



# CAAC Attack

## Summer Dates

Wed Jul 5 <sup>th</sup>	Open Meeting [Grangemouth]
Wed Jul 12 <sup>th</sup>	Jogscotland Challenge 5K [Inverleith Park]
Sun Jul 16 <sup>th</sup>	Men's League [Meadowbank]
Sat Jul 29 <sup>th</sup>	Musselburgh 6 Mile & Fun Run [Racecourse]
Sun Jul 30 <sup>th</sup>	Donkey Brae Run, Fun Run & <b>CLUB PICNIC</b> [Aberdour]
Wed Aug 2 <sup>nd</sup>	North Berwick Law
Sat Aug 5 <sup>th</sup>	Forth Valley League Final [Grangemouth]
Sun Aug 6 <sup>th</sup>	Central & South League [Linwood]
Sun Aug 6 <sup>th</sup>	Scottish Gas 5 & 10K [Granton]
Wed Aug 9 <sup>th</sup>	Caerketton Hill [Hillend]
Sat Aug 12 <sup>th</sup>	Haddington Half Marathon
Sun Aug 13 <sup>th</sup>	Forth Road Bridge 10K [North Queensferry]
Sun Aug 20 <sup>th</sup>	Men's League [Linwood]
Sat Sep 2 <sup>nd</sup>	Forth Valley League President's Select [Grangemouth]
Sun Sep 3 <sup>rd</sup>	Great Scottish Run & 10K & Junior [Glasgow]
Tue Sep 12 <sup>th</sup>	<b>CLUB CHAMPIONSHIPS</b>
Sun Sep 24 <sup>th</sup>	Linlithgow 10K

## Your Committee

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

## Captain's Comments



**MEGAN SMITH**

I was really pleased to be nominated as Club Captain this year and for those of you who don't know me I hope to be coming round the groups and speaking to you soon. The club's idea behind getting somebody younger as Club Captain was to involve the younger kids more. As you may notice, the articles in CAAC attack are mainly written by adults (not a problem though – keep them coming) however it would be nice if some of the juniors wrote about their experiences – perhaps in a JSB meeting or getting selected for a schools team and so I will be trying to encourage some of the younger members to do so.

Congratulations to everyone who took part in the CAAC 5 and fun run on June 7<sup>th</sup>. The fun run was won by Corstorphine's own Callum Smith (it runs in the family!) and the main race won by Zak Bouchenka so well done to them but also to everyone else. There was quite a few CAAC athletes out there so that was nice to see.

The League meetings are doing ok just now, everyone who is competing is doing very well so keep up the good work. Once again though, we fall by not having enough people to fill the events. The next JSB is on Saturday 5th August at Grangemouth and the next CSSL is on Sunday 6th August at Linwood (a busy weekend) but if you can keep those dates in your diary free and hopefully we will have full teams.

Meantime keep up the good training and go for those PB's. If you ever need any help or have any questions I'd be happy to try my best to help you.

*Megan Smith - Club Captain*

## Balmoral 10k

### BRAEMAR WEEKEND

At the end of April, nine CAAC runners took part in the Balmoral road race, in what was to be an epic weekend. Balmoral is by the River Dee, wedged between Lochnagar and the Cairngorms, and the location is fantastic: the race has been voted the most scenic 10k in Britain.

The weather on race day was sunny with no wind, which made for good running conditions. However, it is also known as one of the slowest 10ks, due to an unrelenting hill between 3 and 5k. The race starts and finishes on the tarmac by the castle, but follows rough estate tracks in the middle section. The organisers even put out helpful signs on the course, such as "The Hill is Coming" and (at the top of the hill), "You've Made It", which seems a bit premature as there's still 5k to run!

After the race, we headed back to Braemar, where we were staying in an excellent bunkhouse. We spent the evening in the Fife Arms pub and found out that Saturday is disco night. They know how to party in Braemar!

The race had been the warm-up: the main event was the trek in the Cairngorms on Sunday, by which time the party had grown to eleven. Through sunshine and snow, four munros were bagged in a walk which lasted nearly eleven hours! Various forms of descent in the snow were noticed: from running and survival-bag sliding, to Dean's head first technique.

Not surprisingly, only six of us opted for another, shorter walk the next day. As we sat in the cloud and snow on the summit, maybe the others enjoying lunch by a log fire in Pitlochry had made the right choice!

It was a great weekend, which has become a firm fixture in the calendar. Even if you just come for the race, it's highly recommended.

*Keith Hood*

## Club Picnic

Come to Silversands Beach, Aberdour, for a fun outing on Sunday 30<sup>th</sup> July. Excellent train connections and swimming on the beach! Please ask for details.

# The University of Edinburgh Fitness Assessment Sports Injury Centre

*MINIMISE INJURY - MAXIMISE TRAINING*

Corstorphine A.A.C. members are entitled to use the Group Discount Scheme at FASIC.

Good Sports Injuries facilities should be available to all at the lowest possible cost. In order to try and make our expertise more available to more Sportsmen and Sportswomen we operate a Group Discount Scheme.

The scheme is available to all active men, women and children with two exceptions:

1. Edinburgh University Students (their fees are already well discounted)
2. Medical Insurance Claims. These will be charged at the normal rate due to the amount of administration involved in processing them.

## Why could this scheme benefit you?

This scheme offers the highest standard of care, consultancy monitoring and advice at affordable rates. Patients seen at F.A.S.I.C. are always seen on a one staff to one patient basis and appointments can be obtained within 48 hours for Physiotherapy. However it is important to note that some appointment times fill up quicker than others, particularly evening and early mornings. For an urgent consultation it is important to phone before 10 am and we will try and fit an appointment in that day.

All FASIC Staff are specialists. Physiotherapists are Chartered and State Registered, Doctors - have Sports Medicine, Orthopaedic or other relevant qualifications. Podiatrists are State Registered. FASIC is a Scottish Sports Council Accredited Sports Injury Centre.

## What facilities do we offer?

Physiotherapy and an advice line:	for injury advice, rehabilitation and prevention
Podiatry:	for biomechanical assessment and advice.
Medical Clinics:	for medical opinion or referral
Orthopaedic Clinics:	for an orthopaedic opinion
Therapeutic Massage Service:	for recovery from or preparation for competition
Pre-participation evaluation:	a medical and musculoskeletal assessment to identify factors which may lead to injury or prevent performance.
Sports Science:	support can be arranged in the form of fitness testing or elite sport specific testing, lactate tests etc and recommendations for coaches.

Other facilities or specific requests can be arranged.

## Further enquiries and bookings are dealt with as follows

FASIC Reception	0131-650-2578
FASIC Secretary	0131-650-9285
Main Sports centre desk	0131 650 2585

An answering machine may operate at some times. Please leave a message as this will be checked as soon as the receptionists returns to her desk.

FAX: 0131 650 2589. Email: [FASIC@ed.ac.uk](mailto:FASIC@ed.ac.uk)

More detailed information is available from: Lynda Jeffrey on 0131 650 2578

## FEES

SPORTS INJURY CENTRE		
	Initial Appointment	Review
Physiotherapy	£28	£22
Podiatry	£28	£22
Medical Clinics	N/A	£28
Therapeutic Massage	£30	£25
Preparticipation evaluations	-	-

## How do we pay?

Players must pay for their treatment each time they attend. We accept cash, cheque, access, visa, mastercard, switch or delta. A receipt can be given should the player be able to reclaim some of their costs from the club.

## World Schools Orienteering Championships

### SLOVAKIA

On the 22nd of April team Scotland left Glasgow airport on a flight to Luton. The next day we got on another flight to Bratislava, the capital of Slovakia. We then travelled by Boogie bus to our 5 star hotel, which was shared with team Israel.

On the Monday was the model event where we split into groups and went training in a local forest. The temp that day was 25°C. Roasty Toasty. Excitement was high and nerves building.

The next day half of team Scotland got up to go to the Classic event early and the other half later. Some of us had good runs and some didn't!!! The terrain in Slovakia is very technical and map symbols are slightly different from here. My course was both long and hard, finishing down through a vineyard on a really hot day. At the end I was drained.

The following day we were treated to a day out in Bratislava. This was a cultural tour organised for all the teams and it was great fun. We saw the castle, the old town and then went shopping.

Day 3 and the middle distance event in the forest we had trained in on our first day, just a different area. Another technical course, but made easier with conditions that were slightly cooler than the classic day. I had a storming run over this course and was delighted with my final placing.

### FRIENDSHIP RELAY

The last competition day brought the friendship relay. I was teamed up with Jan from Slovakia and Henrik from Sweden. Henrik had won his competition on both days and Jan was second to Henrik on day two. What a relay team! We had three loops to complete as a team and we finished 18th out of 125 teams. Great fun and a great experience. Afterwards I swapped my Scotland Rugby top for Henriks O top and I now wear it at every event. I'm sure it makes me run faster.

### HUGE PARTY

Afterwards we had a huge party with all the other teams. In two years the World Schools will be coming to Edinburgh. It's a fantastic, exciting event that has given me one of the best experiences of my life.

*Eilidh Nolan*

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

*Martin Caldwell – Editor*

## Penicuik 10K

### ANTIDOTE

This excellent local 10K, organised by Penicuik Harriers is the perfect antidote to the big city event. To the uninitiated it can seem quite a challenge, with a steep hill within the first mile, followed by an undulating route for the next two. Then you can start to relax and stretch out with the long downhill back to Penicuik. There still remains a short sharp re-ascent on the way back to the field and a lactic burning last 300 metres on grass.

There were a few from CAAC who took part. A rejuvenated Dave Law probably had his best 10K time for several years, and well deserved his 3rd place overall (and second Vet). All the hard work over the last months has paid off, which included another good result in the Edinburgh to North Berwick last weekend.

With the evergreen M50 Brian Kirkwood (Lasswade) coming in 5th overall, and choosing to take the third veteran prize allowed another grey haired oldie to claim the SV mini trophy in 14th place. Paulo came in next, with Phyllis also putting in a very good performance. The surprise of the day was that once again we had done enough to claim the team prize! Full results are on the SAL website.

- 3. D.Law 36.28 mv40
- 14. M.Hulme 39.38 mv55
- 35 P.O'Brien 43.11 vm45
- 48 P.Mitchell 44.11 vw45

Team Prize: Corstorphine AAC. (Dave, Martin and Paul)

There were 106 finishers.

*Martin Hulme*

## Loch Leven 1/2 Marathon

### STRONG WIND

A small band of hardy CAAC Athletes turned out for a challenging 1/2 marathon around Loch Leven. It stayed dry but a strong wind was always present and the last 3 miles into a strong headwind made it no fun. I found this the hardest 1/2 yet, and well done to OCH for getting in the prizes again 3rd MV40, you can't stop this man.

*Dean Carr*

## JSB Forth Valley League

### RELEGATED?

On the last meeting, we finished 5th, one place better than previous meetings, but we are still in 6th place and only a first place on the final meeting will prevent us being relegated! We have the numbers, but have struggled to get the turn out. To be successful, we need to have a full team of athletes and helpers.

Please try and make your best effort for the next meet on 5th August

*David Law*

## Hoodie Mugs East Lothian Races

### FIRST SENIOR RACE WIN

Not content with his excellent and previously unreported 2nd place at the Haddington 5 miler, where KEITH recorded 25.25, only 12 seconds adrift of the winning time, KEITH scored his FIRST senior race win at Traprain Law Hill race on 10th June in a very creditable time of 40.16 for this 6.5 mile course (650' ascent) and an astonishing near 4 minutes ahead of second placed Ian Rowland (Dunbar RC) who clocked 43.57.

This unique mixed terrain race involves crossing a major river (The Tyne), through it, not over it! and a security rope for the steep slabby ascent of the Law itself. The weather was near perfect however, and despite cloudless skies, there was just enough breeze from the North Sea to keep the temperature bearable. Further west the SHR Hill running circus on the Isle of Arran would not have had that comfort. I was pleased to improve on my time from 2005, and with Paulo and Phyllis also running, we managed to scoop the Team Prize as well.

### ICE CREAM

While the four of us enjoyed a post race ice cream, I was happily regressing to my hippy youth listening to the bandstand rock band at this East Linton summer festival, of which the race is an integral part, and particularly appreciated their soaring version of the 'Free' classic All Right Now. Yeah man, peace and love.

Salient CAAC results are as follows:

1. KEITH HOOD 40.16 Left with a big silver cup trophy and Tiso tokens.
6. Martin Hulme 45.22 Left with 1st SV Tiso tokens
13. Paul O'Brien 49.22 Left with 1st Team prize tokens
23. Phyllis Mitchell 53.52 Left with Paul

*Martin Hulme*

## Website

Visit our website for more news

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

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

## Membership Subs

Please remember that club membership subscriptions are due each March. A few members have still to pay. So if you think you may be one then speak to the treasurer, Sheena Anderson, before she speaks to you.

The subscriptions agreed at the AGM were

Senior	£25
Junior	£12
Family	£45

# The Seven Hills - 18 June 2006

Woke up at 6am on Sunday morning in a cold sweat, did I really enter the Seven Hills of Edinburgh Race or did I dream it? DOH!!!

## LONGEST RACE

For me (and Gillian) this was a step into the unknown - the longest race we've ever done. I've run plenty of half marathons and am now pretty comfortable with them, but this is something different 14 miles plus 7 hills !!!! I was feeling a little bit nervous.

Got down to the start at Calton hill around 9:30 and met the other CAACers who were mad enough to enter. Keith Hood, Dave Law, Martin Hulme, Brent "The Guvnor" Vivian (all veterans of this Event), Jan another first timer like us. Sandy and Michael Costello slightly more sensible and taking part in the 7 Hills Challenge (just so they could get a 1/2 hour head start!!!!).

The Race started 10:15 and before we new it we were in the thick of the action. Running up North bridge trying to cross the road avoiding Cars and Buses. Then turning up the Royal mile avoiding hosts of tourists and roadworks.

For the start of the race the weather has overcast but still very warm, lucky the sun wasn't out to make things more difficult. A bit of a squeeze at the first check point CASTLE ESPLANADE due to all the road works.

## SHORT CUTS

This year all the runners had to double back and run down Ramsay Gardens onto the mound then west along Princess Street. Again tourists and shoppers had to be negotiated. On Princes Street I decided to use one of the "Short Cuts" from our Thursday night training runs. Cut through Charlotte Square then through the little alley back onto Queensferry Street. However I found myself further behind some runners than I was following along Princes Street!!!!.

Before I knew it we were running along the long drag up Ravelston Dykes towards the turn off for Corstorphine Hill. Here I caught up with the Orange Amsterdam Marathon running top of Jan Bert. This was quite lucky as I seemed to lose my sense of direction and followed Jan through the maze of paths on Corstorphine hill. We took a short cut to the tower and the second check point on CORSTORPHINE HILL. A bit of local club support was out here Kathryn Smith and Paul Walker, were on hand to offer some encouragement.

## WATER AND SULTANAS

Running back down the hill I took on some water and sultanas from the drink station before charging down Kaimes Road. Got a cheer from Sue Waddell in her car (could have given me a lift). It was good to hit some familiar training territory and bombed down the hill to the Forestry Commission, taking the path round the back of the offices to Stenhouse.

A special mention to Gillian at this point, who was finding things all too easy and decided to add on a couple of miles running

along Corstorphine Road and then up Balgreen Road to Gorgie road. Well at least she managed to drag a few runners along with her!!!!

Under the bridge at Slateford Road and through the houses at Meggetland. I managed to get lost a few times in the houses here, Jan keeping on the correct path.

## OFF ROAD TEST

Now we were approaching East Craiglockhart Hill. Running past Craiglockhart Tennis Centre the first really "off road" test, running up the wooded embankment to the top. A pretty difficult section scrambling up the hill grasping tree roots and grass and taking 2 steps then slipping back a step. Very hard work for me but Jan sprung up there like a mountain goat.

Support of the top came from Martin Caldwell and his camera, so time to pose for the camera before the check point on CRAIGLOCKHART HILL.



Still feeling good at this point and successfully finding the little path at 31 Greenbank Drive. I knew the course a little better round here, being a Morningsider, so found Braidburn Park no problems and I knew there was a spar missing from the fence on Commiston Road. I managed to help out a few runners. Riselaw Road was pretty difficult - steep and short before joining the main road and then the path into the Braid Hills.

## INTERESTING HAZARD

An interesting hazard was encountered here in the form of a herd of rather large horses coming down the path. Not much point in arguing with these guys so took a rest to let them pass before heading up to the next checkpoint on the BRAID HILLS.

Next section was a nice blast across the golf course. Luckily not many golfers were out so no golf ball induced injuries were encountered.

Across the Braid Hills road, down into the Hermitage. A much scouted and discussed part of the course from Thursday night training. Headed straight down the embankment, heading slightly to the right through the trees and then surprising a family out for a nice Sunday walk, bursting out of the undergrowth and across the Braidburn where someone had kindly

planted some nice big slabs.

## NETTLE STINGS

A good few nettle stings on the steep ascent of BLACKFORD HILL, got the legs moving again and I made it up to the top of the 5th Check point where I stopped for a quick drink of water from the kind ladies at the water station there.

From Blackford Hill there was a great downhill section down Observatory Road and through the allotments at the bottom, where we were reliably informed the gates would be left open for the race. By this time the rain had started which was refreshing as we worked our back through the streets of Causewayside, Duncan Street and through Blacket Avenue to the Pollock halls.

Prior scouting missions had determined that the back gate at Pollock Halls was now bolted closed, but there were a few brave runners who scaled the wall and the barbed wire fence. However I thought it would be best just to follow the main road through Pollock and run across the grass to the start of the big one Arthur's Seat.

Just at the bottom of the hill, coach Henderson and family were there to provide encouragement and a few last minute tips on the ascent of Arthur's Seat. By this time the rain was fairly heavy and it was a treacherous climb over the smooth rocks to the top of the check point on ARTHUR'S SEAT. My knees were beginning to feel it on the way down, which was very slippery on the wet grass. I caught up with Sandy here, who was working away quietly but steadily.

## CLAPS

In Holyrood Park the Great Scottish Walk was on so got a few claps from the walkers (and gave a few back). Mr Hood had tipped me off to running up Calton Road and then up a nice steep walkway which brings you out right at the foot of CALTON HILL. Then up the last hill of the day, trying to smile for Martin Caldwell on camera. Finally I made it in 2h 14:53 !!! I was well pleased, as I was aiming for a 2h 30 time.

There was some much needed sustenance of quiche, rhubarb crumble and Jaffa cakes before we all headed down to the Guilford Arms for a pint (or 2 !!) and to recap on the adventures of the morning.

Well done to everyone who took part. Martin Hulme came 1st Super Veteran, Keith Hood came in 5th Senior and CAAC for the 2nd Team.

*Dean Carr*

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Editor's note: It seems we have a Seven Hills article in every newsletter, but I make no apology. It is such an interesting and varied course which is never the same for two years, or for two runners. Everyone who takes part has their own tale to tell

If this tempts you to challenge yourself, the next race is in June 2007. The website is

[www.seven-hills.org.uk](http://www.seven-hills.org.uk)