

The Timdog and Kipkeitho Page

Timdog and Kipeitho are not as you may immediately think an awesome crime fighting duo. That said I'm sure they could be. Tim could manhandle the oncoming traffic with words of confusion and Keith could whisk the old ladies over the Zebra Crossing outside Westburys, whilst both clad in white and black matching lycra outfits. Hmm may be onto something here... :] They are in fact Chairman and Vice Chairman of the club, and proud to be it they are.

Timdog and Kipkeitho have been working hard cleaning up the dark streets of Corstorphine, and on their off days have also arranged the purchase of a 3m x 3m Tent. It is White and big enough to stand in. The Tent which will henceforth be know as the CAAC Cave will be making its first appearance at the **National Cross Country Championships at Calendar Park, on the 23rd February.**

The National Championships is the last club fixture of the Cross Country Season, and Kipkeitho as put a short round up together of the winter events so far.

"The season started off as usual with the District relays in Dunfermline. In perfect weather, Corstorphine picked up bronze medals in both the boys' and senior men's races.

The same lads (Christopher, Andrew and Fraser) finished a creditable fourth in the National relays at Cumbernauld. The first men's team sneaked into the top ten (in ninth place) assisted by a superb run from Dougie Selman, with the joint sixth fastest lap overall.

We also had success at the East District Championships on a cold, rainy day in December. Christopher Galloway was a clear winner in the U13 race, so we have a champion in the Club! Fraser Scott was runner-up in a highly competitive U17 race, while the U15 boys were fourth team.

The Club has also done well in the East District league, with a number of good performances, again most notably in the younger age groups, with Christopher winning all three races at U13 and Fraser recording two second place finishes.

Hopefully we will have finalised team results in the next issue.

Lastly, we now have a sizeable group taking part in the Borders league ('real' cross-country) and CAAC is currently second in the league, with the final race taking place at Lauder on 17th February. Individual places will become clear after the race, when overall results are calculated."

There are still a good few weeks left of training in the halls however there are some exceptions. **On Thursdays 14th February and 6th March Corstorphine Primary School will be closed. The last night of Winter training is on the Thursday 20th March.** Thereafter we will be returning to Saughton Enclosure for the Spring/Summer.



Whilst you still have your palmtops, filofaxes, sundials and diaries out some other notable dates are ...

- 13/03/2008 - AGM @ Corstorphine Primary School (including prizegiving, awards and social gathering first in the school then onwards to The Corstorphine Inn)
- 07/06/2008 - Corstorphine Fair (it was agreed to have a toy/book stall again. So all book/toy donations can be collected and brought to Sheenaldos aka Sheena Anderson our beloved Treasurers home)
- 11/06/2008 - CAAC5 & Fun Run

CAAC recently held its annual planning meeting. (Full minutes of this meeting will be available online shortly at the CAAC Members Only messageboard. If you cant see this part of the messageboard, you'll have to register if you haven't already, login and request access by emailing admin@caac.org.uk where Chris, Nick or Dean will allow access.)

Discussed at the meeting was the need for a Club Logo. This logo would be on everything from our club kit, letterheads, banners, our website and much more. It will give us an increased identity in addition to our already firm branding of CAAC. As a result of this we are running a competition to design a logo, there will be prizes for all age groups (Masters you are in with the Seniors!), and one of the winners may be chosen as our logo. All entries will be displayed at the AGM on the 13/03/08. Closing date for entry is 6th of March. Entries can be handed to Sheena or emailed to admin@caac.org.uk To wet your insatiable appetite prizes are to include, signed CAAC T-Shirts and other great stuff.

CAAC T-Shirts
Short and Long
Sleeved,
Black and
White are still
available. See Tim
for orders.



Dean Carr



After the tales of running heroism from last year, a new improved team of Caac runners headed down to the Borders series this season, to do battle with the borderer's and try and grab some of their silverware.

This season, the series kicked off over the border in Norham, England. Its was a wet and muddy day and the course was pretty extreme with some serious off piste sections and a rope pull to the top of one of the Hills.

CAAC set out their stall early, Keith Hood coming in first over all for the men, Gillian Carr coming in 2nd Female senior and the Team coming in 2nd. After the race we all headed to the traditional Border XC Apres running venue, the Cedar Cafe near Grantshouse for Sausage egg and chips, A just reward.

Next race up was the beach race at John Muir Park, Dunbar. Beautiful day it was for a beach race, which finishes up will a nice wooded trail section through the woods. Again Keith pulled of a 1st place for the men, the team holding its 2nd place. Mr Brent Vivian had a great race, exacting revenge on yours truly (from the Black Rock) pipping to the post on the line.

The third race, was the pre-Christmas race at Galashiels. A tough course through woods and fields outside the town. Again 2nd,3th, 4th was contested closely between Graeme, Brent, Alex and Myself. Keith made it 3 in a row and Gillian made 2nd Female senior. Mr Grant Wilkie provided the Apres Feast with some fine home baking which was much appreciated by the team.

The fourth race was in Peebles. The race started with a nice run along the river bank, but there was a killer hill which most folk (even Keith) had to walk up. Keith won the series with his fourth 1st place and the team still holding onto second place.

The penultimate race was back in England, just over the Border in Berwick. This was another beach run along Spittal beach and up a steep hill, then along a headland and back. Very tough conditions, strong wind whipping the sand up into a sand storm, head on on the final straight. The finish was complete torture, headlong into the sand storm across soft sand dunes meant most runners were stumbling across

the finish line gasping for air. Keith came in 2nd, this time but who care he's won the series and we got to go to the Cedar Cafe again !!!

At the time of writing we still have the final race to go at Lauder. Its going to be tough, the team fighting for 2nd place and lots of guys fighting for top ten positions.

For information on the current standing have a look at the Norham Running Club website www.norhamrc.co.uk and click on XC2007-08.

Good luck everyone give it your best shot for CAAC.

CAAC Border XC Runners : Dean Carr, Gillian Carr, Grant Wilkie, Graeme Fletcher, Keith Hood, Brent Vivian, Alex Cumming, Ian Cumming, Eileen MacGregor, Nick Brown, Steve Blair, Mike Anderson, Jan Bert Van Der Berg and Dave Henderson

1000 miles of darkness ...

Christopher O'Brien

Its hard enough going to work or school, with only a small dalliance with the sunshine as you stand stranded by the Klixx machine. For a lot of people with no inclination to run or understanding of a runners mentality the Winter efforts of us hardy CAAC souls are nigh on unfathomable. For those people that run; the tight leggings, odd balaclava, fingerless gloves and plethora of ill matching fluorescent and thermal wear is somewhat accepted. However the next step is even hard for us that want and enjoy the efforts of a hard challenging run come rain or shine. Getting out and training hard on those dark morning and dark nights.

Its a challenge which i have taken on with gusto many a time in late September, however the resolute thinking soon withers as the bed becomes more a place to hibernate every AM and the cosy flat and PC wave more invisible come hither fingers when attempts to cross the threshold are thwarted in the evenings. This year in September after a measured and controlled Summer effort I once again made the same promise to attack the Winter with vengeance and do my time on the roads and grass.

This whole year ive felt ive had much more direction about my running and with a goal set at the start of Spring 2007 to run sub 1m54s for the 800m, my training has been arguably the most structured and thorough of my entire running career. Much of this structure is thanks to Moray and my squadmates, but ultimately you have to drive yourself. A typical weekday this Winter has consisted of a 20min run followed by a set of circuits, some light stretching and core stability work. This is always quickly followed by a good breakfast of Cereal, Fruit Juice and Toast or similar. On the good mornings the run is a breeze the situps easy on a bad morning i can hardly open my eyes never mind stretch out my legs and the pressups seem like i've put on 10kg weight overnight. However regardless of which kind of AM i have its the perfect start to a day, adrenalin pumped, fresh and warmth for the day ahead. Its never easy to get up but as long as keep my goal in the forefront of my mind that first step out of the warm flat is so much easier.

Evenings and weekends pretty much deal with themselves. Mondays, Tuesdays and Thursdays i train at the club or meet the guys for a run, Saturday there is either a race or a hilly off road run (always fun..), Sundays is the long, peaceful see how it goes run (unless of course i get some awful ditty stuck in my napper or worse still stuck on the meaning and pronunciation of juxtaposition [jux ta po si tion] - an act or 1. instance of placing close together or side by side, esp. for comparison or contrast 2. the state of being close together or side by side; to save you a reach for the dictionary ;]) and finally i've put no pressure on myself to run Friday or Wednesday evenings, expecially so on Fridays allowing myself the evening to come home from work and kickback completely. I think factoring in that rest pressureless training day makes for a reasonable work-life-running balance, which makes the rest of the weeks hard graft that much more palatable.

Overall? I think i am winning. I did a quick tally the other day and from September 24th 2007 to 10th February 2008, 20 weeks of Winter training. I had ran an average of 90km a week (~55miles). Add into the equation that 21 days of those 20 weeks were missed due to more than my fair share of colds, a smidgen of injury issues in late November and less admirably later skiving due to festive involvements i am relatively pleased with the battle thus far. I've just passed my 1000th Winter mile this week, and whilst it hasn't been perfect its been my best Winter yet.

WEEKS 1 - 20 [Km]

78.8 / 94.7 / 103.9 / 110.8 / 120.9 / 123.5 / 134.9 / 130.1 / 83.7 / 5.3 / 75.2 / 72.6 / 91.4 / 30.9 / 71.7 / 27.1 / 98.0 / 93.8 / 113.3 / 121.2

My short term goal is finishing top 50 in the Scottish National Cross Country Championships, and mid term to finally reach my target of last year of running sub 1m54s and better. Hopefully with another couple of months of dark mornings and dark nights ill have set myself up nicely to be successful.

I keep a daily dull log of my training on the CAAC website, alongside the much more entertaing Mike Malcolm-Smith, Alex Cumming, Steve Blair, Mike Anderson and Paddy Jumelle's memoirs of the long cold dark Winter.

<http://www.caac.org.uk>

CSSAL still in the running

Tim Norwood, President, CSSAL Team Captain and wannabe CAAC legend

CAAC Attack can confirm that Corstorphine will compete in the Central and Southern Scotland Athletics league (CSSAL) again next year after rumours circulated that the league would fold.. Before Christmas, Tim Norwood (30), CSSAL Team Manger, said "I heard that CSSAL was going to fold and some of the remaining clubs would form a new league", but after an Extraordinary General Meeting of CSSAL member clubs it was agreed that the league was viable if event timetables and organisation improved. There was change of secretary to Jason Pender of Kilbarchan and new Division Representatives elected to help devise a new

improved timetable. Tim Norwood was elected as Division Rep for Division 2.

After promotion last year, Corstorphine will compete in Division 2 after several years in the wilderness of Division 3. Please make every effort to compete in this league if you are available. The provisional dates for your diary are;

Sunday 27th April
Sunday 25th May
Sunday 10th August

It was also agreed at the EGM that the matches should last no longer than 12 to 5 pm. The divisions for 2008 are made up of the following clubs;

Div 1
Kilbarchan
Giffnock North
Whitemoss
Law & District
Ayr Seaforth
Central
Shettleston
East Kilbride

Div 2
Airdrie
Kirkintilloch
Lasswade
Livingston
VP-Glasgow
Corstorphine
Nithsdale
Dunfermline W Fife

Div 3
Falkirk VH
Irvine
Helensburgh
Stewartry
RH Cambuslang

CAAC WORLD CHAMPION

Tim Norwood

Imagine my surprise when flicking through a Scottish Youth Hostel Association magazine to discover a half page article about a young CAAC athlete. Not only that but, the article was about their achievements in athletics and describes them as a "shining example". How do I not know about this? I read on.

It turns out we have a young woman who completes for us regularly through the summer months on the track, who is reigning Women's British 100m, 200m and 400m transplanted champion. Anna Burnett, who we



regularly see running at CSSAL meetings for Corstorphine, first joined the club as a junior many years ago, but, like some (including me), we lost contact with her for few years until I spoke to her again in 2004. I didn't know that Anna was born with a very rare liver condition Crigjar Najjar, which means she was missing the enzyme that gets rid of the toxin, Bilirubin. To prevent her getting permanent brain damage she had to spend 16 hours a day under a special blue light. At the age of ten she had a partial liver transplant which changed her life forever.

She first took part in the British Transplant Games in 1997 and has been selected to represent the UK on several occasions at the World Transplant Games. But I hadn't read the best bit yet. At the World Transplant Games in France 2005 Anna won gold in the 200m, her main event.

At the end of July 2007 the British Transplant games came to Edinburgh and as usual Anna won gold in the Women's 100m, 200m and 400m, with some of the best time ever in the competition.

Many of you won't know Anna because she trains at Meadowbank under Gary Wilson but if you see her, say hello, she's very friendly. Good luck Anna.

CAAC Road Race Series 2008 – Scratch Attack

Moray Anderson

This spring will see the introduction of an exciting new competition open to CAAC members who enjoy racing on the roads. The CAAC Road Race Series 2008 – Scratch Attack will see athletes battle it out for the title of Road Race Series champion and using a unique scoring system athletes of all standards and ages (U20 upwards) have a chance to win. Full details follow but the basic idea is that there are a number of selected events where points can be gained. Extra points are awarded for season bests or age group personal bests and for attaining a target time set by the handicapper general. Enter more of the selected races and you'll have more opportunity to score points, improve throughout the season and you'll fare even better! This year's races have been chosen by the organisers largely from local races or races of particular merit however if your favourite race is not featured you can nominate it for next year.

As part of the Road Race Series the spring handicap is to be re-established this year in its original 6 mile format in the Currie Balerno area. The first event however is the Edinburgh half marathon on the 16th March so get yourself entered for that in the normal way then pick up a Road Series entry form at training and get involved in the 2008 Scratch Attack!

Details/Rules

1. Athletes will gain points for each of the CAAC Road Series events they contest. 1 point for each apart from the handicaps where 2 points will be awarded.
2. Upon entry with the CAAC Road Series (CRS) *organiser* the *handicapper general* will allocate a time standard for each distance which will be required to gain your time bonus. Again this bonus shall be 1 point except at the handicaps where it will be 2 points.
3. The *organiser* will award 1 point for each season best recorded in the series. This will not take non CRS events

into account therefore the first attempt at each distance will result in a season best. Further attempts within the CRS at a particular distance may or may not result in a season best.

4. The *organiser* will award 1 point for an age group pb recorded in a CRS race. An age group pb will be regarded as an athlete's best time recorded for a distance whilst they have been in their current age group. This is to enable our more mature athletes to have a better chance of scoring a pb bonus. Athletes will be responsible for notifying the *organiser* of such pb's upon entering the series. False claims if discovered will result in disqualification. The age groups covered will be M/F 40, M/F 45, M/F 50, M/F 55 & M/F 60+. Note that M/F 35 will NOT be regarded as a masters age group. An athlete's age group will be taken from their age at the start of the series.*
5. The *Meadows bonus* of four points shall be awarded to anyone who completes a Self transcendence full house comprising of either one race of each distance (1mile, 2mile & 5km) or three races of one distance. There are numerous Self Transcendence races throughout the season giving all entrants a good opportunity to gain the *Meadows bonus*.
6. There will be no charge to enter the CRS for club members however athletes will be required to intimate their intention to compete to the *organiser* or *handicapper general*. Athletes will be required to enter series events in the normal way however the *organiser* shall collect results and collate scores.
7. A prize will be awarded to the athlete (male or female) with the highest total score after the autumn handicap.
8. In the event of a tie for first place the winner shall be the athlete with the highest average finishing position in the handicap races.
9. The title of CRS age group champions shall be awarded to the age group with the highest score from three counting athletes. As well as a prize for the team counters the winning age group will have bragging rights for one calendar year.
10. A monthly ranking table of all entrants will be displayed on the CAAC web page and also at training throughout the CRS.

For further details on the series or an entry form, contact the *organiser*.

*Sorry if you move up an age group during the series but it will work out better for you next year.

Race	Competin g ¹	Target time ²	Season best ³	Age group pb ⁴
1 Edinburgh Half	1	1	1	1
2 Spring Handicap	2	2	-	-
3 Edinburgh 10km	1	1	1	1
4 Penicuik 10km	1	1	1	1
5 Dunfermline Half	1	1	1	1
6 Rigg Race	1	1	1	1
7 CAAC 5	1	1	1	1
8 Scott. Gas 10km	1	1	1	1
9 Great Scottish Half	1	1	1	1
10 Autumn Handicap	2	2	-	-
Meadows bonus ⁵	4	-	-	-
			Total	44