

September 1999



Kwik-Fit

CAAC *Attack*

NOTICE

Winter Training Dates

Winter training will commence at Forrester High School on Tuesday 28th September (usual time of 7 p.m.) and then on Thursdays at Corstorphine Primary School.

CHAMPIONSHIP EVENTS

Club Championships

This year's Club Championships will be held on Wednesday 22nd September 1999. Application Forms will be handed to Club Members giving details of this year's age group events (which are also given below). Note: ONLY CLUB MEMBERS WILL BE ELIGIBLE TO COMPETE. If you haven't paid this year's subscriptions and wish to compete please do so as soon as possible – if you don't wish to take part in the Club Championships and haven't paid your 1999/2000 Subscriptions – YOU STILL HAVE TO PAY YOUR SUBS!!

Please get your forms in early this makes it easier for us to organise the event. If you are not taking part we still need your HELP (we won't ask you to do anything 'technical' if you haven't had experience)

U11 Girls	100m	600m	Long Jump	Shot Putt
U11 Boys	100m	600m	Long Jump	Shot Putt
U13 Girls	100m	800m	High Jump	Javelin
U13 Boys	100m	800m	High Jump	Javelin
U15 Girls	100m	800m	High Jump	Shot Putt
U15 Boys	100m	800m	High Jump	Shot Putt
U17 Boys/U20 Men	200m	1,500	Long Jump	Javelin
Sen/Vet Men*	200m	1 mile	Long Jump	Javelin
U17/U20/Sen/Vet Women*	200m	800m	Long Jump	Shot Putt

- As an alternative to the 'normal' Club Championship events, we plan to have a Handicap road race for those who would prefer not to take part in the track competition. If you are interested and for further details please speak to Gill Pilkington. This event will be held before the Club Championships gets underway (approx. 6 p.m.) and will take the form of a 3k – 5k run.

EDAL RESULTS

We finished third Overall in EDAL (U15, Senior Men and Vet Ladies winning their respective sections).

Good performances on the day from the 800m runners with PBs for Scott Pilkington, Michael Symanski, Ewan Stark, Steven O'Brien, Chris O'Brien and Brian Clarke.

FORTH VALLEY

Unfortunately this year we have been relegated from the 1st Division of Forth Valley (a lack of U11 and U13 boys lead to our demise). Everyone put in solid performances, but not enough to compensate for our inability to field athletes for every event (but I am sure we will be back up into Division One next year).

C.A.A.C. ON THE NET

The club now has its own web site. If you have internet access, you can see our news at this address:

www.caac.freeserve.co.uk

TOP COMPETITION

A.A.A. Championships (U15 - U17)

Date - 14th & 15th August 1999

Venue - Don Valley Stadium, Sheffield

Corstorphine had three young athletes competing in this year's championships, which are the pinnacle of the young athlete's athletic year. Elite athletes from all over Britain strive throughout the year to attain the qualifying times for their event, hoping that on the day they will be better than most and win a gold, silver, or bronze medal.

Thanks to our Kwik-Fit sponsorship, we were able to subsidise three athletes plus two coaches and a "chaperone" (Mhairi's mum) for the weekend trip to Sheffield. Our athletes, namely Mhairi MacDonald (300m), Ewan Stark and Kris Berry (both 800m) ran well in their heats, but lack of regular top competition prevented them from qualifying for the Finals. Although naturally disappointed at not making their Finals, all three are determined to qualify for next year's championships and hopefully win one of those elusive medals. Matthew Peerless should have been travelling as a Scottish team representative, but a bout of tonsillitis kept him at home.

The weather over the weekend was quite good, apart from a severe thunderstorm in the middle of Saturday afternoon, which held up proceedings for twenty minutes. Even then, the Saturday events did not finish until 7:30 p.m., which I felt was far too long a day for all concerned. The Sunday events finished at 5:30 and by the time we arrived back in Corstorphine it was ten past midnight.

Next year I would like to see at least six athletes from the club attend the championships, so lets get to it, all you U15 - U17 - U20s! Work hard over the Winter months and see if you can be the first Corstorphine athlete to bring home a medal from the A.A.A.

On behalf of Brian, Alison (Mhairi's mum) and myself, not forgetting the athletes of course, many thanks to the club committee for the financial help in allowing us to attend the championships.

Ron Anderson
Coach

SPONSORSHIP THANKS

Highland Cross '99

Leaving the century on a high

I would like to take this opportunity to thank all those club members who contributed sponsorship money for this year's Highland Cross.

The good people of KFCAAC contributed £104 towards my total contribution of £672, which should bring my overall team total to well over £1,000, which will virtually guarantee me a leader place in a New Team entry for next year's event.

The organisers will notify the competitors of the total money raised and which charities are to benefit, later in September but for the meantime thank you all very much.

As predicted, the challenge of collecting the money was almost matched by the event itself, which despite being one of the toughest events on the endurance calendar proved to be ever popular.

This year over 200 teams of three took part, most of whom, having wakened at 6.00am, loaded their bikes on to one of the huge juggernauts and boarded one of the 3 clapped out double decker busses used by the organisers for as long as I can remember.

At 8.00am the buses trundled out of Beauly under grey skies and hadn't gone ten miles when the rain began. By the time we reached Fort Augustus the rain had become more persistent, and as we approached Kintail it had developed into that all too familiar West Coast "dreichness" with visibility down to about 6 metres, which might explain how the driver missed the turning for the minor road leading to the start of the race.

Having survived this part of the journey, the realisation that the hard work was about to begin finally dawned, and as we waited at the start, the nervous chat on the bus about which was the best gear for the conditions became totally irrelevant as the assembled masses were soaked to the skin and chilled to the bone.

The local landowner discharged his 12 bore shot gun as the signal to start and the sodden hordes picked their way through sometimes knee deep puddles on what at best was a six inch rut over the hills and through the heather into the wilderness.

Nearly four gruelling hours later the first of the competitors arrived back at Beauly having completed 20 miles of "running" and cycled 30. I finished in just under five hours and was so exhausted I couldn't muster up the energy to disengage my shoes from the pedals, and just as my

bike started to keel over to one side with me still attached, I was caught by one of the well practised organisers and unceremoniously bundled off.

The meal provided by the Ladies' Guild restored most of my will to live, but the job was completed good and proper following the barbecue and copious quantities of beer back at the campsite.

Some of the more "intrepid" Senior Men are already gearing up for their next event, the Karrimor International Mountain Marathon, on 30/31 October on the Cowal Peninsula, Argyll & Bute. This is a two day mountain navigation race over 40K where competitors carry their food and equipment for the entire journey which involves an enforced night's camp at exposed and high level. Great stuff !!

Thank you all again.

John O'Hara

STILL IN DIVISION 1, JUST

Scottish Athletics League

We started in seventh place, going into the 4th and final meeting of the season. A good team effort and performance was required by everyone to survive in division 1. You could say we were staring at division 2 for next season.

Somehow we all battled and finished 5th on the day's total. We leapfrogged Inverclyde, pushed Falkirk into Division 2 and also finished 5th overall after the four meetings had been tallied.

Next year will be a tough battle, and will require coaches and myself to identify the weak links, which are many, and see how we go about strengthening the team. We are particularly weak in field events and I can only state the obvious, that unless we can tap some untried talent within the club, we will somehow have to recruit from outside. So, if there is any senior out there that has not competed in the men's league before and feels he can help, please speak to your coach, or myself. There are many field events that can be tried and, with a wee bit of dedication and some appropriate coaching, you could be earning the club valuable points and enjoying a different line of competition. So don't be shy, put yourself forward. Now is the time to plan for next season.

I would like to thank Eileen Clerihew, Celia Peerless, Sheena Anderson and Mike Malcolm-Smith for officiating at various meetings over the season.

David Law
Team Manager

YOUNG ATHLETES

Junior Development Group

Over the last few months since Celia Peerless left, this group settled down to the difference in the coaching philosophies of Celia and myself. We have both been through the same SAF education system, but all coaches develop their own methods in achieving similar aims.

The main aim with this group is to introduce young athletes to ALL aspects of athletics, from track and field events with their competition rules, through to the challenge of the athletes chosen events.

Although most events this age group can compete in will be shown and coached, no athlete will want to compete in everything, or be suitable. But it is in their own interest to try all events in training when the chance is given, as the young athlete never really develops into what you personally want, it is usually much later before an athlete actually finds their appropriate event/s.

After the initial period of getting to know this vast array of young talent, it is developing into a strong group of keen and enthusiastic athletes. However, without the help of Jean Dobson, and Wilma Smart earlier, it would have been a very difficult task keeping them together. There is still a very big challenge ahead, and I have to admit that the club will need to somehow recruit others into the coaching of juniors. This is a far bigger responsibility than I can remember from the early days of Corstorphine AAC, when I would only have to coach 10 to 15 athletes, plus others to help, on either evening of the club. On the days when I was late due to other commitments, or unavailable, I knew there was someone who would run the show. (Come back Fred!)

It has been a pleasure, so far, with many in the group getting PBs, and just watching the general progression overall. But the hard work is only just starting. Although there have been some excellent results in the various leagues, it was very disappointing to see us relegated to division 2 of the Forth Valley League in August past. I am sure there were a lot of disappointed athletes there, and most importantly, it MUST be recognised that it was not because we had bad athletes, unable to compete, but we have had big gaps in certain age groups.

To finish I will say this to remind all. To compete is to enjoy. Enjoyment comes by working as a TEAM. All league meetings are TEAM events and if we are weak in an age group, no matter how many events we may win, we WILL struggle to compete against the top clubs. For the last five or more years we have competed with the

best and beat them, so lets us all pull together, athletes, helpers and very important too, the parents of our youngsters. We need, as a TEAM, strength through from the youngest group, U11s, through to the oldest group, our Vets (veterans, not veterinary).

David Law

MARATHON TRAINING

The D to E

(Dunfermline to Edinburgh Marathon)

26th September 1999

By now you will be asking yourself whether you have been through a successful period of training to get you round, or across, this course. You could say it's a bit late to lay doubts in your head, but even those who have done a very high mileage towards the marathon will still question whether their training has been sufficient.

Maybe the best-prepared runners are those who have no target times, as they can just aim to finish, but what pace should they set? Well, that question is actually what we all should consider. The answer lies in your training diary. All the assortment of training runs, their pace, how you felt, weather conditions and the terrain: they all have their part. The athlete who will most likely succeed is the one who has adapted and trained on all sorts of road conditions, bumpy, hilly, fast and flat and most importantly for this time of year, WET! In all the early years of the Edinburgh Marathon, except one, I recall wet and windy conditions, so those of us who have trained in these conditions over their long runs will be prepared. Racing or running over long distance in wet conditions is very hard, so you cannot afford to miss a long run because it's wet!

THE LAST WEEK

What should we be doing? You should have already reduced your mileage, with your longest run being about 6 to 4 weeks before. The more endurance-based runners will make their last longest run about 4 weeks, but most of us would have started to reduce these long runs.

The last week should be almost total rest, you won't lose all the work, but most will have some short distance road runs at the beginning of the week at about race pace. By Wednesday you should start to add more carbohydrate foods to your diet, but don't forget to keep the foodstuffs with high proteins, minerals and vitamins. These too are going to see you to the finish line, and will help to make sure that all your muscle tissues are healthy for the big day. It's not the time to try anything new. Keep to what you have done your training on, and don't experiment with new

high-energy foods. Your body can only store so much.

THE DAY BEFORE

Well, hopefully we all take the opportunity to meet at the Pasta Party, it's a good way of meeting fellow runners and having a chat about what you want to do on the Sunday. I would hope that all the Kwik-Fit Corstorphine AAC athletes who have entered could meet here a stated time, and maybe even get a photo call! Use this day to top up on water based fluids, again which you have been training on. (Please no comments on isotonic beers!)

You should check the registration procedures and collect your running number. Make sure the night before that all clothes you need are ready, for the journey there, the race, and after race gear!

THE BIG DAY!

You have already arranged for the appropriate transport to Dunfermline, you know where to go for the start and the baggage area, so on Saturday night you can have a good relaxing evening, an early night and nothing to worry about.

You should have some breakfast a good two hours before the start of the race, allowing time for it to settle. What you eat is whatever you have been training with. No point now changing to some recommended high carbohydrate breakfast cereal if you haven't done so before. Nothing worse than a bout of stomach cramp half way round. With this meal drink plenty of fluid.

Remember, if it's chilly take an old tee shirt or jumper that you can throw away once you start running, rather than waiting for the last minute to take your stuff off to hand into baggage. If you have family there, use them to carry off your last minute clothes, but remember to put your change of clothes for the end of the race ON THE BAGGAGE BUS. This is because your support team will find it difficult getting to you as soon as you finish and it will be easier to collect from the official baggage section at the stadium.

Best of luck to all, and I hope we will all meet at the start for a photo call! Maybe some will write an article for the next newsletter on their experiences in this big event. (not Mike M-S)

David Law

CHEER US ON

There are many Corstorphine members entered in this event, so if lots of our friends turn out to cheer us on it will give us a big help and deserve our thanks.

Cross Country

It's that time of the year when someone will have to chase people for teams in the Cross-country relay championships.

The first meeting is East District Championships on the 9th October '99 and is at Corstorphine Hill. After many years of trying, we have finally got the Cross Country Committee to agree on the venue, and then the District authority, too likewise agree on the venue and the course. An interesting 1½ mile loop for the juniors and 2½ for the seniors has been planned and it would be great to enter a few teams in each age group. As our club is also convening this event, we will be expected to supply a body of helpers for various duties. We need a minimum of 10 non-competing athletes to help set things up plus marshal some of the route. So if you don't think you will be competing, but can help out, please fill in the slip as appropriate, and return to Paul O'Brien or David Law.

The next Relay Cross-country is the National, on a testing Galashiels coarse, on the 24th October '99. Again we hope to enter as many teams as possible from all age groups, as listed. A full list of cross-country fixtures will be circulated in due course. Please can you fill in the slip below if you are interested in competing in any of the relay events, or if you can help out?

Junior teams of U13G, U15G, U17G. U13B, U15B, U17B

Senior Women/vet x3 runners, and Senior/vet men x4 runners.

ENTRIES FOR CROSS COUNTRY RELAYS: October '99

Please mark ✓ (yes)
or × (no)

Please enter me for the East District Relay Championships,
Corstorphine Hill, on the 9th October

Please put me on your list of helpers for above event

Please enter me for the National Relay Championships, Galashiels,
24th October '99

Please enter (name)Age group
in appropriate event/s as indicated.