

# Chairman's Report - Nobody puts CAAC in a Corner



Edited and penned by Bryan Clark. BC.

He's never on time for anything, he gets lost leaving his own street, he deafens everyone with his loud voice, he has one of the worst running styles this side of the planet Pluto! Surely this guy can't possibly lead one of Scotland's finest athletics clubs through titanic battles against our competitors, across choppy waters and past the icebergs that lie straight ahead!

Well twenty four months on and the management team of Bryan Clark aka BC and Keith Hood aka Kipkeitho have presided over some very successful times in the history of Corstorphine AAC and proved that nobody puts CAAC in a corner!

This success though is largely down to the athletes themselves and testament to the hard work and training they put in. And with a clutch of medals and honours gained throughout the last 12 months, 2010-11 should be viewed as a successful year for the club. We must not rest on our laurels though and we must strive to improve further.

The club has in the past few years made some shrewd signings in the transfer market with the acquisition of international stars such as Jan-Bert Van Den Berg, Dermot Cummins and Boniface Kipkeitho. There are plans to promote the club further in the future with advertising campaigns and even a club anthem in the pipeline. Experienced song writer Scott Williamson (ask him to sing you his Jan-Bert song) has been lined up to open such a tune and it is hoped this will take the charts by storm in the not to distant future.

There has been several additions and changes to the club over the last 12 months. Chris Peggie took over from Kathryn Smith as Club Secretary and whilst Chris is not the Miss Money Penny to my James Bond he has certainly been a great addition to the club committee. Dean Carr has taken over from Grant Wilkie as Club Captain with Grant moving into a management role to work alongside Bob Innes as Team Manager for the Forth Valley Athletics League. Dean has therefore been thrust into the position of athlete's voice on the committee and a person who can provide additional support to the athletes so if you have a problem, if no one else can help and if you can find him, speak to Dean Carr.

We have also seen two rather tall members join the club recently, perhaps even taller than Callum Smith! They do take five minutes to stand up though and always ask to be carried to and from events. These Feather Flags as they prefer to be known stand perfectly on their own or alongside the club tent (but are a little lighter than the tent) and help to mark the territory as being claimed by Corstorphine.

The club website continues to go from strength to strength and thanks to Bob, Chris and Nick we can now view our performances through the Power of CAAC statistics database contained on the website which holds stats on club records, list of performances per event and an individuals performance history.

Corstorphine athletes can also be recognised more clearly in 2011 due to the snazzy new CAAC jackets and whilst not looking as cool as the T-Birds or even as foxy as the Pink Ladies the new uniform looks great on the battlefield and is sure to fire a touch of fear into anyone that might fancy their chances against the might of Corstorphine.

We have recently been in discussions with the football club who use Saughton Enclosure and plans are afoot to develop Saughton which will benefit both athletes and footballers. With the Olympics and Commonwealth Games due to arrive at these shores very soon it is perhaps too late to see Usain Bolt or Kenenisa Bekele use arrive at Saughton with their £3 for Sheena but with continued talk of possible closure of athletics tracks in Edinburgh any development may also strengthen our position at Saughton.

2011 also sees Corstorphine AAC reach the milestone of 25 years old and a committee full of experience, appreciation for the history of the club and event organising skills has been put together to help us celebrate this landmark occasion. Very detailed discussions and brain storming sessions have taken place regarding the exact plans for events in 2011 and those on this committee were all made to sign in blood a confidentiality agreement preventing them from disclosing certain information at this early stage. We are however open to any suggestions or ideas and these can be passed to your Club Captain Dean Carr or your Chairman Bryan Clark.

**So 25 years on and is Corstorphine AAC getting stronger, is it a club that people are proud to be a member of, is it a place where "everyone knows your name", is it a club that strikes fear into the hearts of our competitors.....as Captain Jean Luc-Picard used to say in Star Trek.....MAKE IT SO!!!**



## CAAC In The Beanstalk?

By Tim Norwood

Next season Corstorphine will leave the poor clubs in CSSAL Division 3 to their scrawny cows and bare larders, and join the giants up the beanstalk to try and steal their harp. Yes we put poor little Stewarty, Nithsdale, Helensburgh and Clydesdale in their place last year - OF COUSRE WE DID! Some of these clubs turn up with 1 athlete, sometimes none at all. But let's not belittle our performances because despite an easy ascent in to the clouds of Division 2 there were some hard fought and well deserved battles along the way. I would seem unfair to single anyone out but I'd like to honour our most reliable and dedicated souls; Andy Cullen and Lilian McNab for competing; Sheena and Elspeth as officiating and Bob for track side encouragement, and with very little complaining between them all.

We move up to Division 2 with Kirkintilloch to take on Whitemoss, East Kilbride, Kilbarchan and Ronhill Cambuslang. Dates for your dairy are;

Sunday 1 May - Scotstoun

Sunday 5 June - Linwood

Sunday 3 July - Wishaw

## Jill Holding Her Own Alongside Jack

By Claire Egan

This season, Jill certainly didn't come tumbling after Jack, but was keeping step with him racing up the hill! The females put out another strong squad across most age categories with many athletes willing to double up in a number of events. Overall, the females finished 1<sup>st</sup>, which was to be expected given the high finishing last season in the division above. As much as everyone achieved well, particularly excellent performances were put in by Lillian MacNab and Hannah Addison who dominated their age categories.

## The Seniors Squad - Track Sessions - Why do them?

By Dave Henderson

Now that the cross country season has finished we should now be looking forward to some better weather and some road races. With all the hard work that you have all done with the hill reps and circuits we now look forward to converting that strength into speed by initially running various intervals on the road which should in turn help the transition onto the track.

I am aware that some members are not that keen on the track but I am keen for all of the seniors group to participate with at least some track intervals so that you can gauge the pace that you will require to run a sub 40min 10k or a 6 min mile etc.

My intentions will be to coach the group on specific sessions for 10k running on Tuesdays with some fartlek sessions on Thursdays when we go out on the trails.

The track is where you can develop your speed over various distances with various recovery. So come on give it a go.

## The Sprints Squad

By Claire Egan

All sprinters enjoyed another successful season this year in the CSSL, whether any of this can be put down to Andy Cullen's magic beans (constant supply of Jelly Babies) has yet to be proven though. There were the usual wins for the vets, Andy Cullen and Ronnie Hunter, followed by some pretty good times for the senior men, Ciaran and Paddy. The women put in their bit too with top finishes for Claire Egan and Lauren Gilhooley, as well as lending themselves to random other events when needed. A special mention must also go to Megan and Eilidh who certainly were more than honorary sprinters this season!!

## ALT-CAAC Squad

By Moray Anderson

2010 was a decent year for the squad with a number of fine performances across a multitude of distances and surfaces.

Grant and Chris fed off their big mileages for good results on the roads culminating in a great couple of marathon debuts. Chris also ran superbly in the hills particularly at the gruelling Pentland Skyline.

Dermot really settled into CAAC life in his second year with the club picking up club records on the track indoors and out and running brilliantly at the nationals for 13<sup>th</sup> place. Not bad for a guy who isn't that bothered about cross country!

BC stepped up the quality of his training and was rewarded with a new set of PB's (note the obvious correlation). Whilst his promise to take us all to cross country school never quite materialised he has recently got back on the podium at Lasswade with yet another PB. The less said about his "CAAC Paps" effort the better though!

Our resident Scottish Kenyan Boniface Kipkeitho was solid as ever but a difficult winter due to a knee injury spoiled his cross country season. Keith did come back well at the nationals and has recently taken down a couple of highly prized squad records for our training reps! Surely enough to define a successful season!

Andrew was a great addition to the squad and quickly assumed the vacant position of resident "honest trainer", a position once held by Commonwealth Games finalist Ally Hay. Andrew's willingness to "get out" and put

everything on the line is of real benefit to everyone in the squad.

For the rest of our squad there was a mixed bag but as far as numbers and depth is concerned it has to be considered the best year yet. I am very hopeful that if we can keep this squad together and make a few more additions everyone can continue to improve and we might yet see some real quality performances from squad members.

Oh yeah, some guy called Ewan Stark began his (umpteenth) comeback lately. If that comes off then 2011 will really be classed a success!

## **Forth Valley Junior T&F League**

**By Grant Wilkie**

2010 saw a strong start by the club to the Forth Valley League (FVL) and were it not for scheduling we looked to be in a strong position for promotion to Division 1. Over the course of the three meetings and the Final our young athletes proved on many occasions they have what it takes to wear the vest of Corstorphine, these efforts being rewarded by 10 of our athletes competing, and winning 12 medals, in the President's Select meeting at the end of the season.

This year sees some changes to the FVL and your coach or myself can explain to you what they are. The main change is that the meetings will be held on Saturdays at Grangemouth, a full list of dates below.

I'd encourage all young athletes to take part as you are not only putting all your training in to practice but you are also showing your support for the club and also they are usually really good fun. All that you need to do if you would like the chance to take part is tell your coach, the other thing is to make sure your Scottish Athletics membership is up to date. Enjoy your training and let's see if we can make it to Division 1.

### 2011 FVL Meetings

Saturday 30 April (2pm-5pm) - Grangemouth (Meeting 1)  
Saturday 18 June (10am-1pm) - Grangemouth (Meeting 2)  
Saturday 06 August - Grangemouth (Final)  
Saturday 03 September - Grangemouth (President's Select)

## **Scottish T&F Mens League and Road Running**

**By Tom Ferrington**

When CAAC President Bryan Clark wrote to me requesting my annual reports on the Track and Road Running seasons I was warned not to just cut and paste last year's write-ups; and thankfully I can't, since in both forms of competition we have performed better this last 12 months than in 2009/10.

Visit the Corstorphine AC website at <http://www.caac.org.uk> for day to day news, results, information and more! **#31 [03-2011]**

## **Scottish Track and Field (Mens League) 2010/11**

For a club based on tartan for 6 months of the year and having its roots firmly in track and field athletics it is fair to say that participation was on the wane through the latter part of the last decade. With more and more interest in road, hill, trail, adventure and other forms of running, track often takes a bit of a back seat. However, in recent years this has started to change slightly and interest seems to have been re-ignited somewhat.

In 2010 on the track it was a case of "could do better" rather than "must try harder" as our battle weary troops hauled themselves up the league table, eventually bettering last season's 4<sup>th</sup> place finish by getting into 3<sup>rd</sup> and narrowly missing out on promotion to Division 1. The disappointment abated reasonably quickly for me though after I remembered challenging the team to earn their right to throw me into the water jump if they could get promoted!!

Highlights of the season included BC's early 5000m PB at Aberdeen and Dave Singleton's unexpected Triple Jump club record in match 2. The stand out performance, mind you, was in the 5000m at the last match, which saw, having assaulted a high jump stanchion with his head, a bandaged and glued-together Irishman Dermot Cummins defy the odds to run a club record time in a really exciting race. Dermot has since gone on to lower the indoor club record over 3000m on two occasions during the winter (he hasn't tried High Jump again though!)

2010 also saw the club support a new open 10000m race at Meadowbank in which BC scored another PB, running under 34 minutes for the first time, and in which Dermot showed signs of his gutsy determination in running just outside 33 minutes.

Barely has the cross-country season finished than we are already planning for the first outdoor track meeting of the season which takes place on Sunday 17<sup>th</sup> April at Grangemouth Stadium. The challenge is on once again to secure promotion to our rightful place in Division 1!!

## **Road Running 2010/11**

Road racing continues to be one of the most popular forms of the sport for CAAC athletes; the weekly Parkrun events regularly see addicts like Mike Anderson and Chris Peggie charging up and down the promenade of a Saturday morning; more and more people are targeting marathons with Chris O'Brien and Grant Wilkie making notable debuts early in 2011 and others improving their times over

the course of 2010; and our relay teams continue to have a significant presence at the National Championships and other events.

On the subject of the Nationals, our ladies team made great strides this year after their first ever foray into the competition in 2009; back then they finished 23<sup>rd</sup> but stormed up the leaderboard to 15<sup>th</sup> in 2010! The men fielded 3 teams in 2010 and improved from 8<sup>th</sup> to 6<sup>th</sup>. I can't help thinking there is more to come from both genders with everyone at the top of their game in 2011...

The Spring and Autumn Handicap races were well supported once again this year forming the bookends of the Scratch Attack series which presented the first tie since its inception. Shaun Cavens eventually secured the title from Scott Williamson by virtue of his superior performances in the Handicap races proving it pays to slip the handicapper a fiver or two!!

A report on CAAC's 2010/11 road running season wouldn't be complete without mentioning another mercurial Irishman, David Simpson, who set club records at 10km, 10mile and last but not least a storming 2hr26min Marathon record in Inverness last October. His times have set the bar high and given us all something to aim at - see if you can sneak one off him while he's away travelling abroad!



## Cross Country

By Keith Hood

A season affected by some of the worst winter for many years still brought success for the Club. There were several outstanding performances and a fair number of medals hauled from the mud, rain, sleet and snow.

The season once again began at Prestonpans with the District Relays, where team bronze was won by the junior and senior male teams. For the first time, Masters medals were awarded and Grant, Graeme, Ian and Mike won gold. At the National relays two weeks later, the formidable masters won an excellent silver medal, only 39 seconds behind the winning Shettleston team.

The East District Championships, originally arranged for Aberdeen in December were postponed due to the snow and were finally incorporated into the third league meeting in January at Livingston, when the weather had finally relented. Team bronze medals were won by the U13 boys, U17 men and senior men. This is the third season in a row where the senior men have been in the medals at this event.

The National Championships were held for the sixth successive year on the popular Callendar Park course in Falkirk. Underfoot conditions proved to be tougher than the previous year due to a prolonged spell of rainy weather in the couple of weeks before the event. Although we did not win any medals, we had 49 finishers in total from all of the age groups and a great spirit from all athletes and supporters on the day. While reluctant to single out individuals, it should be noted that Fraser Scott was sixth in a very competitive U20 event and Dermot finished 13<sup>th</sup> (a Club record position) in the senior race. Dermot's result capped an outstanding personal season, as a few weeks earlier he finished sixth in the National 4k event at Bellahouston Park.

The East District league meetings were held at Stirling, Broxburn and Livingston and the Club showed its strength in depth and potential for the future, as the U13 boys and U17 men finished second and the senior men were third. The overall league positions (combined results from all age groups) gave us second place for the males and eighth for the females. The Masters also finished second overall.

On the basis of their performances, Hannah, Anthony, Matthew, Callum and Sam ran in the Inter District races at Holyrood Park on a freezing day in January, with Hannah winning silver as a counter for her team.

Finally, the Borders series was seriously affected by the weather, which hit that area hard. The first three races were all cancelled, resulting in a short series of

four races in January and February. A small contingent managed to complete the series but after a year in the CAAC trophy cabinet, the silverware was won by Gala. The highlight was definitely the race at Norham, which had between six and eight crossings of the burn and a couple of fences to vault in just four miles - real cross-country as they say down there!

## Hill Running

By Christopher O'Brien

It was another good year for CAAC in the hills. There were no fewer than 27 athletes who donned the White and Black and headed high. The year kicked off with one of most involved hill runners Paul O'Brien completing the quad destroying Chapelgill Hill Race in a nice floral dress to kick off pre wedding celebrations. 13 other CAAC souls and the hill running fraternity at this early season event were fast to offer words of encouragement and ridicule to POB as he finished with with smudged lippy in the middle of the field. What he got up to in the 2.4K race is still unanswered. Martin Hulme was also present and started his season off with the V60 prize and went on to take several more. Martin represented the club all over Scotland in 17 races throughout the season with an additional foray to Poland to represent the country in the Masters World Championships.



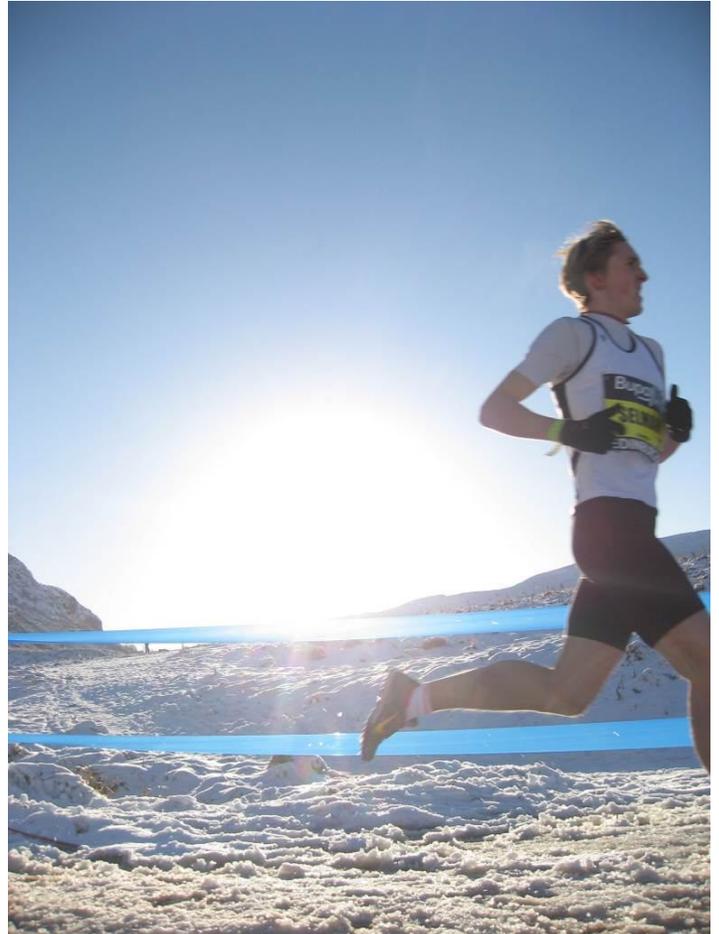
The hills are a great place to test yourself mentally and physically and there is nothing more testing than the long classics races of 20+ KM in length with several thousand feet of ascent. There is no escaping yourself in these races and several are every bit a match to a road marathon. Susan Johnston and Nick Brown took on one of the new races of this length in the shape of the Glenshee 9, Susan completing it and raving about it after and Nick doing everything he could to try battle with his body and make the finish making a shrewd choice not to push a plaguing calve injury. Heading into the hills is partly about testing yourself, partly enjoyment and when you get close to the edge mostly about having the ability to self preserve and push

on through the pain. The Pentland Skyline this year for me was this exact mix, you couldn't see further than 20-30m ahead at any point and the cramp started kicking in from 10 Miles, something has got to give generally its body first and thankfully with a strong mind you can pretty much drag your body round. The long races are not to be taken lightly, but they certainly thoroughly fulfill once beaten. Martin completed the SHR's long classic series this year with the Arrochar Alps race in 15th overall the route being 25Km with 2400m of ascent taking him 4h28m44s - certainly good value for money!

There are lots of short events and its not all about getting lost in the hills for hours on end. Grant Wilkie and Keith Hood both dabbled in some of the shorter races with great success, Grant taking 2nd summiting at Cairnpapple part of the Bathgate Highland Games and Keith taking 4th at the Red Moss Revolution. One of the most enjoyable short races of this past year was the Eildon 2 Hills race, it had a bit of everything. Corrie Roberts, Gillian and Dean Carr, Paul O'Brien and myself all headed South to take on these rather dramatic hills, it was a fine story of good and bad route choices, gorse covered plodding ascents and breathtaking descents all finish and starting with a loop of the games and rugby playing fields its amazing how poorly your legs work after a up and down pummeling!

The real jewel in the crown of hill running for me is when you get a bunch of folk together and you head to the hills together, either for just a training run when you stop for a view or on a competitive edge team up and form a relay team. This year in addition to the stalwarts of the CAAC Hill Relay calendar The Ian Hodgson Mountain Relay (Completed in very soggy wet conditions. Tim Norwood and Alex Cumming pulling off a great piece of navigation through the mist to set the team up for a great race, anchored home by Dave 'OCH' Law and POB on arguably the hardest leg of the lot!), The Comrie Relays (3 teams, glorious sunshine and the finest BBQ to savour at the finish with two 'trail' legs this is a must do for anyone wanting to try their hand in the hills), The Devils Burden's (Again well represented and thankfully no snow this year, possibly the last running of the route but as Scotland's biggest hill relay event sure to survive in another format) and finally the UKA Fell Relays. The latter taking place on the Lomonds of Fife, so impossible for us not to send a team two individual legs to the top of East Lomond and two paired legs out towards West Lomond an amazing experience to be racing alongside the best in the UK and we didn't finish too badly either!

All in all a fine year! And the best thing of all is now is the start of the new season. One ongoing challenge is Dave Law's 50 Laws for 50 years which he aims to finish up at Largo Law, so would be good to get a big turnout there. For other races and planning your attack on the hills the best resources are the calendar at <http://www.shr.uk.com/Calendar.aspx> and the <http://www.scottishhillracing.co.uk/Home.aspx> site run by Chris Upson of Westerlands. Otherwise keep an eye on the message board at [www.caac.org.uk](http://www.caac.org.uk) where I will be taking names the end of summer relays. Maybe 4 teams at Comrie this year?



## Junior Male Athlete of the Year Anthony Addison

By John O'Hara

We have always said that the recipients of the Athlete of the Year awards do not always have to be the best in terms of athletic ability or results, but in the case of this years Junior Male, there can be little doubt that he is a rising talent.



A recently joined member of the Junior Endurance squad, I can't claim responsibility for his performances, but his results from the 2010/11 Cross Country season are outstanding.

At this year's Cross Country also he turned in some

fantastic performances. In the East District League meetings he was 4<sup>th</sup> at Stirling and 5<sup>th</sup> at Broxburn, and at the Championships he was 4<sup>th</sup> at the East Districts and 10<sup>th</sup> at the Nationals. This earned him a place in the East of Scotland team at the Inter Districts at Holyrood in January where he finished 20<sup>th</sup>. He also finished 1<sup>st</sup> in the Lasswade Open XC.

It was in track and field last summer however that he truly excelled.

On the field, his stand out performances were at the CSSL 3 meeting at Linwood on 27 Jun 10 with a 1<sup>st</sup> in the Javelin of 16.96 and a 1<sup>st</sup> in the High Jump of 1.35 earning him a Top 20 'Power of 10' ranking (16<sup>th</sup> in Scotland, 155<sup>th</sup> in the UK).

With nothing worse than a 5<sup>th</sup> in the 1500 at the Lothian & Borders match at Meadowbank on 6 June 2010 his other 1500 performance of the season was a PB of 4:53.7 placing him 1<sup>st</sup> at the CSSL meeting at Dumfries on 23 May 2010, and earning him a Top 10 'Power of 10' ranking (9<sup>th</sup> in Scotland, 54<sup>th</sup> in the UK).

In the 800 too he turned in a consistently good series of results ranging from a 3<sup>rd</sup> at the Pitreavie Young Athletes' Trophy Meeting on 25 Apr 10 (2:28.94) to a 1<sup>st</sup> in every other 800 he ran that season, including the CSSL meetings on 25 Apr 10 & 27 Jun 10, and the JSB Plumbing Forth Valley League meetings on 29 Apr 10, 19 May 10 & 17 Jun 10, the latter in a PB time of 2:26.7 earning him a Top 20

'Power of 10' ranking (14<sup>th</sup> Scotland, 128<sup>th</sup> UK)

The Junior Male Athlete of the Year was a hotly contested category, but the committee had no hesitation in selecting Anthony Addison as their most deserving winner. Well done Anthony and good luck for an even more successful year ahead.

## Junior Female Athlete of the Year Amber Robertson

By Bob Innes

If you are looking for a long distance High Jumping and Throwing Sprinter, look no further. This athlete has done them all and done them all well. She is also a very strong willed individual, and is not averse to telling her coach that there is no way she can ever do whatever event you have asked her to do. We then do some horse-trading involving whichever leg of the relay she most wants to do and a deal is done. She goes on to give it 100% and often surprises us all with her determination to succeed. On one occasion last season I was unable to offer a relay place as we did not have enough girls in her age group so she ended up doing a 1500 metres (for me) and a 200 metres (for her). But she ended up enjoying both and even managed a PB in the 200.

She has a slightly different from normal way of encouraging her fellow athletes, both in training and at track meetings. When you hear your name shouted out in a very high pitched squeal, then you know that you are not working as well as she would like you to. It has been a big help to the coaches as the shout is a lot higher than any of us could manage, and almost always has the desired effect.

The only event she has never taken part in is hurdles so I must try and persuade her to give it a go. Somehow I feel that I will not succeed, even if I were to offer her every leg of each and every relay race next season.

**Congratulations to this years junior female athlete of the year who is Amber Robertson and we look forward to more interesting combinations of events next season.**

**Senior Female Athlete of the Year**

**Jo Kirby**

By Dave Henderson

Jo has been a member of CAAC for about 3 years now and has competed in a variety of distances for the club in both cross country and road races. She is the current Ladies Club Champion which she won in the final race at Saughton with a mile time of 5.51.



Her other achievements are Marathon 3hr 48min, Half Marathon 1hr 38min, 10k 41min 36sec, 5k 18min 58sec.

If you are a regular user of the CAAC website you may have noticed that Jo likes to share her training routes/blogs with other members with the use of her Garmin watch even when she goes on holiday to France. Now is that dedication or what?

Jo seemed to up her training in 2010 and this did make a difference to her performances so keep up the good work Jo and I'm sure you'll improve even more in 2011.

**The Senior Female Athlete of the year for 2011 is Jo Kirby. Well done Jo you deserve this award and we all look forward to you having a very strong next 12 months and improving your race times and places even further.**

**Senior Male Athlete of the Year**

**Mike Anderson**

By Dave Henderson

Mike has been a member of CAAC for a number of years now and has improved year upon year. This 'running machine' as I would call him trains almost every day and for those other members who don't know who Mike is all you have to do is hang around Corstorphine Road near the zoo and Mike will come past at some point.

Mike just can't get enough of racing to the extent that during our training sessions I have to keep telling him to ease off 'keep the racing for the real races'. He is a regular of the Park runs and also the Meadows races and I have no doubt that this has given him the speed work for the longer races.

All of his hard work paid off for Mike as he was part of the winning vets team at the cross country relays at Meadowmill and also a runners up medal in the National cross country relays at Cumbernauld.

Mike's PB's are Marathon 3hr 12min, Half Marathon 1hr 22min, 10k 38min 29sec, 5k 17min 38sec and 1 mile 5min 28sec

**Mike at the moment is training for the Lochaber Marathon which is on the 10th April so I would like to say well done Mike and good luck.**



# Ron Anderson Memorial Cup Dermot Cummins

By Moray Anderson



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 middle distance coaching and competition.

Corstorphine's fine reputation for endurance running was further enhanced in 2010 with excellent performances throughout the age groups. Young athletes such as Anthony Addison, Matthew and Christopher Galloway, Callum Smith and Hannah Addison were prominent especially in cross country where they achieved recognition through East District selection. No small achievement. The future of middle and long distance running looks bright for Corstorphine.

Former winners of the cup Douglas Selman and Scott Pilkington were again prolific on the track last summer, Selman especially travelling the length and breadth of Britain in search of quality races. Pilkington was a bit short of his best for most of the year but Selman powered to some excellent results over 1500m which saw him finish the season ranked 15th in Scotland with a pb of 3.51.15.

Arguably one the main contenders for the award this year was David Simpson who ran an excellent club record over the marathon at Loch Ness. Dave recorded 2h26m16s when finishing third a time which ranked him an excellent 35th in the whole of the UK in the end of season rankings.

**Dermot Cummins made a slow but steady start to the 2010 season having missed the first few months through injury. By late August he was really firing and recorded a club record over 5000m at the final league meeting of the**

year, this despite sustaining a nasty head wound a couple of hours earlier whilst high jumping! Dermot's first ever full cross country season saw him record fast leg times at the East and National cross country relays, 8<sup>th</sup> place at the East District championships and culminated in a club best finish of 13<sup>th</sup> at the National Cross Country championships a superb effort in race of such quality and depth. In recent weeks he has also given us a glimpse of things to come this summer with forays onto the track indoors. 3<sup>rd</sup> place at the national 3000m championships in a club record of 8.29 was followed up a fortnight later by another huge pb and club record of 8.20.41 when running in an invitational 3000m at Kelvin hall. This period of racing has seen Dermot in the shape of his life and he is the worthy winner of the Ron Anderson Memorial Cup for 2010!

## And finally.....a critical issue

By Bryan Clark

There are further changes for Corstorphine AAC expected over the next 12 months especially with regards to coaching. Chris Gowans and Megan Smith will be attending Assistant Coach Award Course (old Level 1 course) in the coming months which will help their squads and Lewis Innes will be attending a Coach Award Course (old level 2 course). There is however a potential serious problem on the horizon with regards to the Junior squad. Bob Innes has confirmed to the committee that he will retire after the coming track season. I would like to thank Bob, on behalf of the whole club, for all the work he has done over the years with coaching, supporting, team managing and also all the statistics he has produced for us. All this work has been invaluable and the club would be worse off without Bob's contribution. Both Lewis Innes and Ian Campbell are also unable to give full time commitment to coaching due to other commitments. This does however leave us with a very large gap to fill when providing coaching for the Junior squad. The other coaches at the club who coach this squad on a part-time basis, Jan, Gillian, Keith and Dave are all keen to assist in the development of middle distance runners who are keen to take part in Cross Country but these coaches don't feel they have the skills to deal with new starts and the youngest athletes at the club. We also have parent helpers and adult athletes who help with the Juniors squad and this assistance is fantastic and very much appreciated.

The possibility of not having a lead coach for the Junior squad however is a critical issue for the club and the committee asks that everyone give this issue some thought.

**OVERALL CLUB RECORDS AT 16/03/2011**  
**NEW RECORDS THIS YEAR HIGHLIGHTED**

Event	Record	Athlete	Season
1000 Metres	02:35.00	Moray Anderson	1994
1000m S/C	03:38.20	Christopher O'Brien	1991
100m	11.00	David Smart	2002
100m	11.00	David Clerihew	1994
100m Hurdles	14.90	Matthew Peerless	1998
10Km	31:37	Dave Simpson	2010
10Mile	51:37	Dave Simpson	2010
110m	11.77	Ross Prowse	2005
110m Hurdles	16.40	Brian Winning	1997
1200 Metres	03:20.10	Christopher O'Brien	1999
1500m	03:43.40	Kris Berry	2005
1500m S/C	04:51.85	Calum McKenzie	2005
150m	23.10	Sarah Malone	2009
15Km	53:23	Grant Wilkie	2010
1Mile	04:18.40	Kris Berry	2003
2000m	06:36.20	Christopher O'Brien	1994
2000m S/C	06:30.10	Christopher O'Brien	1997
200m	23.10	Ian McNamara	1998
2Mile	09:19	Kris Berry	2004
3000m	08:20.41 i	Dermot Cummins	2011
3000m S/C	09:24.18	Keith Hood	2001
300m	42.10	Mhairi MacDonald	1999
300m Hurdles	52.60	Katherine Macdonald	2001
400m	50.05	Kris Berry	2003
400m Hurdles	52.98	David Smart	2003
4Mile	19:06	David Law	1993
5Km	15:00.00	Dermot Cummins	2010
5Mile	24:51	Kris Berry	2005
600m	01:52.30	Anthony Addison	2009
60m	7.34	Craig Knowles	2008
60m Hurdles	8.90 i	David Clerihew	1993
6Mile	30:40	Moray Anderson	2007
6Mile	30:40	Dave Simpson	2010
7.5Km	40:13	Eileen MacGregor	2008
70m Hurdles	13.40	Emma Cochrane	1993
75m	11.61	Sarah Malone	2010
75m Hurdles	12.90	Erin Clerihew	1994
7Mile	38:08	Moray Anderson	2005
800m	01:51.42	Douglas Selman	2006
80m	12.00	Euan Smith	2003
80m Hurdles	13.00	Matthew Peerless	1996
8Mile	49:34	James Cumming	2007
9Mile	51:09	David Law	1985
Decathlon	3265pts	Jim Hynd	1993
Discus	36.73m	Stewart Turner	2005
Half Marathon	1:10:22	Moray Anderson	2007
Hammer	35.45m	Gary Forbes	1998
High Jump	1.85m	Dave Singleton	2006
Javelin	44.62m	Hector Fraser	2009
Kilomathon	1:49:45	John Christy	2010
Long Jump	7.14m	David Clerihew	1998
Marathon	2:26:15	Dave Simpson	2010
Pole Vault	4.00m	Matthew Peerless	1999
Relay 4x100m	44.80	Relay Team	1997
Relay 4x200m	01:10.80	Relay Team	1988
Relay 4x400m	03:25.50	SP KB ES COB	2003
Shot Putt	13.62m	Peter Sochart	1997
Triple Jump	13.19m	Dave Singleton	2010
Turbo Javelin	14.00m	Alexander Wilkie	2009

**CAAC Road Race Series 2011 - Scratch Attack**

Details of this year's event. For further details on the series or an entry form, contact the *organiser* Moray Anderson or head to the website [www.caac.org.uk/scratchattack](http://www.caac.org.uk/scratchattack)

**RULES & REGULATIONS**

- 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.
- Upon entry with the CAAC Road Series (CRS or Scratch Attack) *organiser* the *office of the handicapper general* will allocate two time standards for each distance which will be required to gain your gold and silver target bonus'. 1 point shall be awarded for each of these targets except at the handicaps where it will be 2 points.
- The Gold bonus is largely based around an athlete's age group pb. Where an athlete does not have a pb over a particular distance the *office of the handicapper general* will calculate an appropriate target time.
- 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

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particular distance may or may not result in a season best.

- 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 Gold target bonus. Athletes will be responsible for notifying the *organiser* of such pb's upon entering the series. These can largely be verified using the Power of CAAC database. 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 because it simply isn't! An athlete's age group will be taken from their age at the start of the series.\*\*
- Note that upon recording a new pb (in a CRS event) the *office of the handicapper general* shall calculate new target times for that distance.
- 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*.
- A *Well travelled bonus* of 2 points shall be awarded to anyone who competes outside the mainland of Great Britain in a recognised road race. E.g. Isle of Man, Little Rock Arkansas, Vladivostok, Tierra del Fuego etc. Please notify the *organiser* when such a race has been completed as it may not be picked up.
- 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 *office of the handicapper general*. Athletes will be required to enter series events in the normal way however the *organiser* shall collect results and collate scores.
- A prize will be awarded to the athlete (male or female) with the highest total score after the final event.
- 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.
- 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.
- A monthly ranking table of all entrants will be displayed on the CAAC web page and also at training throughout the CRS.

\* A 2 point *official's bonus* shall be awarded to anyone entered in the CRS who cannot run the CAAC 5 or Handicap races due to marshalling or officiating duties.

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

\*\*\*Black Rock 5 isn't really five miles so as last year no Gold Target bonus available although we will use 5 mile Silver bonus targets (so it's a bit of a free gift)!

Events	Entry	Silver target	Seasons best	Gold target
Spring Handicap*	2	2	-	-
Balmoral 10km	1	1	1	1
Silverknowes 5km	1	1	1	1
Penicuik 10km	1	1	1	1
Dunfermline Half	1	1	1	1
CAAC 5*	1	1	1	1
Seven Hills Race	1	1	-	-
Black Rock "5"	1	1	-	-***
Scottish Gas 10km	1	1	1	1
Great Scottish Run	1	1	1	1
Autumn Handicap*	2	2	-	-
Meadows bonus	4	-	-	-
Well travelled bonus	2	-	-	-