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# CAAC ATTACK

Welcome to Issue 25 of the clubs newsletter, taking a slightly different format. A format for new beginnings? This issue has been put together by the Communications Committee, however we are actively looking for someone that would like to join the Committee and has some time free to take the highly coveted position of CAAC Attack Editor in Chief. To put the grandeur of the position into context we have to thank past Editors Neil 'oh so risqué' Grubb, Martin 'gees yer articles' Caldwell and one time special from Moray Anderson. If your interested either drop an email to [newsletter@caac.org.uk](mailto:newsletter@caac.org.uk) or grab one of us.

If you just want to see your article in the newsletter, and anything goes please email it to the same address or hand it to one of us.

-Christopher O'Brien

## CAAC T&F Championships and Handicap

The club championships were yet again a great success with a lot of good competition and impressive performances in all categories. Congratulations to Amber Robertson (U11F), Anna Hume (U13F), Abby Beautyman (U15F), Mhairi Hunter (U17F), Rebecca O'Brien (U20F) Gillian Carr (SenF), Lilian McNab (MastersF), Gavin Reid & Rory Henderson (U11M), Chris Galloway (U13M), Dugald Hepburn (U15M), Hector Fraser (U17M), Chris O'Brien (SenM) and finally to Graeme Fletcher (MastersM) for winning with the lowest score over the 4 events (sprint, middle distance, throw and jump).

The Handicap on the Thursday of 'Championship Week', was another perfectly handicapped event with the whole field finishing within 1min53s of each other. The title went in a sprint to Mike Anderson who held off a strong finish from Bryan 'BC' Clark to win by 2s.



Fastest lap went to Keith 'Kipkeitho' Hood in 11.28, just edging out last years Handicap winner Fraser Scott.

## 11/01 CAAC Ceilidh ; Bainfield BC

Note the change of venue to Bainfield Bowling and Social Club. Address is 34 Hutchison Crossway, EDINBURGH, EH14 1RU.

Tickets are available from Sheena for £5, if your coming please bring something for the buffet.

## 22/12 CAAC Down'N'Up ; Corstorphine Hill

This is a fun event, and a personal challenge. On the morning of the 22<sup>nd</sup> of December CAAC will be holding a 2 part race on Corstorphine Hill. Meeting at the car park at the top of Kaimes Road and starting from the tower at 10.15am. There will be a staggered start selected by lottery. Timed from the top to the bottom your time will be used to work out your starting berth up the hill, so that respect it is a handicap. There will be prizes for fastest ascent, descent, combined time, first to the top and more. Remember its handicapped from your original descent. The emphasis is on fun so lets see some lactic burn and wide smiles. The CAAC Down'N'Up will be followed by a short group run around Corstorphine Hill to get your pre-xmas mileage if desired. Entry is free and if you want to take part please email me at [chris@caac.org.uk](mailto:chris@caac.org.uk) or speak to me at training. (we'll be re-running the Down'N'Up throughout next year so why not get an early marker down)

## DEC-JAN Fixtures & Social Events

08/12 District Champs CC ; Stirling  
16/12 Queens Drive RR ; Holyrood Park  
16/12 Border CC ; Gala  
18/12 Children's Party ; Forrester HS  
20/12 Kids Bowling ; Fountain Park  
20/12 Xmas Drinks ; Corstorphine Inn  
22/12 CAAC Down'N'Up ; Corstorphine Hill  
01/01 Portobello Promathon ; Portobello  
11/01 CAAC Ceilidh ; Bainfield BC  
12/01 District Indoor T&F Champs  
12/01 Inter District CC ; Holyrood Park  
13/01 District Indoor T&F Champs  
19/01 East League CC ; Livingston  
26/01 Devil's Burden Relay HR ; Falkland  
27/01 Border CC ; Berwick  
27/01 Scottish 4k Champs CC ; Glasgow

CC = Cross Country  
RR = Road Race  
HR = Hill Race  
**BOLD** = Social Event

## Congratulations...

To Douglas Selman and Bryan Clark for each gaining Scottish vests. Dougie was selected to run for Scotland at the recent Gateshead International CC finishing 11<sup>th</sup>. Bryan after some strong runs on the road in the Summer was selected to compete for the Scottish Prison Service in the European Prison Service Championships in Cologne finishing 9<sup>th</sup>

-Fiona Davidson

While the runners do cross country in the winter the triathletes idea of an off season is doing duathlon (which I think is harder than triathlon!). So on Robs' suggestion we entered the ERC winter duathlon series which is held at Kirkliston Sports club. There is a race in November, December and January so, as you can imagine, we had every combination of weather throughout the series. Each race is a 2.5ml run/10ml bike/2.5ml run. Rob, Graeme (along with some other LBP triathletes) and myself braved the elements, I managed to win 2 out of 3 FV races (but never actually managed to get the prizes because they were given to someone else by mistake so I was a bit miffed!). In between we also did the Bancok challenge (held just after Christmas on the 27<sup>th</sup> – so we were still full of turkey), a 2ml run up/down Tinto Hill followed by 20ml bike then a further 4.5mls right to the top of Tinto. It was a very cold day and conditions were really slippery under foot at the top, Rob passed me on the way down while I was still puffing my way to the top. The bowl of soup at the wee café at the bottom was most welcome at the end and I won a bottle of wine being the first and only FV – most women have more sense by this time in their lives- but I still want to go back next year!.

It is a bit of tradition to do the New Years Day Triathlon in our house now – so this year Rob, Anna, myself and Niamh (it was her first time for the kids duathlon) along with Rob's sister all did the event (400m swim/20K bike/5K run, kids do a 1Krun/2Kbike/1Krun) in the Queens Park. This was notably well attended by other members of Corstorphine and there were good placing with all the kids (Anna came second in her age group for the second year running). Next on the agenda was a new event held at Strathclyde Country Park, a 5K/20K/5K duathlon. Rob and I had bought new bikes by this time so this was the first outing for our tri-specific machines, they are a very different ride and took a bit of getting used to (well that's my excuse) plus it was not a great course for getting into an aero position. A well organised event and it was good to see Linda McGinley and Marian Rae there

who crossed the finish line together (they weren't holding hands!).

Recovering from a bad cold I entered the Kingdom of Fife Duathlon which was a qualifying event for the European Duathlon Championships being held in Edinburgh in June (Rob was off down South with Graeme doing a LBP event), I struggled round the 10K/37K/5K course which was held on a windy wet day in March - I was really glad to cross the finish line and took advantage of the free massage at the end. It was a Scottish Championship event too so the field was made up of pretty serious duathletes which included Catriona Morrison and the Cartmell brothers so I felt a bit intimidated and finished 8<sup>th</sup> female so I thought I had not qualified as it was the first 6 that got places. What I had not realised was it was age grouped and I was 3<sup>rd</sup> FV, so I was in the GB team for June.

As a wee change the next outing was the Edinburgh half marathon where we both (and Graeme along with quite a few other CAACs') did PBs, Rob knocked 11 mins off his previous years time but I think that had something to do with the fact that he had not just worked a night shift this year and had actually slept before the event. Then it was back to triathlon with the first sprint event (750m swim/20K bike/5K run) of the season at Gala being held on a glorious day which was more like summer than spring. I took my first tumble over the handle bars at this one but still managed to finish despite the marshalling being a bit suspect – Graeme had 10min run split which people were very impressed with till he very honestly told them he had not actually done the full course having been given the wrong directions in the woods! Rob did the BUPA Edinburgh 10K for the first time and Niamh did the Junior race which was the furthest she had ever run, finishing in 11.12 min. Then at the end of May the first Open Water Sprint Triathlon of the season was back at Strathclyde Park. This was another Championship event so there were a lot of people from England and of course the weather was awful (which has become a pattern this year!). It was a deep water start and we were held in the water for some time before being given the off, by which time my hands had gone blue. The bike was out and back loops within the park with sharp turnaround points so you were quite aware of what

everyone else was doing. The triathletes from England found it really tough as many had not brought any warm clothing. Rob and Graeme had a very close race, Rob was out the water first and increased his lead on the technical bike course but Graeme was in hot pursuit on the run and narrowed the gap to finish just behind him. Despite the cold the atmosphere was very good and well organised so hopefully more events will be staged here in the future. We raced every weekend in June, I first did Stirling sprint in 1999 and finished in 1hr 40min, this year I did 1hr 26min (on a new hilly run route too) which shows that it is not all down hill as you get older!! This is a good event for anyone wanting to try triathlon. Then down to Peebles for a very fast flat course on a beautiful day (which was also my birthday), which made it so much more pleasant. Again the marshalling was a bit of a problem and I ended up jumping off a wall at one point to get back on the course, however the Borders events are very friendly and good sandwiches and cakes at the end.

The 16<sup>th</sup> of June was the European Duathlon Championships in the Queens Park. So kitted out in our GBR tri-suits Rob and I braved the elements on a day that was more like mid winter to do the 10K run (2 laps round Duddingston along the Innocent Railway) 37K bike (5 laps the 'wrong' way round the park which felt really weird) then another 5K run lap. Rob passed me at the far side of Arthur's Seat while I was hanging onto the handlebars of my bike trying not to get blown off, he went blasting past down on the aerobars and took the zig-zags at full speed while I was a bit more cautious trying to avoid ending up in the hay bales at the corners. Rob had a very good bike split but was outrun by some very fast duathletes. While most of the field was made up of GB competitors the European duathletes although few in number were of a very high standard, it was unfortunate the weather was so bad as there were not many spectators on the day (although my Mum came along to cheer me on and ran up the hill at the end with me!). The awards ceremony was held at Dynamic Earth and was well attended by all participants, we shared a table with a group of Italians which was nice as it made you feel that you had participated in an International event.

The last weekend in June took us up to Knockburn Loch near Banchory for the first standard distance (1500m swim/42K bike/10K run) event of the year. Two 750m laps of a purpose made loch involved swimming round an island to complete the 1500m course, my sighting in open water is never very good so I managed to swim straight into it at one point. Graeme exited the water close on Rob's heels which was a bit of a shock for him and when they passed me on the bike Graeme had taken the lead with Rob in pursuit muttering 'Gow's beating me!'. The bike course was quite technical but through some spectacular scenery even though it was raining (again!). This was followed by what resembled a cross country run, taking us round farm tracks and through forest trails, again picturesque but muddy, to the finish line back at the loch. Graeme's running speed saw him increase his lead on Rob with them finishing in 4<sup>th</sup> (in 2hr 25min) and 8<sup>th</sup> (2hr 31min) MVet respectively in a very competitive field (Rob had also just done a night shift again!) and I finished 3<sup>rd</sup> FVet in 3hr 3min much further down the field with 14 other females. An excellent bar-B-Q was put on and everyone huddled together under makeshift shelters to watch the prize giving, definitely going back next year for this one and hopefully some summer weather.

\*\*At the time of writing we are training for the Aberfeldy Half Iron Man event in August (1.8K swim/90K bike/23K run)(Scottish Championship) which is our first venture into middle distance, and I know that Linda is doing the full Ironman distance (3.8K swim/180K bike/46K run) at Sherbourne in September, so I am sure everyone in the club would join me in wishing her Good Luck and look forward to hearing about it! Maybe see some of the 'pure' runners dabbling in triathlon/duathlon next year?!

(August 2007)

note added in November

\*\* Having broken down on the Forth Road Bridge on the way up to Aberfeldy we were rescued by the RAC who put our bikes in the back of the van and managed to get us to the start with just minutes to spare! Everyone else was in Loch Tay warming up as Rob and I arrived and still had to put our bikes back together, rack them and get our

wet suits on.... we were running down the jetty as the starter went off. Rob quickly caught the group but I was a bit left behind and spent the rest of the day trying to catch up. Yet again it poured all day but we both still really enjoyed our first dabble in long distance stuff. Rob finished in 5hrs 30min and I did 6hr 32min and received the 3<sup>rd</sup> FV prize so was really chuffed. Rob and Graeme again did battle at the Police UK Standard Distance Championship race and came out 1<sup>st</sup> and 2<sup>nd</sup> MV respectively in a very close finish!

Also congratulations to Linda McGinley who I think is the clubs first 'Ironman' ...

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*.. a quick transition to Linda*

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**Tri Tri Tri Deux!**

*-Linda McGinley*

Dorset, 19 August 2007. I arrived at Sherborne Castle at 4.45am on a damp, overcast morning, a bag of nerves, dreading the whole thing and wishing I was still in bed – or anywhere else but here! However, by the time we were body marked with our race number, changed, and queued for the loo, it was time to head down to the lake.

The starting 'hooter' sounded at 6.20am, as 1,300 of us took to the lake, for the 3.8k swim. When so many go off at once, there is scope for being kicked, swum over, having your goggles knocked off....however, I exited the water in 1 hr 28mins, and was pleased to have survived unscathed!

Then, it was off with the wetsuit, a quick change of clothes and on to the bike for the 112 miles ahead, which took place in the very hilly Dorset countryside. We not only had the hills to contend with, but a strong headwind too. It was a relief to get off the bike after almost 8 hours. In fact, I spent more time on the bike that day than I do most days at work! I had been dreading the cycle, but was happy to beat the 'cut off' quite comfortably, and without incident.

Finally, it was back to the Castle and on with the running shoes, to complete the

last section of the event, a marathon taking in parts of the Castle grounds, the town centre and a pretty grim section of dual carriageway. I was on the more familiar territory of running now, although I had to take it easy due to a recently torn calf muscle that had put paid to most of my run training since June. It was a great feeling at about mile 18 when I realised I would finish the event within the cut off time of 17 hours, barring accidents! I even upped the pace at that point and completed the marathon in 5 hrs 31mins, and the whole event in 15hrs 18mins.

Overall, it was a great experience, and one of huge relief to finish in time and in one piece, and with the added bonus of having exceeded my personal targets in each of the disciplines. It made all those early morning swims, long, weekend bike rides and training runs worthwhile.

To put it into context, the winner finished the event in an unbelievable 8hrs 35mins, the slowest in just under 17 hrs. There were 110 people who didn't finish it, and I was 1,060<sup>th</sup> out of about 1,129 finishers, 6<sup>th</sup> in my age category.

Want some  
CAAC kit?  
There are  
short (£15) &  
long (£18)  
sleeved  
t-shirts  
available. See  
Sheena.

## Nice Cologne!

-Bryan Clark (BC)

On 02 November I travelled to Cologne in Germany as I was selected to compete for Scotland in the 11<sup>th</sup> European Prison Service Cross Country Championships. Thirteen countries took part in this event. Sweden, Luxembourg, Italy, Poland, Ireland, Slovakia, Spain, Netherlands, Germany, England and Wales, Cyprus, Hungary, and Scotland. Last year the Scottish men's team took 3<sup>rd</sup> team prize and were keen to at least emulate that result.

It was my first time at this event so I didn't know what to expect from the whole weekend. When we arrived in Cologne on Friday afternoon we were transported to the venue which was a youth hostel about 1 hour away from Cologne. The cross country started and finished outside the hostel so it gave us a chance to go round the course on the Friday night. It was a 9km race (3x3km laps) and the first 800metres of each lap was on the road with the rest of the lap through muddy woods and a field. Each lap also contained four or five decent climbs with one quite steep downhill (yes it was steep, it wasn't just my fear of downhills!)

The race kicked off at 10am on Saturday morning and after warming up I decided to wear Walsh's to cater for the road section of the race. The start was pretty slow and I found myself leading the race on the road on the first lap. Just as we approached end of the road and the top of the steep muddy downhill on the first lap, two Italians put in bursts and several other athletes followed them. I found myself dropping from 1<sup>st</sup> to 14<sup>th</sup> place in the space of 3secs. I managed to move back up to 9<sup>th</sup> place but was really struggling on the last lap and had to really dig in hard on the last couple of hills to avoid dropping a couple of places. I eventually finished in 9<sup>th</sup> and was 2<sup>nd</sup> Scot home.

We were taken into Cologne to do some sightseeing on the Saturday afternoon and then returned to our accommodation for a dinner/dance. The dance and the presentations and speeches were held at the local school which they had decorated for the event. After what seemed like 12 hours of speeches including translations we received the awards. The Scottish

men's team were 3<sup>rd</sup> and I also won an award for 3<sup>rd</sup> under 30 man. Scotland also claimed the awards for first lady overall and first ladies team. We then had a fair bit of drinking and dancing and whilst the Italians may have done well in the race, Scotland was the only winner when the Italians challenged us to a dance-off!

A thoroughly enjoyable weekend and I'll certainly be hoping I'm on the plane to Madrid for next year's event.

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***You've heard the result, seen the DVD now read the report, exclusively in your CAAC Attack from the man's mouth...***

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## 2004 vs 2007

-Moray Anderson

In 2004 I ran or rather survived the Paris Marathon getting round in a time of 2:45:01. I was happy to finish in a respectable time but it had been a real struggle. I suspect I was ill prepared to race the distance having not afforded the marathon the respect it deserves. It would be more than three years before I felt ready to have another crack at the distance but finally this summer I decided to enter the Loch Ness Marathon. I made a fairly late decision to run, about 10 weeks out from the race but I was confident that my good starting level of fitness would allow me to prepare in that time. Although my coaching knowledge has come on since I did Paris my preparation was not particularly scientific. I steadily increased my weekly mileage and then maintained this volume whilst increasing intensity of some of the work. I retained the track sessions I was doing with the distance runners in my squad for most of the build up and used hilly routes for some of my runs. A couple of races were included including the Great Scottish Run where I recorded a big pb which told me I was on the right track. Later in the build up I included some faster paced medium length runs (tempo runs) but essentially there was nothing groundbreaking just consistent training. An example week of training;

Mon:

19km off road hilly run

Tues:

20x400m with 100m jog recovery (warm up & down)

Wed:

AM 10.5km easy run

PM 16km easy run

Thurs:

AM 7km easy run

PM 16km at marathon race pace

Fri:

AM 10.5km easy

PM 12km easy

Sat:

30km easy run (practice drinking on run as well)

Sun:

12km easy (recovery)

I reduced my training volume slightly two weeks before the race and then significantly in the last week and began carbohydrate loading on the Thursday before race day. It was not really necessary to greatly increase my food intake as my reduction in training meant I was burning far fewer calories already. I did however supplement my diet with a carbohydrate drink (100% maltodextrin) and from Saturday aimed to consume mainly refined, low residue (low fibre) foods as well as ensuring adequate hydration. On race day I ate a very light breakfast (cereal, small piece of white toast and piece of bagel) and consumed some more carbohydrate drink three hours before the start. From then until the start I merely sipped water.

The race itself started in almost perfect conditions, maybe a little cold but I wore a cap at first to keep the chill off my freshly shorn head and the low sun out of my eyes. In contrast to my first marathon in Paris I was up with the leaders from the start which was a pleasant feeling and in spite of the undulating nature of the course I was comfortably running around my target pace. I threw off my cap at around nine miles where I first saw my "support crew" of Tommy and BC although I continued to don my handkerchief (around my neck) which handily mops up sweat but is primarily a nod to our great

marathon runners of old. The hilly nature of the course finally levelled off for a bit around 10 miles and I was able to really get into my running. The leader and eventual winner (Zakary Kihara) pulled away around this point and others made a few half hearted attempts to breakaway as well but I knew I had to forget about them and stick to my plan. This was a wise choice as each break away came back to me such that at halfway in 74:10 I was right in the race for second. Some more priceless encouragement from my very own rent-a-crowd gave me a good boost here and as eventual third placer Andy Farquharson put the hammer down I was able to go with it dropping an out of sorts Simon Pride into the bargain. Shortly before 16 miles Farquharson seemed to flag suddenly and dropped away at such a rate that from their vantage point up ahead Tommy and BC assumed I'd stepped up the gas. I later assured them that as for most of the race I was just "plugging away" at the same old pace, seems that most of the others were just "plugging away" at a slower plug than me!



As Tommy sped past on his bike to the next "support point" he mentioned some hills ahead between 16.5 and 19 miles. A minute or so later BC squeaked past on his slightly unreliable looking cycle and I had a chuckle to myself unconcerned with Tommy's advice. Through Dores with its street(!) lined with the entire supportive population I began to remember some words of wisdom from Stuart Clarke which had been echoed by some locals in the pub the previous night "watch out for the hill

after Dores". Then at 17 miles I saw what I thought was *the* hill and scoffed, so much so that I had the energy to greet a row of cattle peering over a fence with a hearty "morning ladies". That one was no problem. Of course to his credit Tommy had said *some* hills and sure enough at 18 miles it appeared ahead, a tough climb at the best of times never mind at 18 miles in a marathon. I could make out BC approaching the top pushing his bike up the last 40 metres or so which didn't fill me with confidence but to be honest I got up it just fine, slowing considerably towards the summit but ok really. From then on it was a case of pushing on in an attempt to keep the pace going. Another hill around 20 miles and a seriously sore ankle and quads for the last five didn't slow me too much as I took heart from how well I was actually running and was even able to put in a decent last mile (where I'm sure I was catching BC on his boneshaker). I finished second in 2.30.56 which I was pretty chuffed with. I was less chuffed with my legs for the next four days which refused to work properly although admittedly I'm sure there are better post race recovery strategies than going out with the support crew in Inverness until 4am!

Three weeks on and I'm back in (very light) training but this time I don't feel scarred by the experience, far from it, I fully intend to do another marathon next year although at this stage I'm not sure which one. Whilst I still have a bit of thinking to do there are a few areas where I might improve my preparation. Hill sessions are golden for endurance athletes and although I did some hilly runs I didn't complete any out and out hill sessions during my 10 week preparation. My average weekly mileage whilst greater than I have achieved before over any period of time was still probably shy of what I would need to cover to really squeeze the most out of my potential. That said we don't always know how our bodies will react to greater mileage. From experience though I believe I could have peaked at a higher mileage and also maintained the higher volume training for a longer period. After all the build up was only 10 weeks two of which were easing down weeks. No doubt I'll decide on which race to aim for in the coming weeks and hopefully I'll be reporting on another encouraging performance in a future CAAC Attack!

*.. an insight into Winter antics*

**Borders CC Series**

The Borders CC series is the Winter's Tour of Fife and Bog and Burn series' wrapped into one with challenging courses and mountains of foods laid on after they are not to be missed. Reports of unrunnable grassy banks, rope pulls and outright cheating from members of Edinburgh AC do nothing to dampen the spirits of the CAAC hordes that chase the mud in the cold and rain. In fact despite all the hardships the response is one of positive rapport and sheer joy. If you fancy seeing what all the fuss is about the series costs £10 to enter, and the dates are below. For more information see Dean, Gillian or someone that looks muddy from the weekend.

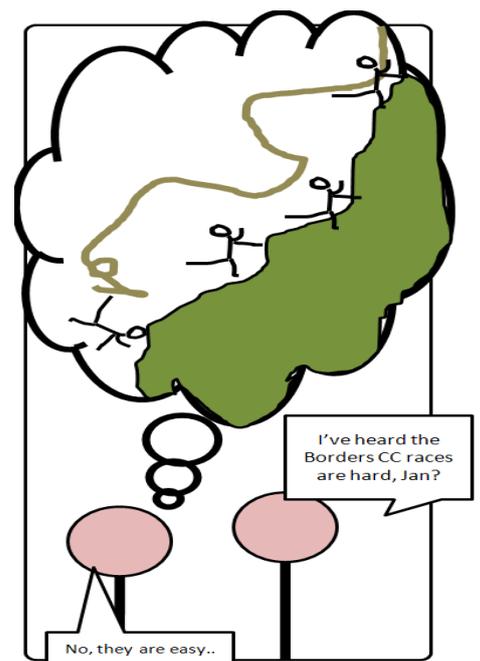
02/12 Dunbar

16/12 Gala Harriers

06/01 Moorfoot (Peebles)

27/01 Berwick Harriers

17/02 Lauder Limpers



## Fashion's victims!

-Christopher O'Brien

Recently on a packed 44 bus ride back from a hard working day at the office, I received a phonecall which contained a proposition. The phonecall was a friendly one from Arpita at Run & Become, but I still came off the phone with a fair bit of trepidation.

Arpita was looking for some athletic looking fellows to don some kit for the Winter R&B catalogue. Sounded like fun, but she only wanted the biggest and ugliest guys from our group so that counted out the pretty boys including Callum "I wear hairclips, when running cross country" McKenzie, Ally "awol" McColl and the man we rescued from a Dolce Gabanna orphanage in the late 90's and trained as one of our own Kris Berry. As everyone stepped back, Bryan 'I've been growing my hair just for this very opporchancity' Clark, Ewan 'Guns of steel, legs of jelly' Stark and myself were left at the gauntlet.

The date was arranged for after one of the R&B Self Transcendence Meadows Races. It turned out to be a nice sunny evening and we got to try on some nice kit that would've otherwise been out of our price range, well mine anyways! The hardest part was being asked to pose in a stretch position, for all the stretching we athletes do, to do it under pressure you don't half feel self conscious that your coach is going to see doing it wrongly plastered over the Winter running magazines. Being found in that position would only lead to being given extra reps up Kaimes, a punishment in any CAAC athlete's eyes!

It was great fun and Bryan proved to be the star pull, after being railroaded into wearing some of the more questionable gear (read luminous). His close to perfect fashion running, seen him appear in the heady heights of a place in the Scottish Athletics PB magazine. Most expensive garment worn went to Mr. Stark who modeled a compelling £275 masterpiece from Gore, but we couldn't quite work out who would actually ever wear it?

It was a pleasure to be asked and we have recently done another. Cold Saughton on a Winter's day wearing skin suits and vests!

If we weren't self conscious the last time we are now ;]. Here's some snaps if your eyes have been spared thus far.

2014

-Moray Anderson



Just the other week the editor asked me to pen a short piece about something topical in the sport. Within days there was only one thing to talk about when Glasgow was announced as the host city of the 2014 Commonwealth Games. Shortly afterwards, at a packed Scottish Athletics International Coaching Conference, Dr Frank Dick spoke in his inimitable style and charged Scotland's coaches with the responsibility of preparing the nations athletes for Glasgow 2014. Seven years to identify and nurture talented individuals who will ultimately carry the country's hopes at Hampden Park. Scottish Athletics, the sport's governing body, immediately set an ambitious target of full representation in the athletics events which may at this time seem optimistic but has at least thrown down the gauntlet to the sport in Scotland and quite right too. So where does CAAC fit in to all this?

Clubs of the calibre of CAAC have to get on board and embrace this optimism. They do have a responsibility to the sport and especially to the athletes. In this respect I'd like to see Corstorphine set itself a target of making sure at least one of the competitors wearing dark blue on the start line, in the circle or on the run way at Hampden in July 2014 is usually to be found wearing white and black. Let's get behind the games, let's get involved in the games but most of all let's get someone competing at the games!

Get involved with CAAC on a daily basis, there are lots of race reviews, chat, information and more on our website. Even compare your best time to the club records or check race dates or check out the club constitution. Any other ideas for the site email them to [admin@caac.org.uk](mailto:admin@caac.org.uk) or let Nick, Dean or Chris know in person.