

Chairman's Report - Inspire A Generation!!

Edited and penned by Bryan Clark. BC.



When I wrote my Chairman's Report for the 2012 AGM CAAC Attack newsletter we were eagerly looking forward to the London 2012 Olympics. Several Corstorphine AAC members travelled to London excited about witnessing such a spectacle and keen to soak up the atmosphere of the world's greatest sporting event. The London 2012 Olympic slogan was "Inspire A Generation" but the big question for Corstorphine AAC was would it "Inspire A Generation" of Corstorphine athletes. Some of the results over the last 12 months would suggest that it certainly looks like being the case.

In London who can forget the exploits of Mo Farah producing a golden double over 5000m and 10,000m or Jessica Ennis becoming the golden girl of athletics by sweeping her competitors aside in the Heptathlon. On the roads Bradley Wiggins became the most decorated British Olympian in history and in the Velodrome Chris Hoy, the Real McCoy once again didn't let us down. And then there was the nearly boy of tennis, Andy Murray finally became a man by capturing the Olympic title before adding the US Open. All these exploits captured the imagination of the public and made front page as well as back page news all over the country. North of the Border however a once small club from Scotland's capital was making it's own headlines and had people sitting up and taking notice.

For the first time in Corstorphine's history the Senior Men inspired by the famous quote from William Wallace "I will invade England and defeat the English on their own ground" travelled to Birmingham for the English 12 stage road relays. Being invited to become only the 5th ever Scottish club to compete in this prestigious and historic event was an real honour and talk of perhaps scraping into the top 20 teams was suggested before the race got under way. After some titanic battles, avoiding potential icebergs along the way, Corstorphine certainly did not view the number 13 unlucky as they surpassed pre race expectations to come home in 13th place. We will again be sending a team to this year's event complete with the new club tent and the good old club flags and the official club mascot Andy Pandy will again be looking to cause more mayhem. Is a top 10 finish possible this time!??

Success continued for the Senior Men on the Country with first ever team medals at the 3

National Cross Country Championship events in 2012/13. Calum McKenzie a team scorer in two of these races was heard saying after the National Championships at Falkirk "this Cross Country malarkey is easy, that's my second National medal this winter" to which he was swiftly brought back down to earth by Moray Anderson with his reply "great kid. Don't get cocky"....perhaps Moray has been watching too much Star Wars of late instead of coaching his athletes properly!!

Another highlight of the Cross Country season was a well deserved first ever National vest for Hannah Addidon and that was followed up with a Scotland vest for Douglas Selman...at this rate Calum McKenzie will be after one of those as well!

On the Roads the Senior Women and in particular Gillian Carr, Fiona Drake and Julie Malko continued to re-write the Marathon and Half Marathon Senior Women's club record. Who, if anyone, will be the first Corstorphine lady to break the 3 hour barrier for the Marathon?

The track and field leagues proved a little more difficult for the club although the mixed doubles pairing of Megan Smith and Tim Norwood are already talking about promotion back to the top flight of the CSSAL and rumours have it that they may be prepared to offer a pack of Haribo to each athlete involved in such a promotion!

On the hills it was a little quieter for the club although the husband and wife combination of Dean and Gillian Carr could have maybe done with an Car during the Devils Burden Hill Relays this year.

The CAAC Totally Excellent Awards (ask Tim about the name or just watch the Bill and Ted film series) are in their second year and they are well...Excellent and help to recognise the hard of work our junior athletes throughout the year.

And then there is the CAAC PAPS series. I know some people are not keen on serious races but this really is a low key series of fun races/challenges (what other race encourages you to come back with a tin of soup) with a great social element to them. This year they will be taking place on Friday nights with a social gathering afterwards. We have a large Senior membership in the club and it would be great to see new people give these nights a try even if it does mean more people will beat me!

So how can I sum up the last year and provide some motivation for the year ahead....I think I'll just say it was "Totally Excellent" and remember Corstorphine Expects!!!



ALT-CAAC Squad

By Moray Anderson

The middle and long distance squad have continued to improve as a whole in 2012. Whilst we lost one of our more "flamboyant" characters (Rory) to a job in the Midlands we gained an experienced campaigner of no little class (Stuart Campbell) and also some much needed young blood (Chris Galloway). Sessions were also able to commence on time and that was largely due to the absence of our tardiest member (Adam) due to long term injury. To his credit however he has continued to turn out for races despite being unable to run in training.

The 12 stage road relay gave the squad an early focus in April and it was a very successful foray down south and one which is again getting the competitive juices flowing this year!

Kris Berry made a well deserved return to form and his win at the Black Rock 5 was one of the stand outs of the season. With back up from second placer Mickey Breen and others it was particularly pleasing to keep HBT's beer winnings to a minimum whilst maximising our own!

On the track our athletes mustered a few district medals as well as a national medal through Kris however more modest but equally satisfying performances included BC cracking 16 minutes for 5000m and Calum finally going sub 2 minutes for 800m. As a coach these efforts can be every bit as rewarding as the "big wins" and can provide a platform for bigger improvements to come. In fact Calum proved to be a revelation in the winter gaining district selection for the inter counties and finishing top 20 at the nationals. That 40 year old Keith Hood still placed ahead of him will surely be inspiration to Calum to progress and also shows Keith's undiminished quality and still growing confidence! At the other end of the age spectrum Andrew Christy produced one of the enduring images of the year as he flailed and grimaced his way to a brilliant run in Cumbernauld which set up the team for a medal. A couple of Cambuslang stalwarts were overheard enquiring as to his identity during his gutsy effort, I expect they know full well who he is now that he helped to keep their team off the podium!

In late autumn Tommy returned to the marathon distance after a five year break and proved again that he is at home over the classic distance with a 2.37 clocking in San Sebastian. I for one was glad to see him back especially since he assisted me in my own training for the race.

A lot has been said already about the team medal winning performances at the National

Relays, National 4km Cross Country and National Cross Country but breaking into this exclusive club could be a watershed for the squad. I really hope we can be challenging for titles at these major events before long and competition for places in the teams especially amongst our squad members will surely drive everyone to step up their game!

Speed Work and More Speed Work

By Dave Henderson

Tuesdays

The sessions will start off with our normal group warm up including some standard exercises where I will go over the session for the evening. They will be mainly longer reps on the track with variable rest periods (2k,1k,800,600,400). I am looking at also have a time trial session at race pace every month.

At the end of each session we will do a bit of static stretching which I know some of you have asked to be included.

These sessions are intended for you to push yourselves at various distances in order to gain leg speed which in turn should improve your times on the road.

Thursdays

Thursday sessions will begin with a general warm up and then head out on various routes on the Water of Leith, Canal, Currie/Balerno, Corstorphine Hill etc where we will be able to change the pace a bit, include some short hills, steps, or recovery runs. A real mixture.

These sessions will give you confidence when you are in a race situation and you have to either put in a short burst to get past someone or just to help with fatigue during a race.

All going well I hope that the group stick together on these sessions and that we feed off each other. What I will say is that if any of the group has a different route that they have found it is always nice to run somewhere different.

Junior Squad

By Chris Peggie

The juniors have undergone a few changes over the last year. First off the coaching staff has grown. Dave Arnott, Sevgul Boyle, Jill McPherson and Chris Peggie have joined the Juniors' team. We've also had a large number of new Parent Helpers sign up to help out at training nights. They have allowed us to establish a junior endurance squad and improve the quality of jumps and throwing coaching we are providing to all of our junior athletes. We've also established a Development Squad, with Forrester High

School, for junior athletes (who are in P5 - P7) to join before moving into the club.

Our approach to competition and competitions is also shifting. Our coaching plans will now be based around targeting the competitions which run throughout the year alongside ongoing athlete development. Over the summer we're seeking to gain promotion in both the FVL & CSSAL and in the winter season we'll be entering CAAC junior teams in all of the East District XC League meetings and at the National XC Championships.

Finally we've had the first of the club's Parents Nights this month. No report cards were handed out, and despite the athletes pleadings they weren't given the opportunity to beat their parents in head to head races (& obtain the family bragging rights). Instead they allowed us to have a chat to the Parents regarding the clubs goals and coaching structure for the Junior Squads. It also allowed the parents who attended the opportunity to observe typical winter training sessions at the school. We'll be holding future Parents Nights at the track and then on the return to the school on an ongoing basis. We look forward to seeing you there.

The Sprints Squad

By Chris Gowans

The sprints squad has remained fairly small over the last year, with only one new member, Sandy Robson moving across from John O'Hara's squad as he wanted to focus more on sprinting.

Andy Cullen has continued to compete on the games circuit as well as the Masters Championships, where he finished 1st in the 200m outdoors. Ronnie Hunter has had a good season with 1st in the 100m outdoors and coming second to Andy in the 200m. Ronnie has also started this year off well with 1st in the 60m and 200m at the indoor championships.

My training (and coaching) has had to drop considerably after the birth of Aidan at the start of September.

Central and South Scotland Athletics League (CSSAL)

By Megan Smith (and me Tim Norwood)

We knew we had tough competition ahead of us in the CSSAL this year with us getting promoted at the end of last year to the first division. As a team we were ready for the challenge that Victoria Park Harriers, Law & District and Giffnock North brought.

Personally, I was thrilled to see so many athletes taking to the track with enthusiasm and being willing to try something new or something that 'isn't their event' in order to gain some points for the club. The spirit

among the athletes was great and is one of the reasons I love being involved in the CSSAL events.

(I'll say - This year was also special in that we had the new problem of too many athletes in some age groups (under 13 boys and under 15 girl especially). This is probably the best problem for any team manager to have. It was perhaps a bit of Olympic excitement but lets hope it carries over to next season. - Tim)

Unfortunately, we have now been demoted to division 2 for this coming season (hey but at least we beat Shettleston! I've added the final league table below - Tim). However, I am sure that our athletes will continue to go from strength to strength and will have us back up to division one by the end of the season - no pressure! (I agree and I'll go further - I think we can win the 2nd Division next year. We always seem to get promoted in second place however this time lets take the silverware -Tim)

One final note, we are asked to provide officials/helpers at these events, and it always tends to be the same friendly faces that volunteer (and this year we don't even have the friendly ever present face of Sheena who is retiring from officiating too this year. - Tim). While we are extremely grateful to those that do help us out, it would be brilliant to see some new faces lending a hand. Don't worry, it's nothing difficult you may just be asked to rake a sand pit or pick up a high jump bar but it would really help the club out as we have to provide a certain amount of officials per event. I'm afraid there's only so many times I can ask my Mum to rake the long jump pit before she asks me to leave home...again! So please, if you can help out please speak to myself or Tim. Looking forward to the season ahead.

Club	Match Points	League Points	Place
Law & District AC	3091	20	1
Kilbarchan AC	2926	17	2
Ayr Seaforth AC	2878	16	3
Airdrie Harriers	2855	16	4
Giffnock North AC	2794	16	5
Victoria Park City of Glasgow AC	2721.5	14	6
Corstorphine AC	1901	5	7
Shettleston AC	1605	4	8

Track and Field Review 2012

By Tom Ferrington

Back in February 2012 we were all singing the praises of our Irish import Dermot Cummins as he winked his way to 4th at the National Cross Country Championships. In January and February of 2012 Dermot ran a club record for 3000m indoors, winning a national gold medal in the process, and then bettered his own mark south of the border. Sterling stuff. Dermot has been known to say "track is where it's at" and it certainly looked like a platform had been built for an assault on the summer season. A purple patch in June and July saw Dermot run under 15 minutes 4 times for 5000m and the best of those, 14:32, remains unbeaten as a club best. In amongst these he found time to register a club record 30:32 over 10,000m as well. Now if only Dermot knew how to get to the track as well as he knows his way round one he might run a few more of those records!

Calling all jumpers, throwers and hurdlers...

The review of the Scottish Men's League season is more a call to arms than a roll call of great results and a valiant attempt at the elusive promotion to Division 1. It was never really on from the start and we struggled again with a lack of depth across the events with no hurdlers, few sprinters, and fewer still covering the throws and jumps. Those that did compete gave it their all and a few new athletes were brought into the fold but ultimately we were consigned to mid-table obscurity again finishing as we did in 5th.

That said the league provided one of the biggest collective sighs of relief ever seen in Scottish Athletics as BC ended a decade of turmoil for his adoring fans and finally went sub 16 for 5,000m. As Moray put it..."he had finally ended our misery, no one cared about him, it was us who had really suffered all these years."

We will be taking part in the league again this year as it does provide a platform for decent competition for many of the athletes that do turn out. And if you fancy trying your hand at pole vault, hurdles, javelin, shot, hammer and the like then feel to approach me or your coach to see about competing for the team.

The provisional dates for the 2013 season are as follows:

Saturday 20 April 2013 at Ayrshire Athletics Arena (Kilmarnock)
Sunday 19th May 2013 at Grangemouth
Sunday 21st July 2013 at Grangemouth
Sunday 25th August 2013 at Aberdeen

Statement of intent...

Elsewhere on the track Calum "Meekness" McKenzie also laid to rest one of the biggest hoodoo's this club has ever seen by going almost a full second under 2minutes for 800m. Years of failed attempts were cast aside at Crownpoint and, with the gargantuan silverback gorilla off his back, Calum has gone on to establish himself as a stalwart in the endurance squad churning out the miles and tackling each race with a new confidence. Goes to show what hard work can achieve.

Forth Valley Junior T&F League

By Bob Innes

Last year we were promoted to Division 1 but, unfortunately, it proved too hard to stay there so we are back in Division 2 this year. It wasn't for the lack of trying as we had some brilliant individual performances but we didn't manage to cover all the events and, in the end, that's why we didn't stay up. The quality showed in the Presidents Select Match where all our selected athletes came away with at least one medal.

Coaches and Team Managers will speak to you when we return to the track at Saughton but listed below are the dates of the League Meetings. Keep them clear so you can take part.

Saturday 27th April 13.00 till 16.00 Match 1
Division 2

Saturday 18th May 10.00 till 13.00 Match 2
Division 2

Saturday 3rd August 10.00 till 16.00 Final
Match Division 1 & 2

Saturday 31st August 12.00 till 16.00
President's Select Match

All the meetings are at Grangemouth and the competitors and officials are always friendly as well as it being fun to take part. This is one of the best leagues for starting off your athletic career in and you too might get your name added to the list of people who started there and went on to run for Scotland and, in some cases, Great Britain.

This year the league organised a special indoor event and we finished a very credible overall 5th out of 12 clubs in that match. Our Under 11 Girls however finished 1st on the day. It looks like we will have a great year so lets aim for promotion back to Division 1.

Cross Country

By Keith Hood

East District Relays - The season started on an overcast day at Camperdown Park in Dundee, on a course which was roughly the reverse of the previous year. Gillian, Stephanie and Susan seemed surprised (and pleased) to take

gold in the Masters category. In the men's race, our first team (Mickey, Dougie, Kris and BC) won silver behind Central. We also had a team in fifth position, and the Men's Vet team of Grant, Ross, Moray and me finished sixth, matching the ladies with gold.

National Relays - The 'A' team of Dougie, Kris, Andrew and Mickey won bronze over the tough Cumbernauld course - the first senior team medal for the Club at this event. The second team finished in ninth place, with another strong performance.

National 4K Championships - The National short course championships were held at Bellahouston Park and eleven athletes (rounded up from Moray's squad) travelled to Glasgow. We our first ever medal at this event, team bronze in a highly competitive race, with Mike Crawley, Dougie, Calum and Moray the counters.

East District Championships - These were held at Cupar on a bitterly cold day in December, over a hilly farmland course described either as 'unrunnable' or 'challenging' depending on your point of view. For the purists, this was as real a cross-country as you could get, with the senior races (after one or two laps of the starting field) going away out into the countryside on one enormous lap. Underfoot conditions were undeniably tough, with frozen rutted ground and the odd patch of ice. Despite this (and the protests from those who had brought footwear better suited to a track 1500m) we managed team silver, once again behind Central. As an added surprise, we also won gold for the Masters' team, some of us having forgotten that it was included in the event!

We had plenty of top ten results in the younger age groups, with Steven 5th, Hannah 3rd, John 5th, Anthony 9th and Jess 8th. John and Anthony, together with Sam took team bronze in the U15 race.

East District League - There were many good performances over the three meetings at Stirling, Livingston and Broxburn, notably Hannah's 1st at Stirling, 1st at Livingston and 2nd at Broxburn; and Dougie's outstanding run at Livingston, where he won by 39 seconds. There were several other top ten finishes during the season in the various age groups.

The senior men finished the season in second place, unable to retain the trophy due largely to an outstanding team performance by Central at Broxburn, where they took the first six places in the race. There was some consolation in winning the Masters trophy, edging past Falkirk on the last day.

Inter Districts - Once again, a number of athletes were selected to represent the East District at Holyrood Park in January. Hannah, Steven, Sam, Anthony and John ran in the age group races, while Dougie, Mickey and BC completed the senior race with Calum having to pull out during the race.

Celtic Nations International XC, Cardiff - Hannah was selected to represent Scotland and had a fantastic run, finishing in 12th place and second Scottish athlete in her race.

Home International Cross Country, Wales - Dougie was selected as part of a 4 man team to represent Scotland this weekend.

National Championships - A record number of athletes from the Club had been entered for the season finale at Callendar Park and there was a good turnout on a perfect sunny day, with the course in excellent condition. Unfortunately, we didn't have enough numbers to make up a team in any of the age groups below Senior, however those who were there produced some great performances. Jess MacLeod was first to sample the course and finished well inside the top half of her race as she continued to improve in her first season. Hannah was sixth in the U15s and Andrew finished seventh in the U20s. The senior ladies team finished an excellent tenth place, and it was a case of what might have been, as Julie was very unfortunate to lose her shoe in the mud. Our senior men were somewhat blunted at the 'sharp end' due to injuries but, in another first, won a team medal, finishing just four points ahead of Shettleston for bronze.

We ended the season with team medals in each of the District and National Championships and Relays, which we have never done before. Well done to everyone involved in the successes this season and let's see if we can do even better next year!

Road Running Review 2012

By Tom Ferrington

When I put pen to paper this time last year we were looking forward to the club's maiden participation in the English National 12 Stage Road Relays which are held in Sutton Park, Birmingham. Interest in the event was reaching fever pitch and as a result we had 5 ½ teams competing at the trials, our season opening National Road Relays, two weeks before. I found it really difficult to pick the 'A' team for this event and in the final analysis came within a second of making the wrong call in 2 out of the 6 berths. Close call. The big guns finished 4th on the day and such fierce competition could only bode well for the 12 Stage yet to come. And so it proved.

On the morning of the big race several athletes enjoying their breakfast were witness to "astonishing scenes in Sutton Coldfield" as Adam 'The Chain Man, King of the Condiments' Priestley was called into the team at the eleventh hour. It certainly pays to have a travelling reserve. And so Priestley joined the other 11 in ripping up the Sutton Park tarmac, hunting down Shettleston and Central, and laying waste to the former in the closing stages to finish a very creditable 13th. The newly unveiled CAAC mascot, Andy Pandy, nearly lost his head jumping for joy at the result and we left vowing to return next year and break into the top 10.

And so, as I write, plans are again being laid to lead an assault on Brummieland in April and with competition for places fiercer than ever before, the only question on everyone's lips is this: Who's going to be in the panda suit?

Kris Berree Kreme

This time last year I was also proclaiming the second coming of Kris Berry and while he has struggled with injuries of late, in the early part of the season he was storming round the Meadows running 9:19 and 9:18 over two miles which is impressive stuff when there's no-one to race against. Not content with that he missed out on a medal at the National Road 5km Championships at Silverknowes by a whisker running a jolly decent 14:40 which was and still is a club record. For once that day Berry actually looked like he was trying! I could go on about Berry's early season exploits but it all pales into insignificance when compared to his ability at the Krispy Kreme dance.

We've long thought Dougie Selman might be a man of greater endurance than his middle distance exploits suggested. So, after deciding to stop messing around with 8's and 15's Dougie took to the roads. An initial baptism at Musselburgh 10km left him in no doubt as to the toughness of the event but he put this behind him with a creditable 5th and club record 30:55 at the Scottish Road Championships in Stirling.

Over the water, Mickey Breen took down the Tour of Fife title showing BC how to run uphill along the way (although failed to take BC's club record). Mickey won every race in the series and proved a thing or two to those who might have been harbouring misgivings over the depth and density of his moral fibre!

Back on relay duty we sent two teams to the MacAndrew in October finishing 3rd and 9th respectively. A mistake in the results gave Calum McKenzie a storming time which he still

claims to this day. However, it seems to have shown him just exactly what he ought to be capable of as he's gone from strength to strength ever since.

Ladies take centre stage

Meanwhile our ladies were battling it out for marathon supremacy and amazingly Corrie Roberts, Julie Malko, Susan Johnston and Jo Kirby all ran within 2min 30sec of each other at 3 different marathons in April and May. Fiona Drake trumped them all at London though with a storming 3:10 clocking and then lowered this mark to 3:06 at Loch Ness 6 months later. Fiona was eventually undone by the indomitable Gillian Carr who bettered that by just under a minute in Dublin with a club record run. The race is truly on to see our first female nip under the 3hr barrier. Gillian hasn't had it all her own way in the half marathon though. While she was up in Inverness taking down first place and a new PB over the distance, Julia Malko was re-writing the Corstorphine record books with a sterling run of 83:25 at Alloa on the same day backing up the early season form she'd shown at the Lasswade 10. London could be interesting.

And finally, no report on the road running year would be complete without mentioning Mike Anderson and Ryan Ridell's double dominance of the Park Run - 200 runs between them which will no doubt have been surpassed by the time you read this.

Hill Running

By Christopher O'Brien

2013 seen somewhat of a lull in CAACs hill forays. The best feet were put forward at classics such as Berwick Law by Graeme Fletcher and Caerkertton by Tim Norwood. Our presence was tempered by injury and fixture clashes, or was it just too wet, windy, foggy and muddy?

Our annual staple has always been Comrie, Hodgson and Devils Burden Relays, and it was further testament to our lull that we couldn't quite get a team in place for the first of the three. Jan and Susan were those that did pencil their names early doors and they proved to be ready again to do so in our latter fixtures. Susan Johnston was part of our first female duo in the lakes at the Ian Hodgson in 2011, and in 2012 was joined by Fiona Drake to compete again. The team was completed by Tom Ferrington, Kris Berry (yes the Kris Berry...), Graeme Fletcher, James Harrison, Steven O'Brien and myself. A notable mention to Nick who completed a full circumvention of the route on what was a very hot day. The race was to end in a sorry fashion for all, a competitor had a fatal collapse near the summit on the final climb and despite the best efforts of those near

him and the quick call to air ambulance to give the chap a fighting chance it unfortunately wasn't enough. It is also to be noted that the runner was extremely fit so this is not a warning story but more of one of the frailty of life, and how we just need get out there and enjoy it. On my estimations our team was on schedule to break our club record, so the 2013 running will very much be both one of marked respect for the lost life and two how better to do so than to complete the task of rewriting our own record books at the Hodgson. The final event of our staple trio was the Burdens in early February this year. Ice cold snow, pea soup and a new route was the order of the day. We had two teams one Mixed and one Open, however arguably only one finished. The Open team of Fiona, Tommy and I, Tim, Alex and Scott finished 16th and got to the awesome soup at the finish first. The mixed team got off to a flier with Bryan Clark coming home in 4th and Dean and Gillian Carr the first man & wife pair headed into the mist with some ominous pairings around them. Unfortunately it was the weather which seen a small navigational mistake amplified and ended their competitive efforts on the leg. It was testament to their composure and presence of mind that they admitted what must have been a hard defeat to swallow and safely navigated off the hill back to Strathmiglo. That left Jan, Susan and Ruth Gibson dangling a little, Susan and Ruth set off to try help Dean and Gillian and Jan set off up the epic new start of Leg 3, in full Marathon training he then powered through leg 4 to, to record a good day out if not an official team finish.

The other important Hill event for the year was the inaugural running of the Badinsgill Hill Race masterminded by Nick Brown. The route takes in a full circumnavigation of Badinsgill Reservoir in the South West Pentlands. It was a great addition to the calendar, won by Tommy with a last 3K charge and this year it becomes a welcome official addition to the Corstorphine Athletics Club event calendar. This years date is still to be finalised, however it is likely to be late August.

CAAC PAPS

By Christopher O'Brien

What, what is it...? It is a series of races pieced together annually to encourage people to take to the streets, trails, hills and beyond. All the events require some modicum of navigation but all of a level that both beginners and expert navigators will appreciate. The series whilst competitive is most definitely low key and hopefully fun!

As an example the inaugural year of 2011, included one point to point race where at each checkpoint each runner was required to note down the answer to a question which could be found only at the checkpoint. The

second race was more hilly and seen a relatively well marked route followed over some rough terrain in the lowland Pentlands. The series itself proved to be successful with the membership and over the course of the series Alex Cumming proved himself to be a worthy winner. Both events were followed by a bit of a social in a nearby venue.

In 2012 the series has been expanded to 6 events of which you must complete 4 to 'complete' the series. The finale of the series each year is the CAAC Down'N'Up, an already well established pre-Christmas bookend to the year.

In 2011 we had our first running of this series and our first champion, Alex Cumming. 2012 seen him kneecap himself at every turn by failing to make the start line, that was not to take away from our winners. I say winners because of our three categories, two emerged to complete the series and win outright. Alex was kindly on hand at the final juncture to present the newly minted CAAC PAPS trophies to the 2012 Champions, Moray Anderson (Mens) and Fiona Drake (Womens). The VETS trophy which is arguably the best of the bunch was not be unveiled...as it was not won. The duo of Moray and Fiona and 20 other souls, had ran through bog, burn, Asda, the Museum, Lidl, public park and up and down hills with map in hand to get to the finish. Every race was different and highlights included a misplaced checkpoint which stumped all (I would've thought it being on the wrong side of the bypass a mistake any map maker could make ;)), ascent in the mist to find a clothes peg and spending £1 on 4 grocery items which was promptly baked into a cake. Okay its all a bit random, but that's where the mystery ensues.

This years events will be taking place on a series of 4 Friday nights, May through August with the last two races run in December. Look out for more details at training soon or on the website. Including an extra special offer for past entrants! www.caac.org.uk/caacpaps



Junior Female Athlete of the Year **Hannah Addison**

By John O'Hara



When the committee meet to nominate and choose the Athletes of the Year, they are reminded that the award is not necessarily for athletes with outstanding athletic ability, and that other qualities are equally important. Qualities such as attendance at training, how they conduct themselves, and the contribution they make to the club as well as their commitment to the sport are just as important and must be given due consideration, and it is testimony to our club that there is such breadth of choice for the Junior Athlete of the Year, in both the male and the female category.

However this years choice of Junior Female Athlete of the Year was not a difficult one, as not only does she demonstrate all of those qualities listed above, she also has the athletic ability to go with it, and was actually also considered for the Ron Anderson memorial cup which is presented each year for "outstanding performance in endurance competition".

This year's winner started her summer season as an U15, and not only competed in all of the various League matches for the Club, but also took part in Open Graded races (1st in the 800m at the East Lothian Track & Field Championships), Scottish Schools (1st in the 1500m at the Edinburgh Schools Championships & 4th in the 1500m at the Scottish Schools Championships) and Scottish Championship events (4th in the 1500m at the Scottish U16/U20 Championships). Her 800m PB is 2:28.4 recorded way back in August at the CSSAL at Scotstoun, and her 1500m PB, also from August, is 4:59.74 from the Scottish Age Group Championships at Grangemouth. Both of

these PB's are destined to be destroyed this year based on current form.

She has already competed in a 1500m indoors this year, finishing 4th in the Scottish Schools Championships at the Emirates Arena in 5:02.09, but some of her stand out performances are from the recent cross country season including top 2 places in all of the East of Scotland League matches, 1st at Stirling, 1st at Livingston and 2nd at Broxburn, as well as a 3rd in the East District Championships at Cupar.

This earned her a place at the Inter District Championships at Holyrood in January where she finished 6th, and in the Nationals too she had a fantastic run, also finishing 6th. But her outstanding achievement so far has to be representing Scotland in the McCain UK Cross Challenge Series in Cardiff where she finished 12th overall, and 2nd Scot!

The deserving winner of this year's Junior Female Athlete of the Year, for the second year in a row, is Hannah Addison. Well done Hannah. The Club are proud to have such a worthy winner and wish you continued success in the coming year.

Junior Male Athlete of the Year **John Macleod**

By **John O'Hara**



This year's Junior Male Athlete of the year not only has an impressive pedigree as a runner, he is also making a big impression in the cycling world, representing the ERC Martin Curie Race Team in a number of high profile events.

Noteable cycling achievements to date include a 1st in the 2012 Inch Park cyclocross race Youth B, 2nd in the Kingscavil Hill Climb 2012 Youth B, 1st in the Scottish Hill Climbing Championships 2012 Youth B, 2nd Youth overall and 18th overall including adult categories, and he was 1st Youth in the Edinburgh Road Club Confined Hill Climb near Haddington in 2012.

He has also competed in many of the Scottish Skinny Tyres close circuit events in 2011/2012, his best results being two 2nd places in the Dumfries and Ingilston races, and has competed in two 3 day Tour Events, the Youth Tour of Ireland (Donegal) 2012 and the Youth Tour of the North West (2012).

His goals for this year include the Scottish Youth Tour, the Isle of Man Youth Tour, British National Criterion Races, Scottish Skinny tyres series and a few climbs in the Hill Season.

He somehow also manages to turn out some pretty impressive runs on the track and in the country!

During last track season he had impressive runs in the JSB Plumbing Forth Valley League, finishing 1st in the 1500m at Grangemouth in May, before setting his 1500m PB of 4:40.5 in

the Presidents Select. His current 800m PB is 2:27.8 set when he finished 4th in the CSSAL at Wishaw,

But it is perhaps his cross country results which have made the biggest impression, notable amongst other things for firstly chasing, then eventually beating his fellow squad member and up until then unbeaten team mate Anthony Addison.

He had an impressive series of runs in the East District League, firstly at Stirling where he finished in 11th place, and only 3 places behind Anthony, then at Livingston where he finished in 6th place, and for the first time narrowly beating Anthony in 7th place, before improving by one more place at Broxburn where he finished 5th.

At the East District Championships at Cupar he also finished 5th, and earned his place in the Inter District Championships at Holyrood where he finished in 15th place. Unfortunately, injury prevented him taking part in the National Championships at Falkirk and what would surely have been the culmination of a great season of Cross Country running.

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

Senior Female Athlete of the Year

Fiona Drake

By Dave Henderson



Fiona has been a member of CAAC since 2010 and has improved every year since joining the club especially the marathon.

I can remember her coming along at first and just wanting to get fit and was looking for advice on training methods. I didn't know much about her running history but I soon found out that she had plenty of stamina as she left Jan and me for dead in the first Kilomathon race in October 2010. I knew then she could probably do well in a marathon.

Fiona completed the Edinburgh marathon in 2011 in a respectable time of 3hrs 35 mins but with her consistent training with the club over the remainder of the year and competing in the cross country over the winter she then went on to the London marathon in April 2012 and came back with a time of 3hrs 10mins which was a fantastic improvement.

Following more training over the spring and summer of 2012 she then tackled the Loch Ness marathon in September 2012 and further improved her time to 3hrs 6mins. That was a ladies club record at the time which has now been taken by Gillian Carr. I know Fiona will be looking to get the record back when she tackles London again in April 2013.

Fiona's half marathon best is 1hr 29 min from Edinburgh and she is away competing in Inverness on 17th March in the half up there so I'm sure she will come back with a new pb.

It must be noted that both Fiona and Gillian were this week mentioned within a Scottish Athletics preview of the race in Inverness. (go CAAC go)

There have been a few comments about Fiona's running style especially her very short stride length but beware when you're in a race as she will just sneak up on you when you're not looking and scurry on past you. She must have extra strength duracell batteries inside her.

The Senior Female Athlete of the year for 2012 is Fiona Drake. Well done Fiona on your achievements so far.

Senior Male Athlete of the Year Graeme Fletcher

By Dave Henderson



Graeme (aka Fletch) has been a club member for a number of years (over 15 I think) and has competed in almost everything that our club does. If you have a look at his stats on our archives you'll see what I mean.

As with most of the seniors Graeme started out at the club by bringing his kids along and he already knew John O'Hara from their exploits at Aberdeen Uni.

It soon became apparent that Graeme was pretty handy at running and soon got involved with the track races competing in the Scottish Mens league and later on the Central and South Scotland league where he did various events from 110m hurdles, high jump, javelin and not forgetting 800m and 1500m which he excelled in. He has also won the club championships numerous times and I myself was quite happy when Graeme decided that he wasn't going to compete one year as it gave others a wee chance.

Now a super vet (over 50) you'll still see Graeme showing his speed qualities on the track when we start back at Saughton in a weeks time.

Graeme has used his speed to help with team efforts in the cross country races winning both gold in the East District relays and silver at the National relays in 2010. A great effort.

Graeme also loves the hills whether it be just hill walking or Munro bagging or taking part in short hill races. He has also competed in endurance events like the LAMM which is over a couple of days carrying your own tent and survival kit.

Graeme has also assisted with the coaches taking the kids out for endurance running during the winter which is great for the kids to challenge themselves against.

You may not know this but Graeme works as a relief pharmacist for a well known chemist chain and it has been commented by some (ladies) that his baby face looks must be down to free samples from the shop. I only hope that his speed on the track is down to hard work and not something else. (only kidding Graeme)

The Senior Male Athlete of the year for 2012 is Graeme Fletcher. Well done mate on a sound achievement.

Ron Anderson Memorial Cup Douglas Selman

By Moray Anderson



The Ron Anderson Memorial Cup is awarded each year for the outstanding performance in endurance events reflecting Ron's background in events from 800m upwards. Unlike the Best Athlete Shields this prize is awarded purely for athletic excellence.

2012 was a vintage year for Corstorphine's endurance athletes. In April the club took its inaugural trip to the English 12 Stage Road Relays and finished a creditable 13th. Later on in the year CAAC athletes recorded historic medal winning performances at the National Cross Country Relays, the National 4km Cross Country and the National Cross Country Championships, each of these medals a first for the club. In between there were a host of fine individual performances. On the roads Kris Berry made a strong return to form with a club record over 5km (14.40) at the national champs. Dougie Selman gave a signal of things to come as he moved up in distance and went sub 31 for 10km and Mickey Breen and Mike Crawley featured for the East District team at the inter-district 10km race.

On the women's side Gillian Carr and Fiona Drake traded the women's marathon record and surely the first sub 3 hour clocking by a CAAC lady is within sight.

On the track Dermot Cummins lowered the club 5000m record several times (14.32) and then added the 10000m record with an impressive 30.32 and Kris Berry was competitive again on the track securing a bronze in the national championships 1500m and also going sub 3.50 for the distance.

On the country the aforementioned team medals stood out but some notable individual highlights include Keith Hood's bronze in the national Masters champs and young Hannah Addison's well deserved Scotland call-up for an international in Wales.

The winner this year however, was the club's top man at the national cross country with an excellent 8th place finish following up on his 6th place at the Inter District race in January. Only last week he was selected to the four man Scotland team for the Home International Cross Country in Wales later in the month. Dougie has been a CAAC member for many years and we have watched with interest his re-invention as a longer distance specialist. As the only athlete to feature in all three of the club's national medal winning teams this winter it is clear he is already making great strides and is a worthy and fitting recipient of this prestigious award.

And finally.....The Corstorphine Vision Meeting

By Bryan Clark

On Monday 11 June 2007 something happened which drastically changed the way Corstorphine AAC was run. A Vision Meeting was held in the old canteen in the now re-built Forrester High School. The club structure was changed for the better. Sub-committees were introduced which allowed new people to get involved in helping to run the club. Competition, Social, Treasury and Membership, Coaching and Communication sub-committees were created. This helped to split the workload and also allowed better communication throughout the club. In addition athlete development was improved through the Coaching sub-committee with coaches working together to allow athletes better opportunities.

6 years on and we have decided to hold a further Vision Meeting to ask the membership how they want Corstorphine to develop.

We would ask you to think about such things as:

- What do you like/dislike about the club?
- What and how do you think we could do things better?
- What do you want for the future of the club?
- Where would you like to see the club in a number of years time?

The plan is to hold this Vision Meeting over the next few months and a date will be announced soon so get your thinking caps on. This is open to all club members and is your chance to help us to shape the future of Corstorphine AAC so please come along and support your club.

And and finally.....Graded Officials

By Bryan Clark

With the retirement of Sheena we lose another Graded Official. Why are Graded Officials important I hear you ask? Without Graded Officials we would not be allowed to compete in many of the leagues and competitions we take part in and our athletes would miss out.

It is very much appreciated if you have ever helped out at an event by officiating and we hope you will continue to do so. We are however required to provide a certain number of Graded Officials at each meeting. To become one you would need to attend a one day course which would be paid for by the club and we would then ask that you are available to officiate at a couple of Track and Field

meetings per year. This is not a massive time commitment and would mean so much to our athletes.

In addition a number of people put a lot of time into the day to day running of the club but we are always looking for further assistance to ensure the club runs smoothly e.g. someone to join our Social Committee, a volunteer to take a turn at washing vests from the vest bag after a match or someone to manage the current supply and distribution of club kit as well as looking into the possible purchase of new club kit.

If any of this interests you or you are able to help in anyway please speak to one of the Office Bearers or Coaches.

TRACK AND FIELD CLUB CHAMPIONS 2012

Age Group

Athlete

U11 Boys	Lewis Lindsay
U11 Girls	Katy Coates
U13 Boys	Findlay Hepburn
U13 Girls	Sarah Malone
U15 Boys	Anthony Addison
U15 Girls	Caitlin Arnott
U17 Men	Matthew Young
U17 Women	Abbie Malone
U20 Men	Jack Williams
U20 Women	Claire Sloan
Sen Men	Kris Berry
Sen Women	Megan Smith
Vet Men	Ian McPherson
Vet Women	No entries, not awarded

ONLINE!

The club in addition to the website are active on a number of other sites. Two of which are a good way to keep track of and compare your training and racing with your clubmates. Whether its finding a new route or hooking up to run together, these sites offer a chance to socialise away from the club nights. We have a group set up on both of these sites. Here is a list of some of them. Get involved! ;]

<http://connect.garmin.com/group/31183>



<http://app.strava.com/clubs/corstorphine-aac>



We also have a facebook page at <https://www.facebook.com/CorstorphineAAC> and Twitter account which is especially active during club events where we try provide key updates during the meet.

You can find us on Twitter at <https://twitter.com/CorstorphineAAC>

Club Events in 2013

21/03/2013 SOCIAL

AGM, Awards and Social

26/03/2013 TRACK

Time Trial Night #1 3,000m & 1,000m

06/04/2013 ROAD

Spring 6Mile Handicap

09/04/2013 TRACK

Time Trial Night #2 400m & 200m

20/04/2013 TRACK

Scottish Athletics League, men 17+

27/04/2013 TRACK

Forth Valley Athletics League, all up to U15

12/05/2013 TRACK

CSSAL Athletic League, all age groups

18/05/2013 TRACK

Forth Valley Athletics League, all up to U15

19/05/2013 TRACK

Scottish Athletics League, men 17+

05/06/2013 ROAD

CAAC 5 Road Race & Fun Run, 10th Anniversary

29/06/2013 TRACK

CSSAL Athletic League, all age groups

21/07/2013 TRACK

Scottish Athletics League, men 17+

03/08/2013 TRACK

Forth Valley Athletics League, all up to U15

04/08/2013 TRACK

CSSAL Athletic League, all age groups

24/08/2013 TRACK (Date tbc)

Club Championships

25/08/2013 TRACK

Scottish Athletics League, men 17+

??/08/2013 HILL

Badinsgill Hill Race

31/08/2013 TRACK

Forth Valley Athletics League, all up to U15

07/09/2013 OFFTR

Murieston Trail Race

19/09/2013 ROAD

Autumn Handicap ~2Miles

*CAAC PAPS May, June, July, August & December