

THE CAAC ATTACK!

NEW EDITOR REQ?!

New financial year, end of the cross country season, sunshine?! All of the above? Whatever the end of March signals for your athletic aspirations the AGM offers a timely opportunity to gather, argue, backslap and most of all thank those who have volunteered and assisted in the running of the club throughout the year. It's the end of an another era and in the clubs 23 year we will have a new chairman. Many thanks to Tim for his services, one his last acts as Chairperson was to with the Committee finalise the new club logo. After years (its felt that way!) of review they have decided, and here it is below. Looks good! Expect many new logo emblazoned items around in the near future... CAAC Buffs?!



Its been a hard and fun years athletics Hills, Track, Road Cross Country have been amongst the venues of attrition. Bob keeps a keen eye on all sweat inducing efforts..

Bob's "You can run but you can't hide!"...

A question.

Who has taken part in most events wearing a CAAC vest?

The answer might surprise you - it is not the Carthorse - its Chris O'Brien who has, so far, competed in over 450 events for the club. Carthorse comes a creditable second on 400 and they are way ahead of our third placed man who is, surprisingly considering he is just a young lad, Scott Pilkington on about 360. We then have Keith Hood and Bryan battling it out for fourth on just over 300 each.

Top woman is Megan who has only done 200 events but that is way ahead of her nearest rival (Rebecca) who has done 150.

Top juniors will be no surprise this year as they are deservedly being given our junior male and female athlete awards. For the record Calum has competed 115 times and Lisa 86.

I am sure you will all want to know who else was in the running and whether Tim has done more than Tom but space is tight so you will have to ask me when we get back to Saughton.

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The final words by (of) Chairman Tim Norwood...

Chairman's Final Report

When I became Vice Chairman in 2005 I really didn't have a clue how the club worked. I was surprised to learn how much time and effort some people put into coaching and administration on a day-to-day basis. It was a real possibility that losing any one of these individuals would send the club into crisis.

Now, after 4 years, many of the same people are still giving most of their free time to the club and its athletes. These people are still the heart of the club today and I, as late Chairman and member of Corstorphine CAAC, would like to say a massive thank you to all of them. You know who you are!



Thankfully, the workload of running CAAC has now been shared around (mainly through as a result of the vision meeting driven by Paul). It has been over two years since that meeting but the influence of it is still evident today and will be for years to come, I believe.

Thinking about the highlights of my time as Chairman, I would have to list the 20th Anniversary celebration in autumn 2006, our new club logo, the success of the new sub-committees, the enthusiasm that many of the new members are showing, the excellent Scratch Attack (including the reinstating of the original club handicap at Currie) and, I believe, a positive outlook for the future.

I will, of course, still be doing my bit in the future. I'm excited about creating a new award scheme for juniors and the first ever CAAC members handbook for next year. I also planned to break my long standing 10k personal best of 37 minutes and, as usual, try something different, this year the LAMM.

Anyway, enough about me. The Chairman is dead, long live the Chairman!

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" There are two things this year's winners of the Junior Athlete of the Year have in common. The first is that they both have another member of their family in the same training squad (fast becoming a pre-requisite in the Junior Middle Distance Squad, with three brother and sister pairings), and the second is that they are both the second member of their family to receive this award.

There is actually a third thing, and that is that they are both very dependable and will turn their hand to just about any event for the benefit of the Club." John O'Hara

CAAC JUNIOR MALE of the YEAR 2009

This year's Junior Male Athlete has done just about every event possible, and if asked.... he says yes.... no matter what it is. That's why he ended up doing the a 200 metres. He won last year's CAAC5 Junior Race, but the highlight has to be bronze in the 1 mile at FVL Presidents Select last summer, with a time of 5m21.09s, not too far behind the first pair either.

During last track season he represented the club in everything from 200 to 1500 and Mile, and on the field threw a 17.98 Javelin to finish third at the FVL at Livingston back in May.

He even sneaked in a few extra races, including a relay leg in the Wednesday evening Meadows Series, and a 1500 at a Grangemouth Open Graded.

Over the winter too he had an impressive cross country season with League placings of 15th, 11th and 8th, finishing off with a respectable 13th placing in the East District Championships at Cupar, and an equally impressive 38th placing in the National XC Championships at Falkirk, beating his previous year's time by more than a minute and a half and by 50 places!

The committee had no hesitation in selecting **Calum Smith** as their most deserving winner. Well done to Calum and good luck for an even more successful year ahead.

CAAC JUNIOR FEMALE of the YEAR 2009

As with the Junior Male, the winner of this year's Junior Female Athlete of the Year can be depended upon to cover any event to help out the Club. The only proviso she makes is she must NEVER be asked to do javelin. It scares the life out of her and, as her former coach Bob points out, having seen her throw a couple of times, it scares him too!

There can be no doubt however that this year's winner is a worthy recipient. She is a regular member of the Junior Middle Distance squad, and never misses training. She is a very determined young athlete, and responds well to instruction and strives to be the best she can. She is a well liked and was until quite recently, an extremely quiet member of the squad, but is slowly coming out of her shell and contributing to the banter in the group. She can certainly give her

older brother a run for his money, and having received this year's award makes her the second member of her family to receive it.

Some of her stand out performances from the previous track and cross country seasons include a third in the 1500 at the Forth Valley League Pitreavie, a second in the 800 at the CCSL League Grangemouth, and a second in the CAAC5 Junior Race. She still has one more year in the U15 Girls age group, and will go from strength to strength.

The decision for this year's Junior Female Athlete was unanimous, and the deserving winner is **Lisa Christie**. Well done Lisa.

Moray Anderson presents the

Ron Anderson Memorial Cup

The Ron Anderson memorial cup is presented each year for the "outstanding performance in endurance competition". Unlike the best athlete shields the award of this cup is based purely on athletic excellence, in events from 800m upwards, reflecting Ron's background in endurance coaching and competition.

There were as usual a number of candidates for the award this year. Kris Berry recorded some impressive early season performances indoors in the States before he returned to Scotland.

Douglas Selman drew ever nearer to the 3min50 second barrier with excellent runs at the national championships indoors and out. Fraser Scott continued to progress and it surely wont be long before he challenges the seniors for this title.

Scott Pilkington, it would be fair to say, has worked harder than ever in the last 12 months. He has been ever present at training and has raced prolifically for the club. Of course this award is not about athlete commitment or service to the club, it is solely about performance and last summer Pilky excelled. He gave us a taste of things to come at the closed Scottish Championships where he took silver (1500m) and bronze (800m) and then followed up with a dominant performance at the Scottish U23 championships where he took gold in the 1500m. This was a landmark achievement as Scott had previously won national track titles at U13, U15, U17 and U20 level. Shortly afterwards he just missed out on the gold competing for Scotland at the U23 Inter Territorial match in Derby and then won the first British Milers Club race to be held in Scotland for four years. However it is for his national triumph which completed his set of age group track titles that he becomes the fourth winner of the Ron Anderson Memorial Cup.



Dave Henderson takes a great degree of pleasure in announcing both the Senior Male and Female winners of the CAAC of the Year Awards 2009.

CAAC SENIOR MALE of the YEAR 2009

Steve has been a member of CAAC since 2003 and has competed in a variety of distances on the road and cross country for the club. Now Steve would be the first to admit that he is not really the right shape for fast marathon running and would not look out of place in a shot putt circle but this athlete competed in the Amsterdam Marathon in October 08 and ran a PB of 3hrs 28mins. I know this as I was there and it was a joy to see Steve achieve this.

What is remarkable is that Steve has taken almost 1 hr off his marathon time from 2004 so this can only be put down to hard work and consistent club training.

Steve's other PB'S are 1hr 34 min for ½ marathon (Moray 08) and 73 mins for 10 miles (Lasswade 09).

There is one thing Steve that you will have to watch out for Steve is that if you keep getting PB's then you'll have to do extra training to burn off the Mars bars that Bob will be buying for you.

Keep up the training Steve and well done.



CAAC SENIOR FEMALE of the YEAR 2009

Susan has been a consistent attendee at training sessions since joining CAAC and has competed in a variety of distances but she would be the first to admit that she prefers the longer distances (with hills). A few of the guys on the training runs have made comment about Susans strength especially on the uphill sessions. Her PB for the half marathon is 1hr 38 min (Aviemore 08) and she has a PB for 10 miles 74 min 34s (Lasswade 09).

Susan has now decided to compete in this years LAMM (Low Alpine Mountain Marathon) which is a two day event which involves running, navigation between points, camping out overnight, and you have to carry your gear as well.

The training for this event has been based on Pentland runs in all sorts of conditions from knee deep snow to howling wind/rain for up to 3hrs with her training partner Pauline. (Now that is determination)

I have been informed that she is taking a Navigation Skills Course and has been spending lots of money on the best of kit so look out John O and Dave as Susan and Pauline have you as targets.

Good luck Susan and all the best for 2009





CAAC DOWN & UP 2008 - INCLUDING PRIZES GALORE!



QUITE A MOTLEY CREW AT THE BORDERS SERIES - GREAT TURNOUT THIS YEAR!