



History and stuff

This is a very special 20th anniversary edition of the CAAC Attack. The organising committee thought it might be interesting to put together a bit of the club's history along with some interesting snippets from old newsletters. I hope you enjoy it.
Moray Anderson, October 2006

In the beginning

Sept. 1986 – Coaching/ admin personnel changes and an increasingly West Edinburgh dominated membership lead to Corstorphine AAC being formed out of North Merchiston AAC. A heated debate on the subject takes place at the Free Church Mission, Corstorphine.

Nov. 1986 – Lasswade AAC open cross country is the first meeting at which the all new Corstorphine AAC compete. Results fail to record the name change. Corstorphine AAC appears for the first time in results on the 16th of December at the Penicuik Harriers cross country races.

Early days

1986-87 – Corstorphine AAC (CAAC) spends its first winter with training based at the scout hall on Corstorphine High Street. Membership is small but stable.

1987 – CAAC spend first summer season continuing to train at Meggetland and competing in the Edinburgh and District Athletics League (EDAL) and for under 15's the Forth Valley League.

June 1987 – Kevin Daley (CAAC) runs a Forth Valley League record which still stands 19 years later.

Sept. 1987 – CAAC enjoys first team success as the Colts team brings home the Livingston road race trophy whilst Kevin Daley takes individual title.

Winter 1987-88 – CAAC membership continues to swell reaching almost 60 members over the winter.

Summer 1988 – There is controversy at the club championships as Ross Anderson wins the 200m from the outside lane beating Alan Sim, Tom Mendum and others. The sudden improvement of his sprinting ability draws parallels with a certain Ben Johnson and rumours of Ross having linked up with Charlie Francis, Johnson's disgraced coach, are rife. It later transpires that the high quality

facility at Meggetland had a "rather generous" 400m stagger marked out!

Nov. 1988 – Ian MacRae wins last club handicap on the Currie course. It is rumoured that MacRae himself is instrumental in axing the race so as to remain in possession of the trophy! Meanwhile a former runner up, Yvonne Murray who guested in the event in 1985 takes Olympic bronze in Seoul.

1988 – Corstorphine's name is known by more and more people in Scottish athletics. Early successes come from Jo and Tom Mendum, Kevin and Marc Daley, Neil Johnston, Charles Smith and of course David "Old Cart Horse" Law (although Dave was at this stage still a young cart horse).

Early 1989 – The membership has reached 60+ and the streets of Corstorphine will never be the same again on Tuesday and Thursday nights!

A new decade

April 1990 – Summer training moves to Saughton enclosure from Meggetland. Improved facilities allow for better training especially in the more technical events.

May 1992 – CAAC join the Scottish and North West Athletics League. Our first national league which introduces the club to far flung tracks in places such as Dumfries and Ayr! Joining division 6, CAAC gain instant promotion in their first season.

Sept. 1992 – By the end of the track season the membership has reached 100 for the first time.

Oct. 1992 – At the Jack Kane centre CAAC take their first major title as Chris "COB" O'Brien, Tim "Timdog" Norwood and Moray "Mozza" Anderson win the young athletes East District Cross Country Relay championships. The club will keep the trophy for three years.

Aug. 1993 – The club earns its first promotion to division 1 of the Forth Valley league for young athletes. The club also claims its first track and field league title with overall victory in division 5 of the Scottish and North West athletics league.

National Title

Oct. 1993 – Three of CAAC's young male athletes bring home the club's first national title from Hawick. O'Brien, Norwood and Anderson follow their back to back district relay wins with victory in the Nationals. Tim wrote about his finest hour in October 2005;

"...By the time I was 15 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 [let it go Tim – Ed.]

"...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 17 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 we were in with a great chance. Chris ran a great race and came in first by 150m. All I had to do was stay in touch with the leading teams and I knew Moray could whip the other U17's. I only dropped one place but sure enough Moray picked it up again on his lap. We had done it. Two in a row!"

"...I still never dreamed we could win the national championships but after winning the East Districts we were in high spirits."

"...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. 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 I didn't dare turn around to look"

"...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.

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."

Feb/ Mar 1994 – Corstorphine secures a major sponsorship deal from TSB Bank and as part of the deal the club changes its name to TSB Corstorphine AAC.

Apr 1994 – TSB CAAC make their debut in the Scottish Athletics League and despite some fine performances over the season miss out on promotion from division 5 by a mere three points.

Seven Hills

There have been *seven* articles about the Seven Hills race which have featured in the newsletter over the years! It's been a hugely popular event with members and many have stories to tell of the routes they've taken and mishaps they've experienced.

In November 1994 Martin Caldwell described his (ill prepared) first attempt at the race in 1992;

"...I carried a list of directions copied from a map and relied upon following the crowd. It should be easy to spot a confident-looking runner and just tag along. It would help, obviously if I had not arrived five minutes late when all the confident and even the timid runners had vanished..."

...After racing down only one dead end street I came to Corstorphine Hill and saw other runners for the first time. Unfortunately they were the ones who had decided the whole idea was a huge mistake and they were not going one step further. On my own again, I somehow turned down the wrong path off the hill and was halted by a tall chain link fence. It was not a smart move to climb over this fence, because it surrounded the zoo and who knows what vicious animal was inside! So I returned up the hill and tried again (twice).

"...at last I found some mobile runners, although not very many and not very mobile. "Oh" one said "do you know where to go? We've been lost five times." I reckoned we would be better off without each other and forged ahead."

"...I hauled myself up what felt like a sheer cliff to the top of Arthur's Seat. I could barely walk the last few yards, the sweat in my eyes was blinding me and, to make matters worse, the crowds of walkers meant I could not find the check point. One guy in particular insisted on stepping in front of me whichever way I turned. I could not dodge him. Finally he said, "Look, do you want your number stamped or don't you?" He was the marshal, trying to help me!"

Jim Duffy (March 2005) suggested the race *"...should be known as the Seven Wonders (ie I wonder if I will make it up the next hill)." He describes the latter stages and some of the sights en route;*

"...we just missed a black cab coming out of Holyrood Park. Some wee wumin in a head scarf and a couple of corgi dogs just beat us to it, so we plodded on up to 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 might just 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 watch hadn't stopped I could maybe have told you what day it was!"

June 1994 – CAAC Track Attack is born when Steven O'Brien wins the "name the newsletter" competition. The name is later shortened to CAAC attack.

Malcolm-Smith Injured in Pig Romp Scandal

This was the shocking headline on the front page of the third issue of the newsletter. Mike managed to dislocate his shoulder whilst mating two pigs at work! Editor at the time Neil Grubb felt he should make it headline news.

Feb. 1995 – At the national indoor championships David Clerihew (still an under 20) triumphs in the long jump to become TSB CAAC's first senior national champion. David's performances at national and UK level will help to further raise the profile of the club.

Feb. 1995 – Just to prove he can do more than just come up with snappy titles for newsletters Steven O'Brien becomes the club's first individual national cross country champion. Although he finishes second on the day in the under 13 category in Perth he is elevated to champion when the winner is disqualified.

London Marathon

May 1995 – CAAC legend Mike Malcolm Smith gives a slightly less detailed account of his efforts in the London marathon...

After Stuart Christie withdrew, I was the sole runner for the club. Hot weather. Faded between 19 and 20 miles. Finished in 3 hours 20, pleased. Picked up groin strain during run.

This article in May 1995 was 1714 words shorter than Mike's London report from the previous year!

Mar 1996 – After two years as TSB Corstorphine AAC the club secures a new deal with Kwik Fit. The five year deal will continue to help keep the club financially sound until 2001.

Mar 1996 – Mike Clerihew is installed as the first Corstorphine club captain. He is followed in the role at two year intervals by; Mike Malcolm-Smith, Sue Aitken, Bryan Clark, Keith Hood and the current captain Megan Smith.

Boston 100

Our members have competed in events far and wide and in May 1996 Rupert Jones wrote about the 100th Boston Marathon;

"...the Boston Marathon has a unique place in athletics because of its longevity and also the requirement to achieve a qualifying time to take part. The Centenary race, however, was declared "Open" and the usual field of 10,000 or so was increased to over 38,000 starters, which gave an opportunity for mere mortals like me to take part. I travelled to Boston with several hundred other runners from the UK, full of anticipation for this famous event and was soon absorbed into the Marathon weekend. With streets festooned and the restaurants and shops offering "Marathon Specials" it was difficult not to be.

Race day weather was almost perfect. A frosty dawn, as we walked from the hotel to the special buses at 5.30am, soon gave way to a blue sky. After 40 minutes we reached Hopkinton for the start – over six hours to wait! We gathered in the athletes village, otherwise known as Hopkinton High School sports field and which later acquired the name of "Woodstock" in memory of the legendary festival of the seventies as a rock band and other entertainment helped us while away the time. Not much chance of quiet contemplation as the space to sit down became more and more limited, with the aroma from the Portaloos mingling with the embrocations and lubricants.

The start was a triumph in crowd management as the masses were shoe-horned into Hopkinton's narrow streets for the gun. Following a stirring rendition of "America the Beautiful" and "Stars and Stripes", the shuffling began. It was a full 20 minutes before I crossed the start line and the first two miles took a further 22 minutes due to density of traffic. But this was no time to worry about a marathon PB, as the route through the eight towns to Boston was lined with people out to enjoy the race. The smell, of cooking this time, frequently drifted across the road, making it seem like a moving barbeque.

The shouts of encouragement revealed the many different nationalities taking part and I was pleased I had opted for my "Scottish Veterans" vest as this drew some welcome support from the Scottish!

After 22 miles of street partying, the famous Heartbreak Hills lay between me and the finish. Would this be where it would all end? Cresting the final "summit", my confidence began to grow in reverse proportion to the miles left to run. But, proving that the marathon is a race never to take for granted, by the 24th mile I was feeling decidedly past my sell-by date. Reduced to a jog, but helped on by the crowd the finish gantry slowly came towards me and the job was done..."

"...The next day the weather changed again and it rained heavily all day, enhancing our belief that the "Boston 100" had indeed been something special."

Poetry in motion

It's been said that some of our athletes are like poetry in motion when they are in action. I'm not so sure about that but here are a couple of poems which have appeared in CAAC attack.

Gateshead revisited

*One Tuesday night, Babs and her girls went a-joggin'
Through Saughton Winter Gardens the blooms were a-calling
They jogged past the flowers
And they high kicked through the trees
They extended their quads and lifted their knees
T'was then that they realised there was rain in the breeze
So they finished their cool downs and all that malarkey
And on trying to leave found the gates shut by the parkie
Daunted at their predicament they kicked at the clover
Babs then decided – the gate they'd climb over!
With nerves of steel and muscles of iron
They first climbed up, then dreeped down – you had to admire 'em
They were pleased with their bravery but just want to say
Parkie – Please look before you lock the gates next Tuesday*

This poem appeared in the September 1996 CAAC attack after Babs' group had been locked inside the rose garden at Saughton.

The Oldest Debutant in Town

*Although running for years on the road
I never thought of making my mark
by putting on the spikes
and competing on the track.
I was the oldest debutant around.
Imagine...me at forty-one.
I questioned whether my mind was sound
and asked myself, "what have I done"?*

*Long jump, sprints, and relay too -
Would I get through the day ahead?
It was so bad, I wished I was running
....in a marathon instead.
As years go by, I'll never tire of telling the tale
About my day at Coatbridge in the sun.
It was the day I made my track debut
...at the age of forty-one.*

Billy Braidwood, June 2000. A great poem, not sure I believe the bit about it being sunny in Coatbridge though!

Aug 1996 – Earlier in the year Edinburgh Southern Harriers and Edinburgh AC amalgamate to form City of Edinburgh AC. Kwik Fit Corstorphine resist the "offers" to join in the Edinburgh "superclub" and promptly put one over the mighty C of E when the club's young athletes are victorious in the Forth Valley League, taking the division 1 title for the first time!

June 1997 – Ewan Stark runs a Forth Valley league record 10 years (almost) to the day after Kevin Daley's U11 record was run. In 2006 both records still stand.

Aug 1998 – The senior men finally reach the top flight of Scottish track and field when they earn promotion to division 1 of the Scottish Athletics league.

Nov 1998 – Kwik Fit Corstorphine makes its debut appearance in the famous Edinburgh to Glasgow invitational road relay reflecting the clubs growing reputation in Scottish road running.

Y2K ready?

Summer 1999 – Kwik Fit Corstorphine get ready to move into the next century with the introduction of a club website. After a slow start the site soon grows in popularity. In 2006 the message board buzzes with the latest gossip and info. The only millennium bug the club encounters is the one which seems to prevent Ewan Stark finishing cross country races. It transpires that there is no known cure!

Aug 1999 – The senior men's team avoid relegation to remain in the first division of the Scottish athletics league. The only time the club has so far achieved this.

Sept 1999 – As an addition to the club championships a handicap road race is reintroduced. The success of the event leads to it becoming an annual fixture. Ian MacRae heaves a sigh of relief when a brand new trophy is inaugurated the following year.



Early stages of Black Rock 5

No Picnic at Black Rock

This cinema inspired headline featured in September 2000 (it's one of my favourites). Stuart Bowman's article described the Black Rock 5, a classic race now a firm favourite with CAAC members;

"For those of you who have not run this particular race think of "Chariots of Fire" and the run across the sands – then think again because this is nothing like that! In fact it's altogether a bit of a surreal experience. It's not so much the lung bursting leg cramping run across Pettycur beach and

through the sea (and the perennial self questioning of why am I doing this?) rather it's the sight of a piper (and a drummer) standing on the Black Rock piping all the runners round the turn. Of course it takes ones mind off the return leg (more sand and sea) and the finish which in true HBT fashion takes you up the steepest hill in the district!"

We think he enjoyed it!

A new millennium

Oct 2000 – A team from Kwik Fit CAAC make their first trip to the Ian Hodgson Mountain Relay in the Lake District. Although club members have been involved in hill racing for many years this event introduces a real team element to the discipline. As it becomes an annual fixture for members it will further spread the name of the club. By 2006 hill relays have become hugely popular with club members.

Mar 2001 – As Kwik Fit sponsorship comes to an end the name returns to plain old Corstorphine AAC.

2001/02 – Foot and mouth disease wrecks havoc throughout the UK and as a result many races are cancelled or postponed. Thankfully our own "old cart horse" is unaffected.

Oct 2001 – After a gap of seven years Corstorphine's young male athletes get their hands on the district relay trophy once more. Calum McKenzie, Douglas Selman and Kris Berry are the "dream team" on this occasion. Senior coach Ron Anderson is there to witness the victory, a fitting tribute at his last race.



Hill runners, some of the worst dressed people in any decade!

Sept 2002 – The success of the annual ceilidh leads to a club disco being organised. Unfortunately Dave Law and Chris O'Brien are arrested by the dance police and after two years the event is discontinued amid claims of heinous crimes on the dance floor!

Sept 2002 – 10 years after joining the bottom division Corstorphine finally reach the top flight of the Central and South Scotland athletics league (formerly SNWAL).

Nov 2002 – At the Edinburgh to Glasgow Road Relay Corstorphine pick up the "most meritorious" award after an excellent 8th place finish. The club's previous best was 18th. The race would be massively altered the following year and in another blow to Scottish distance running axed completely in 2004.

June 2003 – The Edinburgh Marathon is reborn giving CAAC athletes the chance to compete over 26.2 miles in their own backyard. Five CAAC members compete in the first edition and a number of others marshal. Corstorphine members regularly take on important marshalling duties at numerous events throughout the year which couldn't function without such volunteers.

International

July 2003 – Kris Berry is selected to compete for Great Britain at a tri nation international in Nove, Italy and takes an impressive bronze medal. Kris wrote about it in his own inimitable way;

"...I had been picked to run an international match for GB against Italy and Poland in Italy. Ya Bobby Dazzler I thought as I ran around the house screaming like Bryan Clark! So then, destination Italy..."
"Approaching the track I thought to myself, wow, another Saughton in Italy. It was a six lane track with no indoor warm up area and a small stand, ideal for keeping cool!!!!"

We eventually started and the two Italian boys went to the front. I sat back behind my GB team mate in fourth place. By 200m I needed a drink, by 400m I needed an ambulance. It was quite a slow tactical race going through 1100m in 3.01..."

"Coming round with 200m to go I kicked again and went past the second Italian boy, going down the home straight I had left myself a little too much to do but closed the gap and finished in third place..."

"I felt pleased and was happy with my 54 last lap. I got my medal and flowers on the medal rostrum. It was all very professional. Now it was time to relax. A dinner was organised for all the competing athletes. It was a chance to mingle with everyone and try and pull some Italian hotties!"

I had an awesome time and felt so proud to have run for Great Britain! I even got full kit which is unusual up here in Scotland. Looking back I went from coming in second last in my heat at the AAA's the previous year to coming fourth in the final and getting picked for GB this year. How? Well with hard training and a dedicated training group and coach! I must add my thanks to Moray Anderson ie Mozza ie dwarf man, for putting up with me and basically just being an all round nice guy! (Can I have an easy night tomorrow?)..."

June 2004 – The Corstorphine 5 mile road race is born when 100 competitors line up at Turnhouse for the inaugural event. Juan Mareque and former Commonwealth games representative Allison Higgins become the first CAAC 5 champions.

June 2004 – Kris Berry takes a silver medal at the AAA's U23 championships in Bedford and finishes the season as Scotland's top 1500m runner. At 19 he becomes the youngest athlete to top these rankings since Scottish great Graham Williamson 25 years before.

June 2004 – At the Scottish masters championships Andy Cullen runs an impressive championship best of 52.88 in the 400m. A number of our masters athletes continue to enjoy success as they "mature". On the track Andy along with Mike Clerihew have taken numerous Scottish titles and Mike especially has been a prolific medal winner at British and international level. Both are integral members of the club's track and field teams and with Mike eager to step out of the officials box and into his spikes for the 2007 Scottish league campaign our points haul in the long and triple jumps should increase somewhat. In the hills Martin Hulme (Mountain Martin) is one of the top masters competitors on the Scottish scene and shows no sign of slowing down.



Kris leads, Chris is just behind

Sept 2005 – Despite only completing three competitive races due to injury Kris Berry again tops the Scottish rankings for 1500m.

Oct 2005 – On home soil at Corstorphine Hill the senior men's team take bronze in the district cross country relay championships. With high hopes for the national championships they finish a disappointing eighth for the third successive year!

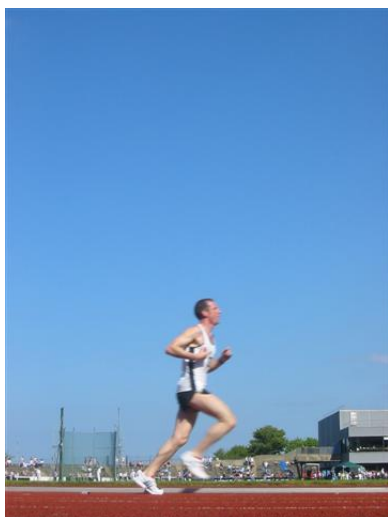
Hoodie Mugs East Lothian Race

Whilst "hoodie" wearing riff raff make the news for the wrong reasons our own Keith Hood(ie) pulls off another victory as this headline from March 2006 shows. As yet Keith hasn't been banned from any shopping centres!

2006 – A new generation of CAAC athletes continues to shine in the now famous white and black. Notable performers include Craig Knowles, Fraser Scott and Douglas Selman all of whom take medals at district and national level. In August Douglas runs as a

guest in the mile at the inaugural Celtic Cup match screened live on BBC television.

June 2006 – The Edinburgh marathon is hyped up as a clash between youth (Bryan “BC” Clark) and experience (the old cart horse). In the event youth comes out on top as Dave’s challenge wilts in the heat. Tom Ferrington wins the overall battle for club supremacy with his second sub 2.40 clocking in eight months. Tom’s good results on the road in 2006 eventually lead to him securing fifth place in the inaugural Scottish Athletics road racing grand prix.



Loneliness of the long distance runner

20 years old

Sept. 2006 – Corstorphine AAC is 20 years old. Despite some notable absentees there are record turnouts for both the club championships and the club handicap race. At the handicap rumours of an Ian MacRae versus Bob Innes head to head prove to be fabricated and the much publicised Mike Malcolm Smith comeback fails to materialise. In the ensuing media frenzy Fraser Scott one of CAAC’s latest crop of *young lions* comes through to win in style. Membership remains around 150.

Thanks to our sponsors

Over the years a number of companies and organisations have given us financial assistance and we are grateful to them all;

TSB Bank
In Video Productions
Alex Morrison & Co WS
Kwik Fit
Marks & Spencer
Euro Environmental Contracts
Deutsche Bank
RMC (UK)
Renishaw Plc
Albany Lettings
SportsMatch
Norwich Union clubs:future
Corstorphine Fair
Corstorphine Trust

Club Records

Corstorphine AAC may regard itself as a friendly club where the social side of the sport is emphasised along with the competitive side. However that doesn’t mean we don’t encourage high level performance. Our club records show that we have had a fair few quality performers in our ranks over the years.

100m	11.00secs	David Smart
200m	23.10secs	Ian McNamara
400m	49.91secs	Kris Berry
800m	1.51.42	Douglas Selman
1500m	3.43.4	Kris Berry
3000m	8.33.??	Kris Berry
5000m	15.10	Kris Berry
10000m	32.51	David Law
110mH	15.90secs	Brian Winning
400mH	56.61secs	Brian Winning
3000m s/c	9.24	Keith Hood
Long jump	7.38m	David Clerihew
Trip jump	12.56m	David Clerihew
High jump	1.85m	David Singleton
Pole vault	4.00m	Matthew Peerless
Javelin	51.28m	Peter Sochart
Hammer	35.45m	Gary Forbes
Discus	33.87m	Stuart Turner
Shot	13m70cm	Peter Sochart
4x100m	46.50	Clerihew, Winning, Leishman, Clerihew
4x400m	3.26.60	O’Brien, Selman, Berry, Pilkington
5km rd	15.17	Kris Berry
5mile rd	24.51	Kris Berry
10km rd	32.02	Moray Anderson
10mile rd	53.28	Moray Anderson
Half mara	72.24	David Law
Marathon	2.36.37	David Law

Athlete of the year

Here are the names of all the winners of these prestigious awards.

Junior Male

1990	Charles Smith
1991	Moray Anderson
1992	Tim Norwood
1993	Christopher O’Brien
1994	Steven O’Brien
1995	Ian MacNamara
1996	Matthew Peerless
1997	Ewan Stark
1998	Scott Pilkington
1999	Kris Berry
2000	Scott Pilkington
2001	Kris Berry
2002	Alastair McColl
2003	Calum McKenzie
2004	Stuart Turner
2005	Craig Knowles

Junior Female

1990	Jennifer MacRae
1991	Kirsty Hood
1992	Jennifer MacRae
1993	Stephanie Smith
1994	Mhairi MacDonald
1995	Morven Sturrock
1996	Laura Henderson
1997	Elaine Smith

1998	Catherine Aitken
1999	Mhairi MacDonald
2000	Rachael Bowman
2001	Lisa Mitchell
2002	Rebecca O’Brien
2003	Megan Smith
2004	Megan Smith
2005	Charlie Bryce

Senior male

1990	Alan Sim
1991	David Law
1992	Paul O’Brien
1993	Moray Anderson
1994	David Clerihew
1995	Mike Malcolm-Smith
1996	Christopher Gowans
1997	Keith Hood
1998	Mike Clerihew
1999	Bryan Clark
2000	Keith Hood
2001	David Law
2002	Martin Hulme
2003	Tom Ferrington
2004	Moray Anderson
2005	Grant Wilkie

Senior female

1992	Sybil Law
1993	Celia Peerless
1994	Fiona Braid
1995	Celia Peerless
1996	Gill Pilkington
1997	Gill Pilkington
1998	Anne Turner
1999	Sue Turner
2000	Catherine Aitken
2001	Sue Waddell
2002	Linda McGinley
2003	Phyllis Mitchell
2004	Gillian Cockerell
2005	Gillian Cockerell

Ron Anderson Memorial Cup

2002	Kris Berry
2003	Kris Berry
2004	Kris Berry
2005	Kris Berry

A big thank you

To everyone who have contributed to the club’s success over 20 great years!