

March 2007



# CAAC Attack

## Summer Dates

- Sun Mar 25<sup>th</sup> Junior Road Race Champs [Perth]
- Sat Mar 31<sup>st</sup> Road Relay Champs [Livingston]
- Sun Apr 1<sup>st</sup> Edinburgh Half Marathon
- Sat Apr 7<sup>th</sup> Dunbar 10K
- Thu Apr 19<sup>th</sup> Forth Valley League [Livingston]
- Sun Apr 22<sup>nd</sup> Men's League [Grangemouth]
- Sun Apr 22<sup>nd</sup> London Marathon
- Sat Apr 28<sup>th</sup> Loch Katrine 12K
- Sat Apr 28<sup>th</sup> Balmoral 10K
- Sun Apr 29<sup>th</sup> CSSA League [Linwood]
- Sun Apr 29<sup>th</sup> National Junior League [Gateshead]
- Wed May 2<sup>nd</sup> Open Graded Meeting [Grangemouth]
- Wed May 2<sup>nd</sup> Self Transcendence 5K [Meadows]
- Sat May 5<sup>th</sup> Edinburgh to North Berwick
- Sun May 6<sup>th</sup> Great Edinburgh Run
- Wed May 9<sup>th</sup> Auld Toun 10K [Dunfermline]
- Fri May 11<sup>th</sup> CLUB NIGHT OUT**
- Sat May 12<sup>th</sup> Penicuik 10K
- Mon May 14<sup>th</sup> Round the Grounds 5K [Heriot-Watt]
- Thu May 17<sup>th</sup> Forth Valley League [Pitreavie]
- Sat May 19<sup>th</sup> Loch Leven Half Marathon
- Sun May 20<sup>th</sup> CSSA League [East Kilbride]
- Thu May 24<sup>th</sup> Open Graded Meeting [Meadowbank]
- Sun May 27<sup>th</sup> Edinburgh Marathon
- Sun May 27<sup>th</sup> Dunfermline Half Marathon
- Sun May 27<sup>th</sup> National Junior League [Liverpool]
- Mon May 28<sup>th</sup> Rigg Race [Balerno]
- Wed Jun 6<sup>th</sup> CAAC 5 Mile [Turnhouse]**
- Thu Jun 14<sup>th</sup> Forth Valley League [Livingston]
- Sun Jun 17<sup>th</sup> 7 Hills of Edinburgh
- Sun Jun 24<sup>th</sup> Men's League [Grangemouth]
- Fri Jun 29<sup>th</sup> Black Rock 5 [Kinghorn]
- Sun Jul 1<sup>st</sup> National Junior League [Manchester]
- Sun Jul 29<sup>th</sup> National Junior League [Grangemouth]

## Captain's Comments



MEGAN SMITH

The cross country season is now over and it saw some good performances. Hopefully the new Borders Cross Country Series will continue and bring us more successes.

The track season has almost started. We need to get a good turnout at the Men's League to win promotion to Division 1, while the new structure of the Central & South Scotland League should make it easier to take part.

*Megan Smith - Club Captain*

## Your Committee

(before the voting at the AGM)

- |                          |                          |
|--------------------------|--------------------------|
| <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>    |                          |
| <i>and</i>               |                          |
| <b>Donald Gorrie MSP</b> | honorary president       |

## Club Night Out - Fundraiser

Carrickknowe Bowling Club  
Broomhall Avenue  
FRIDAY 11TH MAY  
FROM 7.30PM

Everything you would want from a night out - music, open mike, dancing, buffet, cheap drink. Come along bring your friends and join in the fun. It's for a great cause - your club.

## Website

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

### IMPROVEMENTS

The current website is a great source of information and an unrivalled tool for communication through the week away from training. However, the whole set-up is always looking to be improved and expanded, so, when the suggestion came that a Mr Dean Carr would be interested in lending a hand, the offer of his assistance was a welcome one. Over the next few months we will be aiming to implement improvements across the board, and Dean will bring a fresh outlook to the site.

As such we would be most grateful if you could forward any ideas and suggestions to us at [admin@caac.org.uk](mailto:admin@caac.org.uk) or simply mentioning your thoughts to us at training.

### CATCHING UP

If you've not stopped by [caac.org.uk](http://caac.org.uk) recently it's worth catching up. Recently Jan-Bert, Grant and Dean have been championing and reporting on the highly successful Borders XC Series. Tommy has started one of his epic training diaries in preparation for the Edinburgh (East Lothian) Marathon and Mike Malcolm-Smith has reported on being injured in Pig Sex Romp Scandal 2 ; The Excuse for Going to the Pub.

*Chris O'Brien*

## Scottish Athletics League

### DIFFICULT TASK

Following promotion from Division 2 of the Scottish Athletics League (SAL) the previous season, the Corstorphine Men's Team were faced with the very difficult but not impossible task of avoiding relegation from Division 1.

The first meeting of the season took place on 30 April 2006 at Meadowbank. Due to injuries and other race commitments Corstorphine were without a few athletes for this meeting and so athletes were forced to compete in several events.

All the athletes who competed gave their all and we did have some good performances, most notably from Chris O'Brien and Calum McKenzie, winning the 800m A and B string respectively, with both also running early season pb's. Stephen Milne held on to 2nd place in the 100m B string despite injuring his hamstring shortly before the race and a below par Moray Anderson won the 1500m B string. Tim Norwood tried a couple of new(ish) events and Kris Berry, who had not competed for nearly a year due to injuries, competed in 3 throwing events as well as the 4x400m relay in order to gain some extra points for the team. Unfortunately though, despite the hard work the team finished last on the day.

Meeting 2 took place at Grangemouth on 25 June. Craig Knowles made his SAL debut and there were some strong performances, including Douglas Selman who narrowly missed out on winning the 800m. A slight improvement in match position from the first meeting saw the club finish in 7th on the day. This left the club 8th in the league after 2 meetings and requiring some good results in the final 2 matches to avoid relegation.

The 3rd match on 16 July was again at Grangemouth. On a very hot day there were some good performances from the team, most notably a pb from Calum McKenzie in the 1500m. Steven O'Brien and David Smart produced good performances after returning from long injury lay-offs. Tim Norwood and Steven Milne competed in 5 events each and the 4x400m relay team ran well to finish 3rd. Corstorphine finished 5th overall but due to previous results and the teams who finished below us we were still in 7th place overall in the league table and 4 league points away from avoiding relegation with only one match remaining.

We travelled to Linwood on 20 August for the final meeting. Despite gaining some good results, including Chris O'Brien winning the 800m A string and Dave Singleton competing well to finish 3rd in the High Jump, the team was always facing a difficult task to avoid relegation. Corstorphine finished 8th on the day and 8th overall in the league, meaning relegation back to Division 2.

The challenge for the club is now to gain promotion straight back to Division 1 and with the correct amount of effort and determination from all the athletes and officials in Corstorphine's SAL team this is very much achievable.

*Bryan Clark, SAL Team Manager*

## CSSAL

### SLIMMING DOWN

There are changes afoot for the Central and South of Scotland Athletics League. At this year's AGM members voted to remove a number of events from the programme to make the days shorter. The extended meetings of the last two years, since meetings for Divisions 2 and 3 combined, were seen as too long to be enjoyable for both athletes and officials. "I'm always pure knackered after a CSSAL meeting" said one commentator, "it's like, w' aw these events and long travel times, sometimes it's a 12 hour day. Think of those poor folk fae Galloway, they must be well keen."

The league secretary, Mark Fraser, proposed dropping the events that are poorly competed in, numbers and quality. Divisions 2 and 3 voted to remove the male and female Hurdle events from meeting 1, Senior and master women's 3000m and pole vault from meeting 2. It was also agreed to remove Hammer from all meetings because new regulation meant that only a limited number of track venues are licensed to host Hammer. The men's 3000m steeplechase narrowly missed being axed when it was retained due to popular vote.

The Team Manager for Corstorphine, Tim Norwood, commented "Of course it's disappointing to lose these events but it's the right move. As the only pole vaulter in division 2 and 3 to compete last year, I could get some good points for the club just by turning up, but it was rubbish for the officials and ground staff who had to set the equipment up".

Scottish athletics are trying to improve the completion structure for athletes and suggest that meetings shouldn't last more than 3 hours and that athletes shouldn't have to compete in events "just for points". With these proposals there will no doubt be some serious changes to CSSAL in the future but for now it's moving in the right direction.

The first CSSAL league match is in the 29th April at Linwood.

*Tim Norwood, CSSAL Team Manager*

## Membership Subs

Please remember that club membership subscriptions are due after the AGM. The payments will be decided at the AGM, but last year they were

Senior	£25
Junior	£12
Family	£45

## 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**

*Martin Caldwell – Editor*

## Vision for the Future

### HERE'S TO THE NEXT TWENTY

Well done to Corstorphine AAC (CAAC) for its past growth and in being ever successful for twenty years.

Having reached this milestone, it has given some of us time to pause, reflect and celebrate what has been achieved and begin to consider what the future may bring. If you find yourself wondering why the future direction of CAAC should concern you, then ask

Q. Who are CAAC?

A. You, the membership.

The club has always been steered by a committee elected by the membership to organise and take care of the future continuation of the club. It provides a pathway for athletic development through support for its coaches, who are all volunteers, by supporting their education and implementing their training structures.

Social events such as the Ceilidh, kids nights out, picnic, etc. have all been co-ordinated by the committee. The regular communication bulletins such as the CAAC Attack and web site have similarly been fostered and encouraged.

### THE BIG QUESTION

The BIG question is - what else, if anything, would you want from your club in the future? How big is your dream?

- How will it help you get to the 2012 Olympics?
- Run a sub 50 minute 10k?
- Let me feel sure I will survive the next training session?
- Do we need to extend the current training venues and structure?
- Do we need more social events?
- Can the way we communicate be improved?

Be your ambition personal or collective you will now have the chance to offer your opinion in an informal manner during a meeting to be convened very shortly to discuss what your vision for the future would be.

### A PLAN FOR THE FUTURE

The anticipated outcome from the meeting will be to map a plan for the future of CAAC to match our ambition by setting our goals into a framework. The plan will take into consideration the resources and time-scale available, all governed by reality of our dreams and ambitions, so that the future of CAAC is reflective of our expectations, however grand.

*Paul O'Brien*

*on behalf of the committee*

# CAAC Athlete of the Year Awards 2007

## JUNIOR FEMALE

The selection of this years Junior Female Athlete of the Year was not a difficult task, and the Committee had no problem at all identifying the young athlete who possesses all of the qualities represented in the award, which is not just about the person with the best athletics performance. Just as important is how that person conducts herself, and what contribution that person makes to the club and to the sport of athletics.

There can be no doubt that this year's winner is a worthy recipient. She is a regular member of the Junior Middle Distance squad, and never misses training. She is a quiet, but well liked and popular member of the squad, and has definitely come out of her shell in recent times, and contributes greatly to the social side of the group.

Not only does she turn out regularly to compete for the club, she willingly covers all the gaps in those less popular events, and without complaint, and has taken part in everything from 200m to 1500m on the track, including both relays (4x100m and 4x400m) and also covers long jump and shot putt.

So you can see. The decision for this years Junior Female Athlete was not a difficult one at all. The vote was unanimous, and the deserving winner is Kathleen Dempsey. Well done Kathleen.

\*

## JUNIOR MALE

They call this years Junior Male Athlete of the Year "the machine", and he has an impressive list of achievements for his young age.

Last track season he recorded a 1500m first in the CSSAL, a 1500m second in the East District Championships, and two 1 Mile firsts in the FVL final meeting and Presidents Select. He is currently ranked No1 U15 Boy in Scotland for 3000m with a time of 9m29.51, some 21s faster than his nearest rival.

In the country too he is impressive. Two firsts in the East District XC league and a first in the East District XC Championships. He finished second in the National XC Championships, and represented the East District at both the Inter District Championships and the UK Inter Counties Championships. He was also selected to represent Scotland at the Celtic International XC at Stormont Estate, Belfast (unfortunately missed due to a family holiday), but will also represent Scotland when he takes part in the forthcoming London Mini-Marathon.

This years Junior Male Athlete award goes to a very talented and committed athlete, and once again the committee had no hesitation in selecting a most deserving winner in Fraser Scott. Well done Fraser.

## SENIOR FEMALE

She has been a consistent attendee at the training nights over the winter months and has competed in all of the Cross Country events from relays to nationals. She has seen her 10k time come down from over 52 minutes to a recent PB of 49.57. She recently ran the Lasswade 10 miler in 85.12 and is now looking forward to the Edinburgh ½ marathon where she should hopefully get close to a 1hr 50min time.

She is keen to improve and has shown dedication to the club along with some of our other lady athletes in running a variety of events and i am sure she will reach her own goals if she keeps up the training.

Well done Jillian Hogg.

\*

## SENIOR MALE

Well what can I say about this guy. He seems to get better and better.

He is one of these athletes who doesn't say very much when training and is also very modest when talking about his own ability. He will be changing categories later this year to be a young vet of 35, so watch out for more prizes. He seemed to have had an outstanding 2006, winning various prizes and true to form recently set a PB for the ½ marathon at Inverness of 1 hour 15:03, finishing 10th place.

Some of his winning achievements in 2006 were as follows:

Balmoral 10k 3rd senior male  
 Trapain Law Hill race 1st senior male  
 Forth Bridge 10k 1st senior male 33.10  
 Thirlestane Castle 5 1st male 28.10  
 Border series cross country 3rd overall senior male

Keith Hood, or 'Kip Keitho' as he is known, has probably been one of the most consistent athletes over the years and this hopefully will continue in the future when he eventually becomes a young vet then an old vet like the rest of us.

Well done Keith you really deserve this achievement.

## CAAC T-Shirts

T-shirts with the CAAC name are available in either short sleeve (£15) or long sleeve (£18) versions. Please order from Sheena or Tim.

The earlier set of orders has now arrived. If you have not yet collected your shirt, you can do so from Tim.

## RON ANDERSON MEMORIAL CUP

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.

As usual selecting the winner of this award was not easy, although the four time recipient Kris Berry was out of the running having not competed last summer and still finding his feet in the collegiate system in the States. The club though has a strong "Harrier" tradition in the endurance events and young athletes continue to develop to a high standard. A stand out is Fraser Scott, Scottish number one over 3000m at under 15 level, East district cross country champion and silver medallist at the national cross country championships. His recent improvement is testament to his dedication and hard work and a measured approach to his coaching by John O'Hara. In the senior ranks Christopher O'Brien produced a series of PB runs over 800m last summer and only narrowly failed to qualify for what was a very high calibre national championship final at Scotstoun. Hopefully Chris can build on that form this year as it would be fitting to see one of Ron's original "Young Lions" win the cup next year. Tom Ferrington proved again he is the club's current top man over the marathon with another sub 2.40 clocking at Edinburgh, he'll be aiming for quicker still this May. Bryan Clark too made a fine debut in 2.49. Keith Hood, although absent from track competition this year, scored a number of road and hill victories and remains one of the club's top few endurance exponents and as he approaches Masters status (sorry Keith) he is a mainstay of our A team on road, country or fell.

This year however Douglas Selman proved to be the worthy winner of the cup. A season of high level performances over 800 and 1500m culminated in an invitation to compete in the mile at the inaugural Celtic Cup match televised live by the BBC. Douglas (the "Selmanator") finished the track season ranked third under 20 in Scotland at both 800m (1.51.42 a club record) and 1500m (3.53.40).

Proving his versatility he continued to perform well through the winter recording the club's fastest legs at the East district cross country relays and Allan Scally road relays and most recently took the national under 20 title over 1500m indoors. A top class endurance athlete Douglas Selman thoroughly deserves the award of the Ron Anderson Memorial Cup for 2006.

## Outdoor Training

Please remember that from Tuesday 27<sup>th</sup> March we will be training both nights at Saughton Track.

This is an outdoor venue, so dress warmly. The best idea is to wear layers.

## Borders Cross-Country Race Series

### DIFFERENT CHARACTER

If you're stuck for something to do on Sundays next winter then you could do worse than take part in this seven race series, with races on both sides of the border.

A group of CAAC athletes, looking to try something new, had a go this season.

The races are hosted by seven clubs and are very different in character, featuring beaches, woods, hilly fields and rough moorland. They are all about four miles in length, but as I soon found out, the terrain makes them seem tougher than that.

Having missed the first two races at Lauder and Dunbar, I joined in from the third race. This was in Peebles (in the monsoon season as it happened). The race took us through muddy fields, of the sort which makes you feel that you are going to lose a shoe, then down through a wood and just as you thought it must be nearly over, a

fiendishly steep hill appeared! It had rained so hard during the day that by the time we reached the bridge back into the park, the marshals had decided it was too dangerous to cross and the race came to an abrupt end. It was the first time I've run a race that has been altered after the start!

The next race in Galashiels was similar in character, taking us through the woods and fields below the 'normal' course used in East District competitions. The Berwick edition was an out-and-back affair, taking in the beach followed by a climb up to the headland path. This was less scenic, but good for the speed merchants, with the exception of the leg-sapping last stretch through deep soft sand.

The penultimate race at Wooler was in a wild setting by the golf club (which is halfway up a hill), and the course took us through a quarry and onto a heather moorland, before ending in a gradual 1km descent back to the golf course.

The final race, in the little village of Norham just on the English side of the Tweed, was largely through fields and along a riverside path, although the organiser hadn't managed (as hoped) to persuade the farmer to have the fields ploughed.

What makes these races different are the added 'obstacles': stiles to be crossed, gates to be vaulted and you can be sure of getting your feet wet at least once, with several burn crossings! The races are low-key (but competitive) and a welcome addition to the regular season, where there are few open events left. With a start time of midday, there is even time to find somewhere for a pub lunch on the way back!

In the end, the team (usually composed of Gillian, Dean, Grant, Jan and me) finished fifth in the league and I'm sure that we can do even better next year, now that we have a bit of local knowledge.

*Keith Hood*



## Hello from the U.S

Hey troops. Just a wee message to say hi. I'm having an awesome time in the u.s. The first week of training was horrific, I couldn't breathe after 20 mins of running. Feeling a lot better now though. We ran an hour 40 up at a place called Crested Butte on Sun. We started at 10000ft, ran up to 11300ft then it was pretty much all down hill from there....thank goodness. Every run we do

though, is surrounded by the most beautiful scenery I've ever seen so its enjoyable. Just been doing longish runs mostly with 1 hill sesh a week. We meet with the team everyday apart from Fri, stretch together, do our drills together, press-ups and sit ups before every session and have our inspirational chat from coach about staying healthy. We do weights 3 times a week, but it's nothing too serious. Just do it to keep coach happy. Our assistant coach is a guy

called Michael Aish. He's a 2 time Olympian. 28:00 for the 10k, 13:20 for the 5k and 4:02 indoor mile record for the school. So that's pretty cool to have him on board.

I'm getting back to my old self after missing so much through injury. I hope all is well back in the land of Corstorphine. Hope everyone is training hard and will see you all next summer. Take care.

*Kris Berry*