7
Craig Knowles	12.0	1	13.85	6	1.35	2	2:20.0	1	10	1
Andrew MacDonald	13.7	2	14.38	5	1.25	5	2:41.0	3	15	4
Alasdair Price	14.3	4	26.19	1	1.25	4	2:40.0	2	11	2
Fraser Scott	15.4	8	19.40	3	1.15	7	2:43.0	4	22	6
Philip Shorney	DNF	10	10.74	8	1.00	9	3:09.0	9	36	9
Niall Waddell	14.7	5	17.26	4	1.30	3	2:46.0	5	17	5

U17 WOMEN

	Event 1 - 200m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Emma Baird	29.9	2	5.81	1	4.21	1	3:36.0	4	8	1
Sarah MacDonald	31.9	4	5.04	3	3.86	3	3:31.0	3	13	4
Megan Smith	30.8	3	5.20	2	3.54	4	2:42.0	1	10	3
Anne Whitehouse	29.4	1	4.40	4	4.11	2	3:24.0	2	9	2
Siobhan Hanlon	26.6	GUEST	4.84	GUEST	3.85	GUEST	2:34.0	GUEST		GUEST

U17 MEN

	Event 1 - 200m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 1 mile		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Calum McKenzie	26.6	1	6.79	1	4.28	1	5:10.0	1	4	1
Neal Robb	29.1	2	5.68	2	3.96	2	5:53.0	2	8	2

U20 WOMEN

	Event 1 - 200m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Rebecca O'Brien	29.7	1	5.12	1	3.95	1	2:38.0	1	4	1

U20 MEN

	Event 1 - 200m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 1 mile		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Alistair McColl	27.0	2	6.20	2	5.02	2	5:05.0	2	8	2
Scott Pilkington	25.3	1	8.46	1	5.51	1	4:48.0	1	4	1
Stewart Turner			11.65	GUEST						

SENIOR WOMEN

	Event 1 - 200m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Mhairi MacDonald	27.7	GUEST	5.13	GUEST	4.30	GUEST	2:33.0	GUEST		GUEST
Margaret McCaig	38.4	4	4.94	3	2.47	4	3:00.0	2	13	3
Mhairi McLennan	33.3	3	4.83	4	3.80	2	3:40.0	4	13	3
Gillian Cockerell	32.7	2	5.11	2	3.64	3	2:55.0	1	8	2
Claire Egan	32.2	1	6.71	1	4.23	1	3:20.0	3	6	1

SENIOR MEN

	Event 1 - 200m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 1 mile		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Moray Anderson	26.5	4	5.67	8	4.64	6	4:45.0	1	19	5
Bryan Clark	28.9	9	5.36	9	3.19	11	4:53.0	3	32	8
Tom Ferrington	27.3	5	6.74	6	4.72	4	4:49.0	2	17	3
Chris Gowans	26.0	3	6.81	5	4.69	5	6:26.0	11	24	6
Tim Norwood	28.6	7	6.89	4	4.37	8	5:13.0	6	25	7
Chris O'Brien	24.8	2	7.24	2	5.10	3	4:54.0	4	11	1
Ross Prowse	24.2	1	8.40	1	5.30	2	5:44.0	10	14	2
Brent Vivian	28.2	6	7.03	3	5.43	1	5:31.0	8	18	4
Grant Wilkie	28.8	8	5.24	10	4.36	9	5:22.0	7	34	10
Dean Carr	30.8	11	5.93	7	3.94	10	5:33.0	9	37	11
Keith Hood	28.9	9	5.17	11	4.40	7	4:58.0	5	32	8

VET WOMEN

	Event 1 - 200m		Event 2 - Shot Putt		Event 3 - Long Jump		Event 4 - 800m		OVERALL	
	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	RESULT	POINTS	POINTS	PLACE
Linda McGinley	41.9	2	4.19	1	2.68	2	3:42.0	2	7	2
Phyllis Mitchell	37.4	1	3.82	2	3.09	1	3:10.0	1	5	1

VET 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
Jim Bruce	35.0	6	13.89	6	3.00	7	6:39.0	7	26	7
Martin Caldwell	30.2	3	13.13	7	4.00	3	5:32.0	2	15	3
John Christy	31.7	4	16.12	5	4.00	3	6:02.0	5	17	5
David Henderson	28.2	1	24.44	2	4.37	1	5:38.0	3	7	1
Jan-Bert Van Den Berg	33.6	5	17.64	4	3.66	6	5:56.0	4	19	6
Robert Hume	29.6	2	21.49	3	3.88	5	6:11.0	6	16	4
David Law	DNF	8	26.97	1	4.04	2	5:29.0	1	12	2