

the caac attack

It's AGM time, so rather than the usual officious editing expect some hardball. Sheenaldo (aka Sheena Anderson) our Treasurer, Friendly Face and Substitute Motherly Conscience for 2 hours every Tuesday and Thursday. Took me to one side the other night and gave me a few overviews of the recent publications. Oh... she also told me to shave before coming to training and "pull my socks up". Honesty forefront in my mind i think this incarnation of CAAC's Premier Printed Bi-Monthly Publication has been edited with no sarcastic undertones.

Not dwelling to much on the wiffa' waffa', my coach Moray is always lamenting us with the phrase, dietary tip and good runners advice "Eat breakfast like a king, lunch like a prince and dinner like a pauper". That said he isnt the only influential person out there, the literay great that is Mr.T of A-Team fame once said, "As a kid, I got three meals a day. Oatmeal, miss-a-meal and no meal." it is essentially the same quote give or take a bowl of cereal. Although im not sure who copied who?

Its been a hard and fun years running from Hills, Track, Road Cross Country and more the club has been very active. Bob Innes our stat man extrodiannaire penned the following article. That gives just a brief insight into the years efforts...

YOU CAN RUN BUT YOU CANT HIDE.

This year our athletes went to great pains to run in places where Bob couldn't find them. As usual, most of them failed. The one who almost got away was Tommy Ferrington, who went to the Eyam Half Marathon in Derbyshire. Unfortunately he told somebody in the club, so it was easy to find his time on the internet. Although his time was a little slow for him he still won it. Then we had Brent who went to the Newburgh 5 miler which nobody from the club has done before. He also sneaked off to the Brig Bash 5 in Bridge of Earn along with Gillian and Grant but I tracked them down and their times were added to the club database. We also had a valiant attempt at confusion by Mike, Steven and Graeme Gow who went racing at Knockhill. Nice try lads but I already knew that it was a couple of laps running round the track in trainers rather than using a car. Perhaps the nearest anybody got to hiding from me was Tim Norwood, who went to do "The Highland Fling". I assumed he had taken up dancing but it turns out that this is an 85Kilometre trail Race in Tyndrum. Since nobody has ever run that distance before he created a new club record coming in 22nd in a time of 11hours 1min 58secs. However, that wasn't the longest run in a CAAC vest this year. That honour goes to Tommy Hepburn who completed the gruelling West Highland Way Race in a phenomenal time of 23hours 11mins 10secs. All of these times and over a thousand others have been captured this year. I may have missed some but if you give me a little hint next year I will find yours and add it. Who knows, you may just be the next club record holder. And if anybody wants a copy of their performance log for this year just come and see me any night at training.

CAAC SUMMER SCHEDULE



Did you really think we could keep the crimefighting duo of kipkeitho and timdog from a return to the front page? This month they have been working selflessly once more to produce a nifty cut out and keep plan for the Summer.

13/03 CAAC AGM (YOU ARE HERE)

16/03 Edinburgh Half Marathon ; Edinburgh
Event# 1 of Scratch Attack - the CAAC Road Race Series

05/04 National Road Relay Champs ; Livingston

12/04 CAAC Spring Handicap ; Currie-Balerno
Event# 2 of Scratch Attack - the CAAC Road Race Series

20/04 Scottish Mens T&F League ; Grangemouth

27/04 CSSAL T&F League ; Grangemouth

04/05 Great Edinburgh 10k ; Edinburgh
Event# 3 of Scratch Attack - the CAAC Road Race Series

10/05 Penicuik 10k Road Race ; Penicuik
Event# 4 of Scratch Attack - the CAAC Road Race Series

11/05 Dunfermline Half Marathon ; Dunfermline
Event# 5 of Scratch Attack - the CAAC Road Race Series

17/05 Scottish Mens T&F League ; Meadowbank

25/05 CSSAL T&F League ; Dumfries

26/05 Rigg Race ; Balerno
Event# 6 of Scratch Attack - the CAAC Road Race Series

07/06 Corstorphine Fair ; St Margarets Park

11/06 CAAC5 Road Race & Fun Run ; Turnhouse Rd
Event# 7 of Scratch Attack - the CAAC Road Race Series

29/06 Scottish Mens T&F League ; Meadowbank

13/07 Scottish Mens T&F League ; Grangemouth

03/08 Scottish Gas 10k ; Silverknowes
Event# 8 of Scratch Attack - the CAAC Road Race Series

10/08 CSSAL T&F League ; Linwood

07/09 Great Scottish Run Half Marathon ; Glasgow
Event# 9 of Scratch Attack - the CAAC Road Race Series

16/09 CAAC Club Championships ; Saughton

18/09 CAAC Autumn Handicap ; Saughton
Event# 10 of Scratch Attack - the CAAC Road Race Series

CAAC JUNIOR FEMALE ATHLETE of the YEAR

It is testimony to our club that there was such breadth of choice for the award of Junior Athlete of the Year, in both the male and the female category, and for the award of Junior Female Athlete the selection was not a difficult task.

The Committee had no problem at all identifying all of the qualities represented by the award in this young athlete. It is not just about the person with the best athletics performance, just as important is their commitment to the sport, the contribution they make to the club, and how they conduct them self, not only at training, but in and out of competition in what ever activity they participate in.



In the case of this year's Junior Female Athlete of the Year, not only is she going from strength to strength with her athletics performance, she is a popular member of the club, and is a well liked and lively personality in her squad. She has even taken recently to recruiting new members to the squad, by enticing them with the prospect of "happnin' tunes" for the Tuesday night circuits at Forrester's.

There can be no doubt that this years winner is a worthy recipient. During the summer she took part in an impressive range of events both for the club, and for her school. She covered high jump, discus and javelin on the field, and on the track covered everything from 75m hurdles to 100, 200, 300, 800, 1500, and mile, as well as the Meadows 2 mile road race, and numerous orienteering events.

During the winter too, her cross country exploits included the East District league, district and national championships, where she has made some great improvements, and even when not competing, can give her mum a good run for her money, which she demonstrated recently at one training run over Clermiston hill.

She is also the proud owner of a shiny new road bike, which she put to very effective use in the New Years Day 2008 Ironkids Junior Duathlon where she finished second.

After careful consideration, the committee were unanimous in their choice of Junior Female Athlete of the Year, and are proud to have such a worthy winner in **Eilidh Nolan**. Well done Eilidh. We wish you every success for the coming year.

In the category of Junior Male Athlete of the Year too, there were plenty of candidates worthy of consideration for the award, and not only has this years winner an impressive list of results, the range of activities he participates in is also impressive, as is his approach to training and to competition.

During the summer he represented his club in just about every event in his age group. On the field he achieved a third in the javelin (Linwood) and a first in the high jump (East Kilbride), and on the track he covered everything from 80m hurdles, right up through the sprints and relays, to 400, 800 and 1500m, coming first or second in the majority of them.

During the winter too he never missed a cross country with an impressive run as part of a bronze medal winning young male team at the National XC Relays at Cumbernauld, and a third at Dunfermline, with top ten places in the rest of the league runs. As a result of his tenth placed run at the East District XC Championships at Stirling, he earned his place at the Inter District Championships at Holyrood in January, and finished off his cross country season with a respectable 37th placing in the National XC Championships at Falkirk, beating his previous year's time by a minute and by 11 places.



But it is not only when representing Corstorphine that he excels. He also trains hard with his swimming club and is a regular competitor, and when some of us may have been nursing a hangover on New Years Day, he was one of the NYD 2008 Ironkids, finishing third in the Junior Duathlon.

Once again the committee had no hesitation in selecting a most deserving winner for this year's Junior Male Athlete, and the award goes to a very talented and committed athlete, **Andrew Christie**. Well done to Andrew and good luck for an even more successful year ahead.

As is the way, the AGM CAAC ATTACK is a prized possession for a few, and this year it is no different. Congratulations to the Award winners...

Dave Henderson rapidly follows John's praise of a CAAC Athlete with the announcement of ...

CAAC SENIOR FEMALE ATHLETE of the YEAR

This athlete started training with the seniors group after completing the CAAC 5 back in 2006 and with a little persuasion from Auntie Sheena and cousin Moray. She came along to club nights.

She trained with the group when she could and managed to compete in some cross country races during the winter of 2006/7 finishing off with the Nationals at Falkirk with a time of 40min 18 sec.

For those of you who don't know her she is the one who always has a wide smile on her face whatever the session and weather conditions and in true CAAC fashion she just loves the mud and terrain of cross country.

She had decided to enter the Loch Ness Marathon which took place in October 2007 so she knew she had to up her training distance in order to complete this difficult distance. Needless to say this determined lady succeeded and finished in a credible 3hrs 50 mins for her first (and I don't know if it will be her last) marathon.

On training nights she would be asking me why we were doing certain things and to what benefit she would get out of it and I would wonder why she kept asking me until I found out she was a Jog Scotland Leader. Now I know she was picking my brains so she could pass on the information to her Stewarts Melville mums jogging group and get paid for it. (Not so daft ;])

She has now decided to use her Jog Scotland skills to assist with newcomers to the senior group and I'm sure she will be a benefit to the CAAC club.

Well done Pauline Kell you deserve it.



In a rather unavoidable twist of events, ive been forced to keep a wee secret for the last few days. Moray Anderson does a quick summary of this years ...

CAAC SENIOR MALE ATHLETE of the YEAR

The club has a number of members who seem to have been here forever and one such athlete is Christopher O'Brien. From his early days as one of Scotland's top young athletes regularly scooping district and national medals on track or country he has matured into a good level club runner and perhaps more importantly for CAAC a valuable and committed contributor to the success of the club. He has recently taken on responsibility for the CAAC Attack and has been operating the website for some time now. I have also relied on him heavily for coaching assistance this year when I have been unable to attend training. I was therefore astonished recently to see that Chris had never won the senior athlete of the year award. Whilst I knew that Chris perhaps went off the boil for a while when he first entered the senior ranks, he has been a team stalwart in the last five years or more.

His dedication to his running has been there for all to see over the last year as he has posted a detailed account of his training on the website. It has been enlightening and has shown us all just how much hard work goes into making a quality athlete which is exactly what Chris is right now. This award is certainly not a long service award or a sympathy vote as he has performed well all year and particularly over the winter as the hard training has started to pay off. His 4th place in the 800m at the recent Scottish indoor championships was a mere taste of things to come this summer.

I believe that Chris thoroughly deserves this award in recognition of all that he contributes to Corstorphine AC and not least for his great performances of the last year.



Dave Law takes great honour in announcing this year's winner of the...

RON ANDERSON MEMORIAL CUP

Kenny Macrae, Paul Taylor, Mike Ellis, Daniel Smith, Brian Christie, Charlie Smith, David Nisbet and of course Tim Norwood, are just a few teams mates that Moray has 'burnt off' in his long career with Corstorphine. Way back then, Moray (Mozza) was showing signs of being a great distance runner, not because he kept winning, but he kept trying! His mates back then were bigger than 'wee' Moray (except Kenny.)

His first track season, 1987 saw him emerge as an 800m runner. With consistent times around the 2:45-2:50 it was the sign of things to come. Somehow, he seemed to avoid the sprints, although he was known to do an odd 400m, with a moan! He would also try the long jump, and has given the High Jump a go! As he progressed, his 'mates' couldn't keep up the same commitment, and showed signs of sheer determination to do his best, even when his mates left to join 'bigger' clubs. His first ever, and the clubs, team trophy was way back in February 1987 during Corstorphine AAC's first winter season. He was in the Colts (U11b) team at an open meeting at Jack Kane centre.



He has been, like many before him, asked to join 'bigger' and 'better' clubs, but his answer was, and no doubt always be 'This is the best club, thanks but no thanks!'

Well some, eh 20 years on, Moray is running a good as he ever has. When in junior ranks, he was never disappointed with not winning, or holding records. Maybe because his coach kept saying "your time will come, when you get big'er!" Sure enough, his time has come, as a Scottish class distant runner. Don't think he ever got as big as his mate in height, but he sure has it as a runner.

Since his heady days of middle distance, he has moved up to being a regular Road Runner from a few miles up to marathons. His PB's in the last few years are awesome. He holds numerous CAAC records,

and if it wasn't for his young protégée, Kris Berry, he would have more.

Not only is he a great runner, team mate he is turning out to be a great coach. His athletes statistics speaks for his commitment to work closely with his athletes, as he develops each one's individual training plan. He developed a 'No saps' approach to his group. If you're in his group, it's to train, and "Train hard".

Suffice to say he's been a great inspiration to me, as an athlete, and coach and to many he has worked with.

Tommy Ferrington casts his mind back,

"I remember being in the Hogshead after running Edinburgh marathon in 2003 (I was just back to running at that point) and Moray was telling me how when coaches wanted to poach athletes they said "who are you training with then?" And then proceeded to ask me who I was training with then? I never thought I'd cut the mustard in Mozza's squad but he gave me the encouragement and support to find my niche in it and progress to where I am now (was then, 6 months ago anyway). It always amazes me the effort he puts into the whole thing."

So that Moray's first 20 years, and he still has ambitions that most of can't even dream about!

As an athlete and a coach, he has helped put Corstorphine AAC on the map! His meticulous fine detail towards his coaching, and those he coaches has produced a good group of athletes, and encouraged others to follow.

Out of all his 'CAAC' achievements, the most outstanding for me, and for that, merits this year's Ron Anderson Memorial Cup is his time he ran in the Loch Marathon on 7th October 2007.

2Hrs 30min 56 sec gave in 2nd spot in a strong international field!

Bryan Clark witnessed the race,

"Whilst watching Mozza running the 2007 Loch Ness Marathon we first saw him at the 9.5mile point of the race. The leader came into view and then Mozza appeared in the chasing group some 50metres behind. As the group passed Mozza made a comical Gary Lineker style gesture (about Paul Gascoigne in 1990) to indicate that he had noticed one of the group taking on fluids from his support crew (only fluids from the official drink stations are allowed). This showed that despite all the hard work that had gone into preparing for the race and the nerves that Mozza must have been feeling, he was still relaxed and enjoying the situation. It was a pleasure to watch him run such a fantastic race."

Well done Moray!

NATIONAL SUCCESS INDOOR AND OUT

Fraser Scott, Douglas Selman (*pictured below*) and Mike Clerihew (*picture elusive!*) amongst others have had good Winters, but Fraser, Dougie and Mike all completed their respective Winter seasons with excellent efforts, taking Medals in Scottish National Championships.

Fraser came through a ding-dong battle at Callendar Park in late February to take a fantastic and well deserved 3rd place in the Under 17 Mens Race, which was no doubt made all the sweeter by putting a fair distance between himself and other athletes which has already beaten him earlier in the season.

Dougie and Mike both took National Honours Indoors at the Kelvin Hall. Dougie winning the Senior 1500m title with a strong solo run, and Mike scooping honours in the 60m, 200m and Long Jump in the M60 age group at the Masters Championships.

Well done chaps!



CLASSIC RACE RETURNS TO FIXTURE LIST

The North Merchiston AC/ Corstorphine AC 6 mile handicap race was a popular fixture for a number of years in the 1980's and 2008 sees it return to the fixture list. The race took place around the Currie area on paths and minor roads on a challenging but enjoyable route.

There were some great battles on the course including former coach and Chairman Ian MacRae just holding off Dave Law for the title in 1988(?) To be fair Dave had made up almost half an hour of handicap! In 1986 the race welcomed a guest runner - no less than Olympic bronze medallist and World indoor champion Yvonne Murray. That year my brother Keith won and he often likes to remind me that it's a victory I've been unable to emulate! The day used to include a junior handicap as well over about 2 miles and we would hope to reinstate this race as well in the future.

The provisional date for the spring handicap is the 12th of April. It is a perfect opportunity for a fast training run and should be good fun. Remember it's also a counting race in the Scratch attack so I hope to see lots of you out there.

Keith Hood recounts a successful March weekend in Inverness...

INVERNESS HALF MARATHON 2008

A group of CAAC athletes headed north for this race last weekend. Saturday afternoon consisted of squally showers, forcing some of us into a pub to watch the Scotland rugby match. An inspiring win later, we met up with the others for an Italian meal at the Riva restaurant on the bank of the Ness and only a few yards from our B&B.

Fortunately, the next morning dawned sunny, and we made our way to the sports centre for early registration (the race itself being at 1:00). The race makes its way into the town centre, then out into the countryside before making a loop and then returning through the town by the outward route before finishing on the track at the sports centre. It's a scenic route, with much local support, particularly in the suburban areas. Due to a burst water main, there was even a small section off-road through some woods this year.



It turned out to be a good day for the Club, with PB runs for Dean, Mike, Steve and me and a near thing for Gillian. Margaret also made a successful return, after a period out.

Following the race, those of us on the evening bus back to Edinburgh took advantage of the spare time and went for a swim, Jacuzzi and a shot on the flumes, which eased the aching legs.

This race is to be recommended as it is well organised, follows a scenic route and you get a T-shirt and goody bag, all for a much lower price than the bigger city half marathons.

Results:

Keith Hood 8th 1.12.26, Dean Carr 54th 1.24.14, Mike Anderson 116th 1.29.38, Gillian Carr 126th 1.29.52, Steve Blair 181st 1.33.55 (*pictured*) and Margaret McCaig 848th 2.04.19

CLUB T-SHIRTS ARE STILL AVAILABLE BLACK AND WHITE, SMALL AND LARGE & SHORT AND LONG SLEEVED. SEE TIM.

In a particularly active period, as an active member of the main committee and club coach John O'Hara reports on the ongoing saga of the Edinburgh Athletics Facilities and how they will affect CAAC...

SAUGHTON ENCLOSURE

West Edinburgh Training Facilities. It seems likely that the planned new Athletics Stadium at Sighthill will not now go ahead. The City of Edinburgh Council had hoped that the money from the sale of the Meadowbank site would help pay for the new Stadium and the refurbishment of the Commonwealth Pool, but following overwhelming public opposition, the Council have delayed their decision, but are expected to back moves to demolish Meadowbank Stadium, and build a smaller athletics facility on part of the site. The money raised from the sale of the remainder of the site will still allow them to push ahead with the planned upgrading of Commonwealth Pool, but won't stretch to the new facility at Sighthill. The Council are due to meet on Thursday (13 March) and a full report is expected to be released early next week.

Throughout this whole process, we at Corstorphine AAC were concerned that there was little information about the future of the running track at Saughton, and following a recent meeting with Edinburgh Leisure, we were given the following update:

Work is to start shortly on a new 3G synthetic pitch development out-with the track enclosure and adjacent to the existing 5-a-side pitches. The athletics track will not be affected by this work, and the new pitch will, literally, be laid on the footprint of the old (current) pitch. There will also be a new surface laid where the enclosed 5-a-side pitches are. This work is scheduled to start in early March (weather permitting) with a 6-8 week construction period, and during this time all grass pitches, enclosure pitch and track will continue to be in use.

We are assured that there are no major developments planned in the future that should affect the athletics track, however following many years of debate, there is also a proposal to install a skate park at Saughton, but again this would be at the far end of the park and will not affect track users.

The Council have yet to gain public approval on this, and there are plans to consult with all major Saughton stakeholders sometime in the next few months to which Corstorphine AAC will be invited.

Lothian Thistle Football Club have also requested permission to build a small spectator/stand area which would not affect any athletics facilities, but no decision has been made on this to date.

... and whilst on the topic of Saughton and return to the track season Dave Law has some good advice to take it all in your stride..

TRAINING NIGHTS AT SAUGHTON

It may be summer, but its Scotland, and more to the point, Edinburgh!

Some things you need to think about when you come training on Tuesday and Thursday.

- 1: Bring worm gear. Including gloves (have a change of clothes for wet nights)
- 2: Arrive on time! We have a lot to get through, so warm ups start 7pm sharp!
- 3: Bring your spikes. If they are too small, bring them and hand them to club who can lend them to someone who hasn't got any
- 4: Bring attitude! We want you to enjoy training for the gains you get! Improving yourself in athletics. Trying for PB's (personal bests) Time wasting affects all, so don't waste it!
- 5: Remember to bring a non fizzy drink and maybe something to eat on the way home
- 6: And finally, Try to be available for league meetings.

"Train HARD! Your rivals are!!"

John O'Hara is also our Welfare Officer. The next two items prove very informative reading for all members...

WELFARE UPDATE - CODE OF CONDUCT

As reported in the next article in this issue of CAACattack we at Corstorphine AAC are about to register with the Clubmark accreditation programme, and one of the aims of this programme is to ensure that we put in place set of nationally recognised minimum operating standards and club structure that promotes and maintains a Duty of Care and Welfare policy that encourages and promotes the participation of children by creating a culture of safety and fun.

All children's sport should be conducted in an atmosphere of fair play, and we have adopted and are committed to the European Code of Sports Ethics, which states that fair play is:

"much more than playing within the rules. It incorporates the concepts of friendship, respect for others and always playing within the right spirit. Fair play is defined as a way of thinking, not just a way of behaving. It incorporates issues concerned with the elimination of cheating, gamesmanship, doping, violence (both physical and verbal), exploitation, unequal opportunities, excessive commercialism and corruption."

Children have the right to be safe, and all of our coaches operate within a strict code of conduct and should ensure that this fundamental principle takes precedent over all other considerations.

We at Corstorphine AAC are committed to a series of standards that form a policy based on the recently published UK Athletics "Athletics Welfare Procedures" (incorporating Child Protection) document. This policy applies to all those involved in the Club, whether it be coaches, administrators,

officials, parents, volunteer helpers, children or young people, and we expect a certain standard of behaviour from all of these groups

The full version of our Code of Conduct will be available to view on our website, and copies are available from the Club Welfare Officer, John O' Hara, but as a first step, we are asking all of our members, and in the case of those members under the age of 18, their parents or person with parental responsibility, to sign a Statement of Conduct. This statement will be printed on the back of the Membership Renewal form, and we ask that you sign and date this document and return it to your coach or any member of the committee when you return your membership fee.

Thank you for your continued support.

CLUBMARK

Clubs on their marks. In the Issue 2 of this year's PB magazine, **scottishathletics** published an article on their Club Development Strategy, and in it they described how the environment in which sports clubs operate has changed in recent years, and how club structures and operations must evolve to reflect this. The challenge is for the sport, and specifically athletics clubs, to operate in a professional and more accountable manner and to introduce and develop a strong club structure with well defined roles and responsibilities for the delivery of their aims.

scottishathletics have now announced one way in which clubs can meet a set of nationally recognised minimum operating standards.

This new initiative is called *Clubmark*, and essentially, it is a new Accreditation Programme specifically for athletics clubs who are affiliated to **scottishathletics**. *Clubmark* has been developed in partnership with UK Athletics and the four Home Country Athletics Governing Bodies.

Corstorphine AAC are about to register with the programme, and begin work to complete the assessment form and collate the necessary evidence to demonstrate that our club is 'fit for purpose', delivers effective practice, and meets all of the criteria for *Clubmark* Accreditation.

Achieving *Clubmark* will enable our club to grow, and build a sustainable future, as well as becoming nationally recognised as working towards a safe and effective club environment. We will also be able to access a range of benefits to further assist our development including enhanced profile, support, and additional funding opportunities.

Clubmark has four key areas:

- Club Management
- Duty of Care and Welfare
- Sports Equity and Ethics
- The Coaching and Competition Programme

After completion of the assessment and evidence folder we will be supported as required by **scottishathletics** and

local/regional development staff throughout the implementation process.

Phase One of implementation has now commenced and will initially focus on clubs working in Local Athletics Partnerships. Corstorphine AAC have already attended a presentation by **scottishathletics** staff at a LAP meeting, and priority is being given to clubs working within the LAP structure.

For further information on any of the opportunities identified within the *Clubmark* documentation, or to offer assistance in progressing the registration process or compiling the evidence folder, please contact the club Welfare Officer, John O' Hara, or anyone else on the committee.

***Clubmark* is an excellent opportunity to develop and strengthen our club, and proactive forward-thinking clubs will benefit from the process. Your support and contribution to this process would be greatly appreciated.**

Nick and Tim, renowned for taking on the odd challenge of 'greenhouse in gale', 'alps with toothache' and more took on this ... Nick writes...

THE MIGHTY DEERSTALKER!

I tear off the timing printout as I continue to pant to get my breath back and stare in disbelief as I read I've provisionally finished 13th out of about 270 runners, in a time of 1h1m, my best ever race finish. How can that be, I'm rubbish at running?! The reason is that it was no normal cross country race, it's the Deerstalker Adventure Race, which bills itself as,

"...a turbo-charged roller coaster of a run. It's fun, it's fast, it's action-packed and it's as tough as you can bear. This is Fun Run meets Fell Race meets Hellrunner meets Tough Guy. It's Rat Race in the countryside and it's much more besides."

After waiting for what I thought was the last minute for Tim to reappear, having had to borrow my car to return home to get his forgotten fell shoes, we jogged over to the start line to endure the first challenge of the 5k(ish) course, the 15 minute cold wait in the drizzle for the start whistle while the marshals hurriedly checked the course. Looking round, I felt decidedly under dressed in my tweed cap, compared to those in full hunting gear, or fairy costumes, or the one guy in full soldier getup complete with huge pack.

The start consisted on an quick sprint to large wall of hay bales, which I tackled by half jumping, half pushing my way through. Crossing this the course quickly turned back on itself for a 1km tarmac section. At the turn I was in first place, with Tim and another runner right behind me, but they quickly passed me, being proper runners, Tim commenting as he did, that it wasn't right for me to be in that kind of position. As I ran along the road, I was amazed that no one else was passing me, as in all my previous races the first half usually consists of me being overtaken having started too fast. By the time I reached the "The Pond" turn off, the first two were already across. I leap in, and the cold instantly hits

me almost knocking the breath out of me, but luckily it was one of the shallower sections, so the water only reaches my waist, and the mud only sucks up to my ankles (many later runner would loose shoes in deeper mud). Coming out the other side, it took a good few strides before my muscles stopped cramping from the cold and I could run properly again, but by this point the course has veered onto a steep muddy climb, before joining the zig-zagging single track that climbs to the top of the hill. I begin my usual slow hill run, working my arms as best I can, but before long I've lost sight of the 2 lead runners and am being passed by a lighter runner better suited to hills.



After what seems like ages, and my lungs almost hanging out, I reach the fire break that marks a more level section, and I'm please to have only lost about 20 places (which in my case is a near miracle). After some scrambling up fallen tree routes and another small section of steep single track the next obstacle appears, at what looks like the top of the hill, the "Deershire", consisting of some slippery balancing beams, that vary from single to double and from flat to rounded. I manage to negotiate these without falling off and having to start again, gaining about 2 places in the process, and take off again through the trees. I soon discover that is now the top as the track narrow and turns back into single track, but it ends soon enough. (the course was closed to bikers, with a few waiting at the top be allowed back on). As I turn at the top to start the fast run down the famous Innerleithen DH course, Tim appears from behind, mumbling something about having got lost, and begin his near reckless rubber ankled free fall down the jumps and bermed corners of the course, and disappears as quickly as he appeared. I laughed to myself that I've technically beaten him to the top and mustn't let him forget it as I attempt to replicate his speed down the track.

Knowing that is all downhill from here, I really go for it, and before going back into the trees I've already made up a few places (though having fell shoes compared to others road shoes no doubt played a part here). The next tree section consisted of some over and under beams and some dense branches. I soon catch a few more people, who are attempting to crawl under the thickest section of branches and decide that the best approach is just to use my weight and charge through them. This gains me a couple more place, though my arms and hands are now badly scrapped and cut. I really enjoying this part, and after really going for it over a few more beams and fences I emerge onto the road having passed a couple more people, one of whom was in a kilt and had been slowed up as he was caught up in some branches. A quick dash across road and foot bridge, and its back down on to the mud of the river side track. I know it's now more or less flat back to the finish, with only a couple more water obstacles to go, so expect to start being passed again due my mediocre running abilities and begin the usual constant glances over my shoulder. However the only 2 behind me both have road shoes on, so I manage to hold them off along 1km of very muddy river bank before we reach "The Sump". This is a drainage tunnel chest deep in very cold muddy water, that seems to take an age to wade through. The climb back up to the track on the other side is again made difficult by the now

frozen muscles. It's now only 1km back to start/finish line and as I'm still feeling ok'ish, I try to up my pace to again try and hold off people behind me. I've not gone 200m before there is another river to be crossed, this one being quite fast flowing, it really pulls on the legs and its a real effort to wade across.

Now it's only quick dash across the grounds of Traquair House to the finish. As turn round the side of the house, I cannot see anyone in front of me and I'm not sure which way to go, so I take off in straight line towards where I can see the finish. As I run up the grass of old main drive to the house I notice that lots of people are stood along the side of the road on the other side of a line of trees. I realise that I'm in the wrong place, so I dash through the crowd onto the road with 100m to go, to some unexpected cheering and laughing, to find that there is one final obstacle, a long slippery pipe to crawl through that's facing up hill. This was dispatched with quickly, (though it formed a bottle neck for those later in the race), and as quick look over my shoulder reveal that there is no one immediately behind me an easy 50m jog brings me to the finish line, and an awaiting medal and bottle of energy drink. And also the surprise of my awaiting friends that I'd finished so soon.

So how did I finish so highly? I could claim that it was because I've been slowly improving over the winter at cross country, or that it was because I really went for it on the downhill obstacle sections, but that would be to give myself too much credit. I think the real reason is because it was fun a run that I perhaps tried a little too much at. So, shhh... don't tell any serious runners about it, so I can repeat my performance again next year. :-)

3	Tim Norwood	657	Tim Norwood Esq	Solo - Mens	Stag	0:56:50
4	Iain Bell	49		Solo - Mens	Stag	0:57:06
5	James Hughes	398	Team HotRunning	Team - Mens	Stag	0:57:37
6	Stephen Whiston	932	Mid Argyll Tri Club	Solo - Mens	Stag	0:58:31
7	Keith Anderson	15	Team HotRunning	Team - Mens	Stag	0:58:54
8	Robin Lee	472		Solo - Mens	Stag	0:58:56
9	Stefan Wysocki	972	Eily's K.N.O.B.S	Solo - Mens	Stag	0:59:14
10	Garry Robertson	748	Edinburgh AC	Solo - Mens	Stag	1:00:21
11	James Myles	641	Team HotRunning	Team - Mens	Stag	1:00:55
12	Gary Stevenson	829	ThePedalPumpers	Team - Mens	Stag	1:01:03
13	Matthew Donald	207		Solo - Mens	Stag	1:01:12
14	Nicholas Brown	96	Corstorphine HAC	Solo - Mens	Stag	1:01:50
15	Donald Sandeman	774		Solo - Mens	Old Stag	1:01:58

If this all sounds like fun, drop by <http://deerstalker.cmsdeosite.com/> There is plenty of time to arrange your Tweed outfits for next year's events. Im not too sure how you train for it however ?

Bryan Clark CAAC SAL Team Manager drops a bombshell with his resignation from the role, and rounds up last year's efforts...

CORSTORPHINE AAC - YOUR CLUB!

Dave Law makes a rallying call...

SCOTTISH MENS T&F LEAGUE

Following relegation from Division 1 of the Scottish Athletics League (SAL) the previous season, the Corstorphine Men's Team were faced with the challenge of finishing in the top two clubs overall and gaining promotion back to Division 1 at the first time of asking.

The league structure for 2007 required the clubs to compete in 4 matches over the season. However despite some good showings and hard work in some events, after the four meetings Corstorphine were only placed 4th overall and therefore had not manage to gain promotion.

The main problem for Corstorphine Men's Team is a lack of strength and depth in some events which badly effects the points won by the team. Despite this however, the failure to gain promotion made it a very disappointing season. After 6 years of carrying out the post of Team Manager for this league I have decided it is time to step aside and allow someone else to carry out this role. The challenge for 2008 will again be to gain promotion back to Division 1 and I'm sure this is a target which can be achieved.

CAAC 5 & FUN RUN



This year sees the 5th edition of the now annual CAAC 5 & Fun Run, taking place on the 11th of June. It's fast becoming a classic fixture in the calendar (I suppose we are biased!). This year already looks to be no different with athletes promising return from Colorado, Aberdeen, Westburn, Balerno, Leith and much further afield to toe the line and try wrestle the title from last year's winner Moray Anderson.

It's a great event for all. You can enter online, via post or on the night. However now you know the date, you can tweak your training programmes, cancel your holidays and most of all hassle your friends and family to come along and run! ;]

COACH HELPERS REQUIRED

As we move out doors for the *summer season (brrrrr)* we expect a regular LARGE number of enthusiastic junior athletes. All are not runners, but want to be coached on their specialist event. AS we are short of coaches, helpers are of great help. During a track session, if running from one side of the track to the other is the session, then the 'one' coach will struggle to be at both. Also we need to release coaches to work on the technical training of some of the field events.

Helpers, parents can be of use in a number of ways?

- 1: collection of club subs each night
- 2: handing out club information or collecting in info from the children
- 3: Preparation of a field session, ie. Get Shots, or high jump material set up.
- 4: Help with time keeping or take a running session.
- 5: Take names for up and coming competition.

If you think you can help in any of the above, please approach one the coaches, or drop a line with your detail and we will get in touch with you to check your preference.

You don't need to be a past athlete yourself to be of help!

The final words by Chairman Tim Norwood...

It's been an amazing year for me. Not for my running of course, but because I became a Daddy and got a whole new perspective on life. Suddenly I start to think about the world that Caitlin will grow up in and how I can make it good. I imagine humans living peacefully with each other and the earth, I imagine great knowledge of the universe and robots helping us in our daily lives; and I imagine Corstorphine Athletic Club meeting every Tuesday and Thursday at 7 pm to enabling and inspiring athletes to get achieve their best. Maybe Caitlin will be one of them or maybe she'll be an online poker player but Caitlin and children like her will need clubs like CAAC to realise their potential. And that's where I, and everyone else in this club, can influence the future to make things good.

The long overdue Vision Meeting took place earlier this year and highlighted the need for people to get involved. As I see it, the greatest need for involvement is in coaching. Coaching and competition are what make an athletic club tick. Without our coaches we're just a vest.

You can play your parting many ways, coaching, editing Newsletters (still need a new editor for the CAAC Attack), IT, officiating, and lots more. If you think you can help, ask me or one of the coaches how to get involved.

That's my plea over, good luck with your running / throwing / jumping this summer.