



# CAAC Attack

## Summer Dates

|                          |  |
|--------------------------|--|
| Sat Apr 1 <sup>st</sup>  | National Road Relay [Livingston]         |
| Thu Apr 20 <sup>th</sup> | Forth Valley League [Pitreavie]          |
| Sun Apr 23 <sup>rd</sup> | Central & South League [Ayr]             |
| Sun Apr 30 <sup>th</sup> | Men's League [Meadowbank]                |
| Sun Apr 30 <sup>th</sup> | Women's League [Grangemouth]             |
| Thu May 18 <sup>th</sup> | Forth Valley League [Livingston]         |
| Sat Jun 3 <sup>rd</sup>  | Corstorphine Fair                        |
| Sun Jun 4 <sup>th</sup>  | Central & South League [Wishaw]          |
| Wed Jun 7 <sup>th</sup>  | <b>CAAC 5 Mile Race</b> [Turnhouse Road] |
| Wed Jun 14 <sup>th</sup> | Forth Valley League [Pitreavie]          |
| Sun Jun 25 <sup>th</sup> | Men's League [Grangemouth]               |
| Sun Jun 25 <sup>th</sup> | Women's League [Meadowbank]              |

## Website

Visit our website for more news

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

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

## Your Committee

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

## Orienteering

### SLOVAKIA

You all may think there are only a couple of sports that involve running. Well Orienteering is one of them. I Eilidh Nolan am going to Slovakia to represent the Scottish Schools Select team.

I got selected by finishing 2nd in the Scottish Schools Orienteering Champs at Pollock Park in 2005. I particularly wanted to run this event so that I had a chance of getting selected to represent Scotland at the World Schools Orienteering Champs.

The World Schools will be held in Slovakia on the 22nd to 30th of April. In Slovakia there will be 19 other countries and about 6000 competitors. We are orienteering for four days and we have one rest day. The other two days are travelling. We will first be flying to London and then to Bratislava the capital of Slovakia.

I have been picked for the select team, which means that I and four others from different schools all over Scotland will join together to form a team. There is also a schools team from Biggar High School going to represent the schools team.

When I get back from Slovakia I will inform you how we get on!!! Thanks!

*Eilidh Nolan*

## Secondary Schools Cross Country Champs

Well done to those who took part in the Secondary Schools Cross Country Champs at Irvine on Saturday 11th March. Names found are:

### 14-15 Boys:

Fraser Scott 5th Merchiston Castle School

### 15-17 Girls:

Mhairi Hunter 55th Craigmount High

Kathleen Dempsey 59th Royal High

### Over 17 Boys:

Douglas Selman 2nd Stewart Melville C

Callum McKenzie 11th Craigmount High

*David Law*

## Summer training

### TUESDAY 21<sup>ST</sup> MARCH

Summer training starts on Tuesday the 21st of March 2006 at Saughton enclosure. Remember it is still March so dress warmly!

Summer training fees are £1.50 per night (all ages) payable to your coach.

Your coaches will be assessing your targets for the coming season, building on the strength and endurance gained in winter. As some squads are under pressure of numbers to expand and the range of ability broadens we need to introduce further tiering of their training schedules. Any subdivision will reflect the ability, ambition and commitment individuals can make and more crucially the availability of coaches and assistants.

Further assistance will be necessary to sustain our growth and make it successful. Anyone who thinks they could help let one of the coaches or committee know. Full support and instruction will be given.

Wishing you all every success for the coming season. Whether you participate in the field events, run track, road, hill, or even adventure race, train hard and enjoy it.

*Paul O'Brien*

## Any Comments?

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

[newsletter@caac.org.uk](mailto:newsletter@caac.org.uk)

*Martin Caldwell – Editor*

## CAAC Hats

Keep your head covered on cold training evenings and show the club name too. We have hats with the CAAC logo for sale, suitable for Juniors and Seniors. They are available at the AGM, or on training nights by request. There are three styles:

|                                  |    |
|----------------------------------|----|
| Black hat with reflective strips | £8 |
| Fleece type hat                  | £7 |
| Plain black hat                  | £6 |

*David Henderson*

# Captain's Comments

## SEASON IS OVER



Another cross-country season is over and it has been a successful one for the Club. We started by hosting the East District relays on Corstorphine Hill where the men's team took the bronze medal.

## GOOD CLUB TURNOUT

The league meetings at Stirling, Kirkcaldy and Livingston also produced some excellent individual performances (too numerous to mention) but in the final reckoning, we claimed 4th place for the men (only 17 points behind third-placed Carnegie); 5th place for the U13 boys; and 6th place for the U15/U17 girls.

Despite the District Championships being held in Aberdeen, there was still a good Club turnout, with 5th place finishes for both the U13 boys and senior men.

## HIGHEST LEVEL

The men were to finish 5th again at a sunny Callendar Park in the National Championships. The Club had 34 finishers at the Nationals (20 in the men's race), a reflection that the overall number taking part was at its highest level since 1992.

The performance of several athletes over the season was duly rewarded when six were selected to represent the East District in the Inter District Championships at Holyrood Park in January. Congratulations to them on their achievement and a valuable experience gained.

## PROMOTIONS

The track season will be starting soon and hopefully we can build on last season's efforts, which resulted in promotions to division one in both the Forth Valley and Men's Leagues.

It is important that as many athletes as possible compete so that we stay among the top clubs. We should also be more than capable of promotion from the third division of the Central & South League.

Enjoy your running and have a successful summer.

*Keith Hood - Club Captain*

# Scottish Athletics League

## GAIN PROMOTION

Following relegation from Division 1 of the Scottish Athletics League (SAL) the previous season, the Corstorphine men's team were eager to have a successful season in Division 2 and gain promotion back to Division 1 at the first time of asking. Due to several teams withdrawing from Division 3 of SAL, it was decided to amalgamate Divisions 2 and 3 which meant 13 clubs competing in Division 2 in the 2005 season.

On 24 April, Corstorphine travelled to Grangemouth for the first meeting under the guidance of Assistant Team Manager Steven O'Brien. With a strong team, and a good showing over the final few track and field events we comfortably won the match by 36 points, with Whitemoss in 2nd place.

Unfortunately it was a different story for the second meeting on 12 June, with several athletes unavailable due to injury and illness and others competing whilst not fully fit.

## GREAT TEAM SPIRIT

Only 11 athletes travelled to Wishaw for the meeting but great team spirit helped the club to an excellent 2nd place finish. Several athletes competed in more than one event with some competing in 3, 4 or even 5 events during the meeting. That left Corstorphine top of the league table with 25 league points after two meetings. That was 2 league points and 38 match points ahead of Whitemoss, with Victoria Park a further 2 league points behind.

We were missing a few athletes for the last meeting at Ayr on 7 August but travelled to Ayr with a reasonably strong team. After a slow start to the meeting the club managed to pick up to finish third on the day. Unfortunately for us though, Whitemoss were able to fill every event and won the meeting, beating Corstorphine by 77 match points. This meant Whitemoss were also crowned league champions, winning the league by 39 match points with Corstorphine finishing second and gaining promotion.

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.

## MAXIMUM EFFORT

Corstorphine now face the very difficult but not impossible task of retaining our place in Division 1 in 2006. We therefore require the maximum amount of effort and determination from all of the athletes and officials in the Corstorphine Men's League team in the coming season. I was also very impressed with the team spirit, friendship and commitment shown by the team last season and these qualities will need to continue if Corstorphine is to follow the successful 2005 season with further success in 2006.

*Bryan Clark - Team Manager, SAL*

# Ron Anderson Memorial Cup

## ATHLETIC EXCELLENCE

The Ron Anderson memorial cup is presented each year for the "outstanding performance in endurance competition". Unlike the best athlete shields the award of this cup is based purely on athletic excellence, in events from 800m upwards, reflecting Ron's background in middle distance coaching and competition.

Each year selecting the winner of this award gets harder, as more of our promising athletes deliver exceptional performances and some of our more established members return to form. This year saw Tom Ferrington excel on the roads with a fine 2hr 37min marathon in Florence. Douglas Selman continued to improve rapidly over 800m and 1500m with national and district medals both outdoors and most recently indoors. Steven O'Brien returned from years of injury torment with remarkable performances in the early part of this year.

## REAL ACHIEVEMENT

Steven along with Moray Anderson gained selection to run for the Scottish East district at the inter counties and world trials, a real achievement and for Moray a return to the inter counties after a gap of 12 years suggested finally fulfilling junior potential.



**Kris Berry**

In the end though, the winner of the award was Kris Berry, who retained his position as Scottish number one over 1500m despite only running three races last summer due to injury. Unfortunately some nine months later Kris has still to regain full fitness, although he is making steady progress.

## MAGNIFICENT

Kris achieved the magnificent time of 3.43.40 when winning a British Milers Club race in June last year. He also won the East district title over his less favoured distance of 800m and won the Scottish U23 1500m title before his season was cut short. I'm quite sure Kris would have gone faster last year but for the injury, but despite that he is once again a worthy recipient of the award!

## Athletes of the Year 2006



**CHARLIE BRYCE**  
Junior Female Athlete of the Year

### JUNIOR FEMALE

Charlie is an ever present part of the training squad. Through the summer and winter seasons I don't think there are many athletes who turn up with greater consistency than her. She loves to terrorise the coaches every night, but if Charlie keeps turning out performances as she has done all this season she can keep terrorising me all she likes!

Being the most regular member of the sprints group does not mean that this is the only area this athlete does well in. Despite grabbing podium finishes during this year at 100m and 200m this girl has also thrown very well for the club.

A couple of good wins in Shot and Javelin, while competing in both Forth Valley and CSSAL meetings, earned her a place in the Lothian Ladies team who compete in the Scottish Women's League. The class of her new opponents didn't seem to phase her however as she came away with a second place finish, a new PB in her Javelin and a PB which she bettered later on in the year in Shot Putt.

Her throwing has come on in leaps and bounds this year, adding a good 5 metres to her Javelin throws and over a metre to her Shot Putt. With such an improvement being shown throughout the year it was not a difficult decision on who should be Young Female athlete of the year. Well done Charlie.



**Brendan Foster & GRANT WILKIE**  
Senior Male Athlete of the Year

### JUNIOR MALE

What can we say about this young man? In his time at the club he has tried his hand at just about every event possible. When he started he favoured long distance, but has found a new love in sprinting and is now one of the fastest athletes in his age group in the whole of Scotland being ranked 2nd for 100m and 200m and 4th for 400m.

Embarrassingly for Craig I remember the first 200m he ever competed in, where he ended up in second place with a time of 31.8 seconds. However over the years he has managed to pull this back down second by second to his current Scotland number 2 ranked time of 23.8 seconds. In fact he could even have run an extra 60m (with his P.B for that being 7.7s) in the time that it took him to finish his first 200m!

Craig is another one of the training regulars and this year, despite quietening down a little, he has always managed to give the group their fair share of laughs too. His merry banter usually keeps the group from being bored to tears by my coaching, but his work rate and concentration to the job in hand are always 100%.

He is a great ambassador for the club at both open graded and national events and was even able to make AAA standard this year where he competed well down in Birmingham.

Throws, Jumps, Distance, Cross Country and Sprints have all been tackled with his usual enthusiasm and he has competed in and done well in all of them. In fact the only event he has never to my knowledge competed in is Hammer - but just watch this space!

\*

### SENIOR MALE

Grant joined Corstorphine Athletic Club after taking part in the CAAC 5 in 2004 where he was talked into coming along to the club. He said that he ran a bit himself, but would like to improve his 10k times. Since joining, I don't think he has ever looked back.

He improved in 2004, his first year learning about training sessions, and took part in various road races for the club.

In 2005 has seen him really improve in his running, mostly due to consistently attending the club night training sessions and running at lunchtimes. He has also competed for the club in a number of events from cross country to road races and even the odd hill race.

2006 should see Grant break his PB's for the 10K and half marathon and going on recent form at Lasswade 10 where he finished a very creditable 16th place in 60.44.

Grant is a dedicated athlete who takes advice and applies it to his running. He is so dedicated to CAAC that he has been seen wearing his beloved CAAC hat with pride, to school and to work! Some people have commented that it must be permanently fixed to his head.



**CRAIG KNOWLES**  
Junior Male Athlete of the Year

### SENIOR FEMALE

This quiet athlete is a consistent attendee to the training sessions. She has competed in a number of events for the club from cross country, 10K's, half marathons and hill races. She has even run abroad competing with her partner, Dean, in the Budapest half marathon in 2005.

Gillian is keen to listen and take advice during training sessions and is building on what she has learned in applying herself to becoming a coach. She now working towards the first level of the coaching qualification which will be a great benefit to the club.

At the end of the Great Winter Run in Holyrood Park Gillian got very excited when she saw Steve Cram and requested a photograph with him. Steve obliged but unfortunately a certain male athlete of the year 2006 didn't press the button on the camera so there is no record of a picture of Gillian with her hero Steve! Never mind there is always next year.



**GILLIAN COCKERELL**  
Senior Female Athlete of the Year

## Junior Development Group

Have you been a regular at training over the winter? If yes, then you will be ready for this coming change of training and training venue. On top of that, you will be prepared for the track and field competition.

There has been a large number training over winter, working in two or three groups. Lewis has been working hard with the sprints group, with Stuart helping at times. Bob and myself had a group of mainly U11's and U13's doing a mix of fitness, speed and endurance sessions.

### CROSS COUNTRY

From these groups we have had a good number racing cross country, although mainly boys, there have been some girls showing promise for the track.

After a promising start to the East District Cross Country League, our final places dropped off after the 3rd and final meeting. We needed a good turn out to keep up our position, but the over place of the male team finished a 5th place. Only the U15/17 Girls (6th), U13 Boys(5th), and senior me(4th), finished in the top 6 team places of their age groups. But we may have done better if we had our full teams out on last meet. A mention to Andrew Christy, for his consistency and enthusiasm for the cross country. He has an outstanding set of results, finishing 6th, 3rd, and 4th in the East District Cross Country League meetings, 4th in east District Championship in Aberdeen and 9th in the National Cross Country at Falkirk

### SUMMER GROUPS

This summer we hope to have a slightly different structure as we intend to use the experience of our up and coming thrower. Stuart Turner has done his level 1 Coaching grade and his 10 years at CAAC, winning various age group throws championships on his way, will be of great value. Stuart will run a throws development group, and Lewis will continue with his development of the sprinters. We have identified appropriate athletes to join these groups, and others will work with Bob and myself. I hope to identify someone who can come in and develop a jumps group in the near future.

If anyone has an interest in either coaching or assisting with these groups, please don't hesitate to let us know, even if it's a couple of times a month.

### COACHING

There are various Scottish Athletic coaching courses over the summer, from Level 1 upwards. The club has always encouraged the supported its coaching volunteers towards their awards and is currently looking to bring new coaches to develop the current groups and relieve some of the pressure on those who are there week in week out. As said before, all help welcome and if you have some passed back ground in any event, then we can help develop your coaching skills. Currently there is funding available from Aqua Pura to assist female coaches with education.

*David Law*

## New Years Day Triathlon

### EXCITING

There was a good representation in junior and veteran categories from CAAC at the New Years Day Triathlon this year. While other CAAC members were participating in running events, some of our juniors were lining up for a 600m run, 2mile bike, 600m run and the vets for a 400m swim, 20K bike, 3.5K run.

The junior race was exciting to watch as the youngsters came into the transition area and positions changed over the course of the runs and bike. It was a mass start for all age groups so the younger ones were in amongst some very large boys!

### CHAIN CAME OFF

All CAAC members did very well (see table below) with Anna Hume and Craig Owen taking 3rd each and a place on the presentation podium. Anna's 3rd place was despite her chain coming off on the first hill (Dad has promised her a new bike for next year!). The compère for the event was saying 'These are the triathletes of the future' as Anna and Craig received their prizes from Kirsty Balfour (Scottish/Olympic swimmer) so who knows.....

For the grown-ups (which included Mums and Dads – the whole Christy family took part), the weather was remarkably good compared to 2005, which made the shock of coming out of the swim in the Commonwealth pool not so bad and the absence of wind made the cycle up the big hill in the park not so draining on the legs, leaving a bit left over for the run.

Fiona, John and Beverley sat together nervously at the pool side during the race briefing making sure all pieces of equipment and clothing were in the right place. Fiona (who had put the sticky band with a number on it on her bike, which was meant to be on the wrist) was in the pool first, having the slowest estimated swim time, so was out on the bike course while John, Beverley and Linda were in the pool. Margaret and Marianne were in the team events and did the run sections.

### SUPPORT

There was a lot of support from spectators and fellow competitors on the way round, with Beverley on her last cycling lap overtaking and encouraging Fiona who had just started the run. John had a good run and looked very strong at the finish line as did Beverley, who still managed to look very light on her feet up the last wee hill to the finish (all those lamp post sessions must have helped!). Fiona had a PB for this event taking 5mins off each of the bike and run times, and the Christy's first times at this event were quite impressive.

All are aiming to be back next year along with Rob (Anna's Dad) who was meant to be doing it too but had been knocked off his bike in December and had a broken elbow, and hopefully Linda will be fully fit by then too.

| Name                      | Time    | Place |
|---------------------------|---------|-------|
| <b>Boys 8-11</b>          |         |       |
| Craig Owen                | 14:54   | 3rd   |
| Craig Nolan               | 15:02   | 4th   |
| Findlay Rae               | 19:11   | 15th  |
| <b>Boys 12-15</b>         |         |       |
| Andrew Christy            | 12:26   | 4th   |
| Dugald Hepburn            | 13:32   | 7th   |
| Ferghas Rae               | 16:52   | 16th  |
| <b>Girls 8-11</b>         |         |       |
| Anna Hume                 | 16:09   | 3rd   |
| <b>Girls 12-15</b>        |         |       |
| Eilidh Nolan              | 15:09   | 7th   |
| Lisa Christy              | 16:25   | 9th   |
| <b>Male Vet</b>           |         |       |
| John Christy              | 1:16:23 | 15th  |
| <b>Female Vet</b>         |         |       |
| Fiona Davidson            | 1:27:24 | 5th   |
| Beverley Christy          | 1:33.32 | 10th  |
| <b>Female Team</b>        |         |       |
| Linda McGinlay / Margaret | 1:41.34 | 5th   |

*Fiona Davidson*

## JSB Forth Valley League

### PROMOTED

Last year we got promoted to division 1, but it had been close! After a good start to the campaign, we struggled to get a full team out on the final meet. However, we are in Division 1 and that will need strong teams through all age groups.

This year Lewis has taken on the team management, with Stuart in assistance. We hope that this young management will do well to encourage and inspire our younger members to be committed and motivated in our competitions. Most of all, form teams for the league. In the Forth valley, as its a Thursday evening, there isn't to many events, so we can usually do well with a minimum of 4 athletes, ideally 6 for each age group, (U11, U13, U15 Girls and Boys) The first meeting is on Thursday 20th April 2006 at Pitreavie start 7pm.

#### Other dates:

Thursday 18th May 2006 at Livingston start 7pm

Wednesday 14th June 2006 at Pitreavie start 7pm

Final meeting:

Saturday 5th August 2006 Grangemouth 11.00am

President's Select:

Saturday 2nd September 2006 Grangemouth 12.00 noon

## Devil's Burdens Hill Relay

### HILL RELAY

In January we made our first attempt at this 31 Km, four stage hill relay in Fife. Each team has six members, as legs 1 and 3 need a pair of runners, for safety. To follow the route, teams must stamp a card at several checkpoints, including the tops of East and West Lomond, and hand over at three different locations.

We recruited two teams and sorted out the problems of how to get everyone to the right hand overs - and home again. That left us the challenge of trying to run up and down some very steep slopes and not getting lost on the hills.

The teams were "CAAC Attack" (Grant+Tim, Keith, Martin+Patrick, Moray) and "CAAC In Black" (Dean+Gillian, John, James+Jan, Alex).

### STAGE 1

**Tim writes:** The first stage started in the middle of Falkland village but quickly found its way into the forest tracks below East Lomond. The climb through the forest wasn't too steep and we made good progress, picking off teams from the start. By the time we reached the tree line, I guessed we were in the top 15. After the trees the climbing continued, but this time we could see our goal, the top of East Lomond. It was a hard drive to the top and our first checkpoint. I stamped the card and looked up, Grant was well ahead, 30 meters or so, but it was all downhill now, it was my time to shine.

On the other side of East Lomond I wasted time trying to avoid the Lime Kilns. Why had I put my map in my bag? I couldn't be bothered getting it out, I just followed the guy in front, but had still wasted some time. Grant was now out of sight. I pushed down to the next checkpoint and continued over undulating hills, eventually seeing Grant waiting for me near the lake. I felt a bit rubbish for holding him up but he didn't seem to mind, easy as ever. We continued on together. There was just a muddy downhill path and a short road section between us and the finish. The end was in sight, but as we negotiated the muddy section I went over on my ankle and Grant stepped into mud up to his knees and almost didn't get out. We hobbled home, satisfied with our efforts. Grant got his hill running wings that day.

### STAGE 2

**Keith:** Stage 2 seems to start in the middle of nowhere. Tim and Grant duly appeared and I set off along the farm track. I started at a good pace and caught one runner, although was overtaken at a cattle grid by another who had the skill and nerve to run across it at full speed! The track was flat and lasted for at least two miles of the four mile stage. Upon reaching the farm, the course heads up through a field and then beyond, through a fire break in the trees to reach a broad ridge. Although there is a sustained climb, the gradient is not too steep. A short ridge run then brought me to the only checkpoint of the stage at White Craigs (more a prominent point on the ridge than a full-blown hill). I was worried that I

would lose the marker card in the wind! From here there is a glorious view over Loch Leven and I set off down the hill, which was very runnable until further down, which proved exciting, as it seemed almost vertical through the trees. I reached the path at the bottom of the slope, ran round a corner and found myself abruptly at the stage finish. This one is for the whippets: more like a hilly cross-country than a hill stage.

### STAGE 3

**Martin:** Stage 3 began with a steep climb, going on forever, then along an escarpment to a gate checkpoint. Anxious to stay away from the edge, we went too far right and arrived at the wrong gate. Luckily the correct gate was only a minute away and the next checkpoint was easy, as it was on top of a hill.

Now we could see West Lomond, a long way across a moor, so we navigated past the Devil's Burdens (an outcrop of crags) and headed up again. I was tiring by then and Patrick leading the way. After the hilltop, however, I was faster on the very steep grassy downhill. Perhaps next time we can get Patrick some off road shoes, which would surely help.

Suddenly, by chance, I almost fell on top of the next checkpoint and from then it was uncomplicated. Just run round the hillside then down a path through a forest, which was clearly marked. This was a test of pure stamina as our tired legs simply had to make as much speed as possible along a clear path. At last we came down the side of a ploughed field and handed over to Moray.

### STAGE 3 AGAIN

**Jan writes:** James and I had been charged with following in Martin's and Patrick's footsteps. Being in the slightly slower team we headed along the path with all weathers and map in the rucksack! After running for what must have been all of 20 yards, there was a sharp right turn and a hill as steep as you will ever see! The following 15 minutes was steady climb with not a lot of running. Once on the brow of the hill we could pick up the pace and had no problem in finding the first and second marker. After that it was a simple dash across the moors to the next hill (and marker). The closer we came the larger the hill became. Once at the foot of it, it was again a simple climb up! James certainly regretted those cigars at Christmas. After that it was simple an easy jog down the path and then following the wrong runner for a bit! Yes we got lost, the map safely stowed in the rucksack stayed safely put, and we decided to rely on catching up the errant runner and asking him the way. Having pointed in the right direction we quickly caught up found our next 2 markers and arrived safely at the end to hand over to Alex who managed to pick off quite a few runners before the finish in Falkland. A very enjoyable afternoon! Count me in for next year and I would do the most difficult stage again!

### STAGE 4

**Moray:** Stage 4 began by retracing the end of stage 3 only uphill instead of down. It was

a steady climb followed by a short dip then up again into the forest. I knew this leg was the least hilly of the four so I was a little surprised just how challenging the early part was with a real slog up to the first checkpoint however it levelled off after that and with excellent underfoot conditions I was able to really start motoring on the middle section of the stage. After a fast and technical downhill section I reached the second checkpoint by which point I had moved up eight places. My target at the start was 10 so I set off on the final section at a good pace. Soon I reached the edge of the forest and an open straight path allowed a view of my target some 4 or 500m ahead. Too much to make up in the closing stages so I knew at that point it was just me against the clock.

A mile or so from the finish the path came out onto road and I was able to really pick it up on the way into Falkland and the finish. A couple of minutes along the road I came upon a large group of supporters and runners and with what I thought must be about 400m to go I stepped up a gear into full flow. My increase in pace was met with shouts of "Stop, you've finished". I hadn't realised the gathering of bodies was actually the finish line! I had merely been winding up my sprint finish thinking the end was at the community hall where the race had started. Some suggested I had too much energy wanting to run extra but I was just a little annoyed at myself for not starting my sprint earlier. In the end I was quite happy with my run as it was the second fastest of the day and as a team we had finished a very respectable 10th.

\*

CAAC Attack finished 10th in 2:49:29 and CAAC In Black finished 54th in 3:29:47. The Devil's Burdens Relay is an amazing race and I am sure we will be back. Perhaps with experience we can even improve.

*All the teams*

## Fund Raising for CAAC

There are many events out there that we all take part in to raise funds for various charities. If for what ever reason you can not run or compete, helping out at various 'big' city races can raise funds for CAAC. In the last few years, we have raised hundreds of pounds for helping at Edinburgh 10k, and marathons! This year we have 3 main events you can log on to and register your name, and our club. You will receive various goodies plus usually £15 towards the club. So if you aren't running, but know folk who are and can support, try the following web sites:

[//www.lrf.org.uk/en/1/funrunrun10mcal.html](http://www.lrf.org.uk/en/1/funrunrun10mcal.html)

[www.edinburgh-forthside-half-marathon.co.uk](http://www.edinburgh-forthside-half-marathon.co.uk)

<http://www.edinburgh-marathon.com/?volunteer> :

## The Seven Hills Run 19-06-2005

Also known as the 7 wonders (i.e. I wonder if I will make it up the next hill)

It should be the thirty seven hill race (well that's what it felt like). Sue "my pal" talked me into this and said you don't get a medal but you do get a *toaster* if you finish it and since my last toaster broke last Christmas this seemed an ideal way of replacing it.

On the hottest day of the year, we set off at a good pace: first heading up castle hill, then down into Princes Street gardens; out at the west end. The heat was unbearable heading out to Corstorphine Hill until I asked the driver if he could give us cold air upstairs.

Then coming down Kaimes Rd we came across a pregnant lady who just stood rooted to the spot directly in our path, and as we approached she appeared 8 years overdue. It was almost like going round Gogar roundabout; adding valuable minutes to our time.

I looked at my stopwatch which I had just bought at Ingliston market but it had stopped. When I took it back to complain I was told the stall holder was not breaking the Trades Description Act, as the watch had done as described. I checked it had a full 2 day guarantee.

Through Stenhouse Cross and up Chesser past Asda, I had not noticed this was a hill before, but the gradient seemed to be 1 in 3.

Then on up Craiglockhart Hill, where I was offered water, orange juice, currants, raisins and the young lady even offered a massage. I said I was in a wee bit of a hurry but I would be back later. I went back at about 10 pm but she was gone; which proves you can't believe what some women tell you.

Our eyes were now fixed on Braid Hill and as we steadily climbed the hill we had a bit of a dispute with a lady on horseback. I presumed she was the owner of the Braid Hills as she scorned that, "You people shouldn't be here. This is a bridal path and not for people like you". I now know how brer rabbit felt, as I leapt into the gorse bushes as she charged past.

Onward and upward to the trig point, where I happened to mention to one of the four spectators I saw that day that I was shattered. "You should try L.S.D" he said and I retorted "yes, I think that's where I've been going wrong, I've been on L.R.T." (Lothian Regional Transport)

The next summit was Blackford Hill, so we descended deep into the valley, straight down across the burn and up the north face. From the summit of Blackford hill, through the shimmering heat, you could see the big one in the distance. So onward once more and we weaved our way through the city streets and at last into Pollock Halls, orienteering our way through to the rear exit, which happened to be an 8ft high turnstile. I went through it like a projectile, pursued by some enthusiastic young chap from Portobello, who appeared to be in somewhat more of a hurry than I was. I came out the other side like a used cartridge from a gattling gun; bewildered but grateful that I had not been shredded. As I gazed skyward to thank the Lord, I saw the last of the seven hills - 'EVEREST' (who in their

right mind named a mountain after a double glazing company). Gazing up in awe, I felt like I could almost see the route that Hillary took.

Ascending the steps on Arthur's Seat, I was sure they were designed for Gulliver, either that or the Planning department must have had a few weeks off when they were built. Inching our way towards the summit, gasping for lungfuls of air, I don't know if it was the thin air at this altitude or the fact that I used to smoke 80 ciggies a day not so many years ago. Up and over and then a steep downhill; surfing the scree.

We just missed a black cab coming out of Holyrood Park. Some wee wumin in a head scarf and a couple of corzi duggs just beat us to it, so we plodded on up onto Regent Road, where there seemed to be some sort of protest march. I think they were protesting about protesters or hill runners or the G8. Mind you, the looks on some of their faces, it just might have been their G strings

Turning the corner up to Calton Hill and the finish, we passed another runner, which makes you feel good. This has happened to me once before (but I think this one may have been dead) and across the finish line. That's the magic of running. If my stop watch hadn't stopped I could maybe have told you what day it was.

I walked away in euphoria when I heard, "Don't forget your *coaster*!"

I said, "What *coaster*?"

Race Official- "Your prize for completing the Seven Hills Run."

Me- "Fourteen miles for a *coaster*?"

Race Official- "Yeh."

Irate Me- "Fourteen miles for a flippin *coaster*???"

Calm Race Official- "Yeh."

Very irate Me- "Fourteen miles up n flippin doon fira *coaster*???"

Very calm Race Official- "Yeh."

Very very irate Me- "Well can I have another five for a set?"

Smiling calm Race Official- "Yeh sure, if you run round five more times."

I then hobbled off, with cramp in my cramp, mumbling to myself. I felt dejected, depleted, defeated demoralised, deflated depressed and any other D's you can think of. Now looking for my pal (Ex-Pal) Sue, who suggested I get my hearing seen to. I said "Ehh?"

Various thoughts were racing through my mind. In a moment of clarity I knew the answer. They should flatten the seven hills with a bulldozer, even the Pentlands, and dump them all into the Firth of Forth. That would solve the problem about another bridge across the River Forth. We would just have a land bridge. We could get Bovis the Contractor to do it, or maybe not. They put up that wee building at Holyrood, the one that cost Five Hundred Million and should have only cost Forty three Million, the one that looks like it was designed by primary ones. I think we should settle for McAlpine.

Then a horrible thought struck my mind, we could have all the illegal asylum seekers and maybe the new seekers coming over to Edinburgh, complaining about cruelty and torture and other atrocities, i.e. "THE FIFERS." Mind you, we always knew about the cruelty and torture committed over there. Imagine if you had to sit through ninety minutes on a Saturday afternoon at Eastend Park, watching Dunfermline Athletic play; and what's the name of that other team from Fife ... oh yeh, Cowdenbeathnil.

I then came across a stall which I presumed were giving out T shirts, and when I asked, he said the last one had gone ten minutes ago, however he did have bath towels with the seven hills emblem on them. Well this raised my spirits about 5mm. Then my son Shaun's significant other, Mary-Anne, suggested I could cut a hole in it and wear it as a poncho; but I could not see me going into the Corry Inn or the Riccie Arms with a pink poncho and my personalized beer mat - i.e. a *coaster*. I don't think this would help my road cred.

I then came across a young lady from 'Run and Become', our local running shop, and I bitterly complained about the slow shoes she had sold me the week before and the fact that they were not waterproof as she had assured me. But her sister, 'Witness No 1, said she saw me leap into the Braid burn.

So if anyone knows the telephone number of Michael Jackson's Lawyer could they please forward it to Paul or Dave at the Corstorphine running club, as I think this is the only way I'll have any chance of winning this case.

*Nearly a Runna (J Duffy)*

P.S. I finally went out and bought a toaster. *This year's event is on June 18<sup>th</sup> - Ed*

## Distant CAAC Members

### *or not so far!*

There are many athletes who we don't see or hear of who compete for CAAC in many events. One young man, Douglas Selman, has been a member since being an U13 and he now runs in U20's. In the last year, he has achieved the following :

National U20 Indoor Title 1500m

East District Senior indoor Title 1500m

Scottish Schools indoor Title 1500m (championship best performance)

Inter City Cup (Edinburgh) 1500m (new PB of 3m56.2s)

Dougie takes a lot of pride in representing Corstorphine. He always hopes that his achievements might be noted in CAAC Attack and he positively hates the idea he might considered a second class member because he chooses to train at Meadowbank. He now has his recent achievements noted and hopefully more club members will recognise him when they see him running in the CAAC vest!