

# THE CAAC ATTACK

*I don't know what happened but maybe that's the best thing about it... mystery. Buoyed by a period of success, CAACs all round good guys and crime fighting duo, Timdog and Kipketho were both voted in for another year at the helm. However with Tim quoting family commitments, studying and other questionable pursuits he has decided to make this year his last in the coveted chair as Boss of all CAAC. (We all know he is taking this time out to actually pursue something most likely unfathomably silly like running in the Marathon Des Sables, 2009 <http://www.saharamarathon.co.uk> or indeed holing himself up for a period of intense training ahead of the Tram Skitching season in 2010).*



*Not to worry they are both here for another year, add to the equation the recruitment of SilkyWilkie (Grant Wilkie) as Captain of the good ship' CAAC. All looks well for the year ahead.*

*The recent weeks have seen the 5<sup>th</sup> running of the CAAC5 & Fun Run in which CAAC retained both titles in the Mens and Womens races. This was after a very successful stall at the Corstorphine Fair, all the donations of books toys and volunteers for the day raised the club over £300. So thanks to everyone involved in both events!*

-chrisobrien

**A Reminder of the Summer ahead. Mark those diaries!**

- 21/06 CAAC Family BBQ & Fun Day ; Saughton
- 25/06 Self Transcendence 2 Miles ; Meadows
- 29/06 Scottish Mens T&F League ; Meadowbank
- 02/07 Self Transcendence 5km ; Meadows
- 09/07 Self Transcendence 2 Miles ; Meadows
- 13/07 Scottish Mens T&F League ; Grangemouth
- 16/07 Self Transcendence 2 Miles ; Meadows
- 23/07 Self Transcendence 2 Miles ; Meadows
- 30/07 Self Transcendence 3 x 1 Mile Relays ; Meadows
- 03/08 Scottish Gas 10k ; Silverknowes
- Event# 8 of Scratch Attack - the CAAC Road Race Series
- 10/08 CSSAL T&F League ; Linwood
- 03/09 Self Transcendence 5Km ; Meadows
- 07/09 Great Scottish Run Half Marathon ; Glasgow
- Event# 9 of Scratch Attack - the CAAC Road Race Series
- 10/09 Self Transcendence 2 Miles ; Meadows
- 16/09 CAAC Club Championships ; Saughton
- 18/09 CAAC Autumn Handicap ; Saughton
- Event# 10 of Scratch Attack - the CAAC Road Race Series

Visit the Corstorphine AC website at <http://www.caac.org.uk> for day to day news, results, information and more! #28 [07-2008]

## CAAC Logo Competition

The long awaited the results of the CAAC Logo Competition are here. After a democratic movement mastered by Grant Wilkie, the blind vote produced a winner in both the Adult and Junior competitions. The winners Sophie Stewart and Tom Ferrington were announced and awarded at the Club BBQ. Sophie won a CAAC T-Shirt signed by Darren Campbell and Linford Christie, and some vouchers for Run & Become. Tom appeared to get a handshake and firm endorsement from CAAC supremo Tim.

The club plans to pass these two winning entries to a professional designer and see if we can get a new logo for the club. It will be on our kit, our webpage, our letterheads, our newsletter and if your so inclined you can also Tatoo yourself with it!

The two winning submissions are below. Congratulations.



**Tom Ferrington – Winner of Adult competition**



**Sophie Stewart – Winner of Junior competition**

## Central and Southern Scotland Athletics League

We finally seem to be making strides in the Central and Southern Scotland Athletics League. After a few difficult seasons where we languished in the 3rd Division Corstorphine can finally claim to be a 2 Division Club after coming 4th in Grangemouth and 3rd in Dumfries with one match to go. The reason for this improvement is difficult to say. Could it be the hard work of coaches in preparing athletes and encouraging them to complete or the military organisation by the team manager (joke) or the arrival of our new women's team manager perhaps. I'm not sure but it does make me quite pleased. I'd like to say a big thank you to Bob, Old Cart Horse, Claire Egan, Sheena, and parents who have helped out on these days, for all their hard work. And lets not forget the effects of our athletes because, in the end, that's what counts.

So far this season we had fairly complete teams and excellent individual performances from Dougie Selman's top class 3000m win, Hector Fraser's massive club record javelin throw to Lilian McNab's all round ability, to name a few.

Sadly the saga of CSSAL administration disasters continues, despite hopes piled on the new secretary back in January. The sheer number of event to be completed at each match has put enormous pressure on officials and poor management of these officials has resulted in some dogey decisions -for example, no time keepers for one match and matches running as much as 40 minutes ahead of schedule. This type of organisation sometimes doesn't inspire athletes to compete at CSSAL but without a little support it's inevitably going to fail. But with very little credible alternatives we might need it.

The next match is at **Linwood on Sunday 10th August**. The events are as follows.

- U11 Boys - 80m / 800m / 4x100m / long jump**
- U11 Girls - 80m / 800m / 4x100m / long jump**
- U13 Boys - 100m / 800m / 4x100m / shot / high jump / javelin**
- U13 Girls - 800m / 4x100m / javelin / shot / long jump**
- U15 Boys - 100m / 400m / 800m / 4x100m / shot / long jump / high jump**
- U15 Girls - 100m / 800 / 4x100m / long jump / shot**
- U17 Men - 100mH / 100m / 400m / 800m / 4x100m / high jump / discus / long jump**
- U17 Women - 80mH / 100m / 800m / 4x100m / long jump / shot / discus**
- Senior Men - 110mH / 100m / 400m / 800m / 4x100m / long jump / javelin / shot / high jump**
- Senior Women - 100mH / 100m / 400m / 800m / 4x100m / high jump / triple jump / discus**
- Master Men - 100m / 800m**
- Master Women - 100m / 800m**

## Scratch Attack – The CAAC Road Race Series

With the inaugural CAAC Scratch Attack road series entering the final stages after seven events completed the competition is really hotting up. It would be fair to say there have been a few teething problems in terms of the scoring system, event selection, uptake by club members and the CAAC 5 problem but the series seems to have been embraced by an enthusiastic band of athletes who will now find themselves fighting for points in the last few events. The hope at the outset was that, like in handicap racing, athletes of differing abilities might be able to compete favourably over a whole season with those who are normally to be found nearer the front of races. A quick look at the current table suggests mission accomplished as we see Shaun out in front but closely followed by a group including Steve, Mike, Keith and Tommy. Shaun has a bit of a gap but there is plenty of running to be done yet and don't forget the Meadows bonus is worth four points and is as easy to gain as turning up! Also, if you think you may be out of the running for the first prize you may have something to offer in the age group challenge. The top three scorers in each age group will count as a team to decide the premier road running age range in the club! To reflect this years entries the promoter has decided to have just two age groups this year – under 40 and over 40. At this stage the young guns need to get their skates on!

All the best for the rest of the series and lets see some more pb's! (current standings below >>)

Athlete	Age	Points
Shaun Cavens	45-49	20
Steven Blair	40-44	16
Keith Hood	U40	12
Mike Anderson	U40	12
Tom Ferrington	U40	10
Bruce Malcolm	40-44	10
Susan Johnston	40-44	9
Martin Caldwell	50-54	7
Dave Henderson	45-49	7
Robert Hume	45-49	7
Alex Cumming	U40	6
Dean Carr	U40	6
David Law	45-49	6
Calum McKenzie	U40	4
Chris O'Brien	U40	4
Corrie Roberts	U40	4
Scott Pilkington	U40	4
Martyn Tunstall	40-44	4
Jillian Hogg	U40	3
John Christy	45-49	3
Derek Ireland	40-44	3
Bryan Clark	U40	2
Dave Colman	U40	2
Grant Wilkie	U40	2
Jim Bruce	55-59	2
Graeme Gow	40-44	2
Eve Ritchie	U40	0
Ewan Stark	U40	0
Kris Berry	U40	0
Moray Anderson	U40	0
Jan Van Den Berg	45-49	0

*A rallying poetic call from Tom Ferrington CAAC Road Manager to attend a race or two that is right on your doorstep.. every week!  
(Dates for the races are in the calendar on the front page)*

...off the wall?

## Retirement ☹

### How about some Self Transcendence?

Send em round the Meadows for a lap or two, or three  
wEdnesdays at seven on the peace mile through the tress  
Lap it up from April till September every week  
Fast and flat and accurate for PB's that you seek

The usual suspects toe the line, CAACers, Boggies, all  
Rain or shine and wind or hail - long, short, fat, thin, small  
Adrian runs through the rules, look out for dogs and bikes  
Now they're off at some hot pace with Priestly leading, yikes!  
Settle down and find your stride along the opening quarter  
Coronation walk is next, a tight turn left then sorta  
Ease away up past the hut still following the arrows  
No let up along the top as the path, green tarmac, narrows  
Down towards the tennis courts and left again, home straight  
Ending with a big sprint finish, if your legs aren't in a state  
Now up to the hut again to clap the medal winners  
Cup of juice, a mini mars, then jog home for your dinner  
See you all again next week for some more self transcendence

!you know the place, you know the time, now just be in attendance.

### ExotiCAAC



A new feature and your chance to appear in Corstorphine AC's premier publication.

Do you own a CAAC T-Shirt? A CAAC Vest? A CAAC Hat or something else CAAC? You should do..!

Nick (who was heading off on a skiing trip) and I were discussing his impending holiday. He said he was going to try get a picture of himself in a CAAC T on the mountain top. Now given it is snow-capped, cold and it sounded fairly extreme we came up with the probably foolish, but fun idea of grabbing an iconic snap and most of all putting CAAC literally on the map. Im yet to see the picture! ;]

Where can you get your CAAC gear pictured on you or off of you? In the sea at Portobello or on a snowman in Greenland. Send your snaps to [newsletter@caac.org.uk](mailto:newsletter@caac.org.uk) and we'll include them in the next issue.

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

It is has taken a great deal of thought and i am filled with remorse to communicate such, but i have decided to announce my retirement. I have not previously consulted my coach Moray Anderson on this so this may come as a shock, for that i apologise for my rather unethical abuse on my part of my position as (standin) editor of the CAAC Attack.

I have always said that I would wake up one day and know that I would not want to do it any more, however I have to admit that has not been the case. Whilst there are other things that I want to do and if I want to be successful I will need to devote more time to these things, that is not the predominant reason for my decision. I feel that whilst im still strong and reasonably competitive coupled with my recent Hamstring tear the growing field of 'young whipper snappers' chasing at my heels are very well placed to take up my gauntlet and not only that take it to new levels. I am excited for CAAC, the runners coming over the horizon are strong and in much better shape that i was back in the day and it is for these reasons that i feel the time is right to step off.

I have been lucky to not only compete successfully on home soil but also to have travelled and competed all over the globe, the highlights for me being ; On the Champs Elysses (just past the chien chaud stand), Paris in 2002 - this was my first taste of International competition and a lucky victory sealed my love affair with the event. I don't think you can really ever outdo that first wave of adrenalin and pure nervous tension that you experience. Another notable memory was in Olympic year i arguably had my best performance ever on Sinopis Street (outside the Irish Pub), Athens in 2004 if not my best it was most definitely a peak. It was late, approximately 11pm and the crowd (bc n mozza) were a pulsating force. I can barely remember the actual race but my heart was pounding, my ears ringing and most exhilarating of all i took the victory in a European Record. The whole night after that was a spin.. in fact the next month. It was quite simply awesome. I can only hope that the upcoming stars get to experience some of what i have been so lucky to do so.

I trained hard to achieve what i did and it took many years of long sets of 1 arm lifts, late late nights, days on days of rest and long lies, eating a poor diet but as my training becomes more consistent, structured and of a high quality i feel i am no longer in the best position to further alleviate the spectacle of the event. I am sad to say I am announcing my retirement from the **International Superstar 30m Sprint Challenge**.

I would like to thank Thomas Ferrington who introduced me to the event one dark night in Festival Square. I would also to especially like to thank my supporters that have followed me over the years, the blessed, emphatic groupies that created the MySpace, Bebo and Facebook support sites, those that i have competed against over the years without which there would be no event at all and most of all my friends and family who were there when times were rough (see; Jeans won't roll up past knees or losing both big toenails) and good (it was all good!). Thanks.

*John O'Hara and the boys headed North for this well loved Highland event. After testing themselves on the slopes of the Seven Hills in Edinburgh a week previously the venue and weekend was spectacular. John writes..*

## The Highland Cross 2008

The Highland Cross is a 50-mile mid-summer day charity duathlon (20 miles on foot, 30 miles on bike) traversing the spectacular Scottish Highlands, coast to coast, west to east from Kintail through Glen Lichd & Glen Affric then Strathglass, and on to Beaully.

Entry is by invitation only for 240 teams of 3 (720 persons) and this year Corstorphine AAC had 2 teams accepted, a Ladies team *and* a Mens team. The Ladies team (Dave Law, Sandy Low & Mike Costello) chose B&B accommodation in Beaully on the Friday and Saturday nights, with soft beds, hot & cold running water and full cooked breakfast (but I'll leave them to tell their own story) whereas the Mens team (the Livingston sub branch of Dave Colman, John O'Hara & Charlie Armstrong) chose the *full* Highland Cross experience, and camped at Lovat Bridge Campsite where they endured midges, a 4.00am 'dawn chorus' of crows, a cold shower in the Shinty Club after the event, and pouring rain all night Saturday from around 11pm. Oh, and did you know, you can't get a cooked breakfast anywhere between Inverness and Pitlochry on a Sunday morning?

Anyway, the event itself was spectacularly well organised, and started around 6.30am on the Saturday morning when we unzipped the tent to brilliant sunshine and cloudless skies. After a quick brew, and liberally applied midge cream and sun block, we headed off to Beaully Square to load the bikes into the back of 1 of 3 articulated lorries, then jumped on the bus for the 1 ¼ hour trip to Morvich on the west coast.

On arrival at Morvich Outdoor Centre (from where you would normally head off to the spectacular Falls of Glomach) the sun was still shining and we checked in and were provided with our wrist bands (no numbers needed, just a yellow band which was removed at the mid run point, and an orange band which was removed at the bike changeover) various creams and potions were re-applied, and the hooter went off at 11am prompt. We were off.

The first four miles are on a rough but fairly level land rover track to Glenlichd House, after which you step off the 'road' and on to a single track stalkers path, over a new bridge then the smaller, older bridge and almost straight away up the hill to the spectacular waterfall at the head of Glen Lichd. Just beyond this, after another short climb is the highest point at Allte Grande (310m - hence the smiles of relief in the official photos), but at the 6 mile mark, the pain is far from over.



Pictured : Mike & Dave L, Sandy, Dave C, Johno & Charlie reach Allte Grande, the highest point of the run (hence the smiles of relief) at the six mile mark, just beyond the waterfall in Glen Lichd, with the spectacular 5 Sisters of Kintail in the background.



At this height, there was a welcome light breeze, and from here, the faint and sometimes indistinct track bumbles along past Camban Bothy, then after a cooling river crossing, to Altbeithe Youth Hostel and the mid run point. Yellow band removed and a quick 'squeeze' to top up the energy levels, it's on over a slightly wider but very rough track, and at 14 miles, across the bridge over the River Affric to the 'Fire Ladies Welcome' at Athnamulloch, and a short stop to enjoy the plentiful supply of soup, sandwiches, tea and half mars bars!

Only six more miles to go, but it's the infamous 'yellow brick road' and the longest six miles in the universe. By this time, every muscle in your body hurts, and a voice from within is screaming *stop!* After what seems an eternity, we reach the end of the track and a tarmac road at the head of Loch Affric. Only one more mile to the bike changeover.

In what seems like days later, we've reached the final check point and the orange band is removed. Run over, helpers guide us to our bikes and a welcome change of clothes. Another short pause for a diorolite sachet - the secret ingredient to combat the onset of cramp. Try it, it works! Only 30 miles to go!

After selecting the wee sprocket on the front, and an easy gear just to get the legs spinning, the first section on the bike includes a couple of cattle grids and a fast descent through some hairpin bends and down Fasnakyle Brae. This is a steep, rough, single-track road closed to traffic with very big drops into a gorge alongside it in places. Soon the junction with the main road at Fasnakyle Power Station is reached and a local Bobby stops all traffic and waves you through. A small crowd of well wishers have gathered and cheer us on.

The diorolite seems to have worked and I begin to crank up the pace, picking off riders ahead one by one. Through the small towns of Cannich, then Struy, politely declining the offers of water from the roadside helpers, then the sting in the tail. Aigas Brae!

But the climb isn't over yet. Aigas might be conquered but there are at least two more hills to negotiate. Soon enough though, the familiar plateau before the final descent down to the junction with the A862 at 1 mile from the finish.

The adrenalin is really pumping now, and we are literally on the home straight. Up over the humped railway bridge, and the coned off section is in sight. The crowds are in full voice and round one last bend, the finishing gantry is now in full

view. The rules say no overtaking in this section, but sod that. This is the Highland Cross, and we've just propelled ourselves 50 miles under our own power. Nothing is going to stop me picking off one last position!

It's all over. Just need to get off the bike now without falling over (no easy feat). We're then presented with our medal and a small memento, but more importantly, a ticket for the RWVS free meal in Phipps Hall.

After the meal, it's round to the Shinty Club for a shower. Seemed like a better option than queuing for the *one* shower at the campsite. So wrong, they're cold! Bracing indeed. Never mind, we're back at the site to dump the gear then a short walk back in to Beaulay to the pub to rehydrate and analyse how the whole day has gone. The guys are already talking about next year, and it sound like there could be *two* Ladies teams!

Apparently, Triple Echo Productions were filming for the BBC2 programme "The Adventure Show" (which is expected to be shown in August/September 2008) but I didn't see Dougie Vipond anywhere.

#### Results

157	David Law	05:04:54
248	David J Colman	05:28:00
255	Sandy Low	05:32:04
273	John O'Hara	05:37:09
280	Michael Costello	05:39:53
307	Charles Armstrong	05:49:36

676 finishers

Full results are available at [www.highlandcross.co.uk](http://www.highlandcross.co.uk) where there are also links to the official event photographers websites.

I haven't done the sums yet, but from a quick tally of sponsorship money pledged, I reckon I'll have collected over £600, taking our team total over the £1000 mark. A massively big thank you to everyone who contributed. It is very much appreciated, and you have helped make this an outstanding fundraising event which once again has raised a tremendous sum for Highland Charities.

*After a few bleak years the annual club BBQ and fun is back. With a Bang!...*

#### CAAC BBQ & Fun afternoon - 21<sup>st</sup> June

It was a fun afternoon at Saughton, crossing a member of the Social Committee's hand with £1.50 saw a feast of burgers, sausages, crisps, fruit and juice served up. To make sure such a high calorie intake was efficiently dealt with the usual debauchery of football, football rounders, some whacky races and a traditional Tug-of-War!

I think all who were along had a great time and even better the rain held off until 5pm precisely!

Pictures opposite >>>



*CAAC 5 2009, who said Corstorphine wasn't well prepared! A year away but fresh in our minds from this year a date has been set..*

#### CAAC 5 & FUN RUN - 10<sup>th</sup> JUNE 2009

The long long range weather forecast is in for next year. The 6<sup>th</sup> edition of the now annual CAAC 5 & Fun Run will be taking place on the 10<sup>th</sup> of June 2009. This now classic fixture in the calendar will be taking place on a beautiful Summery evening. With that in mind and the scene is set, **GET YOUR ENTRIES IN!**

Challenge yourself, challenge your family, challenge your neighbours, challenge your friends, your schoolmates, your work colleagues and more to run Edinburgh's premier event. An accurately measured course, prizes for the first 3, and spot prizes galore it's well worth the low entry. (They charge £24 for the Edinburgh 10k!!) The challenge can be competing or just completing. The CAAC 5 caters for all (testament to the high quality catering available this year), and don't worry you can bring the kids along to, and give them a taste of running in the Fun Run.

Enter online <http://www.caac.org.uk/index.php?pg=caac5> now or indeed print off and fill in a postal entry form.

**!!THIS YEARS RESULTS ON THE NEXT PAGE!!**

CAAC 5 - 11th June 2008 Results

1	25.22	Steve Cairns	HBT	M40
2	25.45	Keith Hood	CAAC	M
3	26.39	Tom Ferrington	CAAC	M
4	27.05	Brian Cruickshank	Fife AC	M40
5	27.27	Adam Priestly	Ferranti	M
6	27.36	Adam Ward	City of Edinburgh	M40
7	27.44	Christopher O'Brien	CAAC	M
8	28.05	Grant Wilkie	CAAC	M
9	28.25	Fundo Mhura	Unattached	M
10	28.48	Steven Hyde	Unattached	M40
11	28.51	Paddy Jumelle	CAAC	M
12	28.57	Stephen Booth	City of Edinburgh	M
13	28.57	Garry Robertson	City of Edinburgh	M40
14	29.19	George Gilhooley	Dunbar RC	M40
15	29.29	Neil Maclachlan	Pitreavie	M
16	29.53	Richard Meade	City of Edinburgh	M
17	30.04	Andrew Christie	CAAC	MJ
18	30.13	Dean Carr	CAAC	M
19	30.27	Geoff Mitchell	HBT	M50
20	30.34	Richy Connor	Lasswade	M
21	30.59	Bruce Malcolm	CAAC	M40
22	31.03	Barry Fraser	Standard Life	M40
23	31.14	John Graham	HELP	M50
24	31.22	Michael Anderson	CAAC	M
25	31.25	Brian Hodie	City of Edinburgh	M50
26	31.37	Andrew Macdonald	CAAC	MJ
27	31.49	Isobel Knox	HBT	F
28	32.00	John Pickard	Portobello	M40
29	32.12	Phil Young	Unattached	M40
30	32.18	Colin McIntosh	Unattached	M40
31	32.20	Derek Ireland	CAAC	M40
32	32.23	Robert Hume	CAAC	M40
33	32.24	Mike Malcolm-Smith	CAAC	M40
34	32.26	Richard Robson	Unattached	M
35	32.29	John Owens	Unattached	M40
36	32.37	Darren Yorston	Unattached	M
37	32.42	Karen Hardie	Unattached	F
38	32.44	Vincent Jumelle	Unattached	M
39	32.51	Iain Shaw	Ferranti	M40
40	32.58	Andrew Laird	City of Edinburgh	M
41	32.59	Ross Donald	Unattached	M
42	32.59	Graham Miller	Unattached	M40
43	33.01	Allan Brownie	Unattached	M50
44	33.06	David Bathgate	Unattached	M40
45	33.07	Phyllis Mitchell	CAAC	F40
46	33.24	Nicholas Brown	CAAC	M
47	33.33	John Denholm	Falkirk Victoria Harriers	M50
48	33.52	Andrew McCormick	Unattached	M
49	33.57	Keith Weston	Ferranti	M50
50	34.02	Jo Kirby	CAAC	F
51	34.03	Jim Davis	Unattached	M50
52	34.09	Steven Blair	CAAC	M40
53	34.11	Susan Johnston	CAAC	F40
54	34.13	Martin Williams	Unattached	M40
55	34.14	David Bunyan	Falkirk Victoria Harriers	M50
56	34.18	Shaun Cavens	CAAC	M40
57	34.20	Fred McCain	HELP	M50
58	34.26	Christopher Wright	Unattached	MJ
59	34.44	Marie Storrie	Lothian	F
60	34.56	Michael Costello	CAAC	M
61	35.22	Claire Gilchrist	Ferranti	F40
62	35.25	Grant Sellar	Ferranti	M40
63	35.59	Jim Bruce	CAAC	M50
64	36.03	Megan Smith	CAAC	FJ
65	36.10	Vince Fraser	Standard Life	M
66	36.13	Philip Godfrey	Unattached	M40
67	36.21	Alex Jackson	Ferranti	M50
68	36.39	Mike Younger	Unattached	M40
69	37.15	Kathleen Dempsey	CAAC	FJ
70	37.17	Robert Elswood	Unattached	M50
71	37.23	Alan McDowall	Unattached	M
72	37.58	Iain Ring-Macleod	Unattached	M
73	38.09	Janis Wilson	Unattached	F40
74	38.10	Elizabeth Gilchrist	Ferranti	F40
75	38.11	Chris Peggie	Unattached	M
76	38.16	Colin Spivey	Unattached	M40
77	38.25	Simon Third	ERC	M40
78	38.51	Steve White	Unattached	M50
79	38.56	Patricia Varcas	Pitreavie	F35
80	40.30	Charlotte Ring-Macleod	Unattached	F

81	40.37	Angus Grant	Unattached	M40
82	40.42	Emily Majendie	HELP	F
83	40.50	Phil Holt	Unattached	M40
84	41.00	Eddie McDonald	Ferranti	M50
85	41.01	Siobhan Sellar	Ferranti	F40
86	41.19	Rosemary Hunter	Unattached	F40
87	41.20	Andrew Fotheringham	Standard Life	M40
88	41.53	Jim Hill	Unattached	M40
89	42.46	Allan Johnston	Unattached	M40
90	42.46	William Irving Jarrett	Unattached	M50
91	42.55	Avril Read	Unattached	F40
92	42.58	Ian Elliot	Unattached	M
93	43.59	Lynne Carter	Unattached	F40
94	44.12	Gill McCann	Unattached	F
95	44.12	Lyndsay Forbes	Unattached	F
96	44.17	Anne Rutherford	Unattached	F40
97	46.48	Michelle Smith	Unattached	F
98	47.48	Nikki Lockey	Unattached	F
99	55.41	Diane Ring	Unattached	F40

CAAC Fun Run - 11th June 2008 Results

1	7.22	Callum Smith	CAAC	M
2	8.25	Lisa Christy	CAAC	F
3	8.37	Anna Hume	CAAC	F
4	8.38	Rory Henderson	CAAC	M
5	9.33	Alexander Wilkie	CAAC	M
6	10.02	Lewys Fraser	Unattached	M
7	10.07	Andrews Jack Sawkins	Unattached	M
8	11.04	Niamh Hume	CAAC	F
9	11.27	Kenneth Wilkie	Unattached	M
10	16.16	Erin McCann	Unattached	F
11	16.35	Andie Caldwell	Unattached	F

MALES

Prize	Name	Club	Time
1	Steve Cairns	HBT	25:22:00
2	Keith Hood	CAAC	25:49:00
3	Tom Ferrington	CAAC	26:39:00
M40	Brian Cruickshank	Fife	27:05:00
M50	Geoff Mitchell	HBT	30:27:00
Junior	Andrew Christy	CAAC	30:04:00
Fun Run	Callum Smith	CAAC	7:22:00

Team: Corstorphine (K. Hood, T.Ferrington, C. O'Brien)

FEMALES

Prize	Name	Club	Time
1	Isobel Knox	HBT	31:49:00
2	Karen Hardie	-	32:42:00
3	Phyllis Mitchell	CAAC	33:07:00
F35	Patricia Varcas	Pitreavie	38:56:00
F40	Sue Johnston	CAAC	34:11:00
Junior	Megan Smith	CAAC	30:04:00
Fun Run	Lisa Christy	CAAC	8:25:00

Team: Corstorphine (P. Mitchell, J. Kirby, S. Johnston)

Full list of prizewinners on the night above, thanks once again to all those that took part and most of all organised and helped on the evening to make the event possible. Next years event will hopefully be even better (and sunnier). See you on June the 10<sup>th</sup> 2009!