

September 2000

Kwik-Fit

CAAC *Attack*

Autumn Dates

INDOOR TRAINING

We return to indoor training in Forrester High School on **Tuesday 26th** September and in Corstorphine Primary School on **Thursday 28th** September.

CROSS COUNTRY (XC)

14 Oct 2000 East Dist XC Relays [Cupar]
15 Oct 2000 Pentland Skyline
21 Oct 2000 East Dist XC League
[Livingston]
28 Oct 2000 National XC Relays [Falkirk]
04 Nov 2000 Allan Scally Road Relays
[Ballieston]
12 Nov 2000 Lasswade Open XC
19 Nov 2000 SAF Edinburgh to Glasgow
Road Relay
25 Nov 2000 Braid Hills [Edinburgh Uni.]
02 Dec 2000 East Dist XC League [Alloa]
10 Dec 2000 Lita Allan Memorial XC
[Kirkcaldy]
16 Dec 2000 SAF Inter-Dist
[Cumbernauld]
17 Dec 2000 Queens Drive Races
[Holyrood Park]
01 Jan 2001 Portobello Promethon
13 Jan 2001 East Dist XC League
[Gorebridge]
20 Jan 2001 East Dist XC Champs
[Corstorphine Hill]
17 Feb 2001 Carnethy Hill Race
26 Feb 2001 National XC Champs [Irvine]

INDOOR EVENTS

13 & 14 Jan 2001 East Dist Champs
[Kelvin Hall]
21 Jan 2001 Senior National Champs &
Junior Relays [Kelvin Hall]
28 Jan 2001 U13 + U15 National Indoor
Champs [Kelvin Hall]
04 Feb 2001 U17 + U20 National Indoor
Champs [Kelvin Hall]
24 & 25 Feb 2001 Combined Events
Champs [Kelvin Hall]

BEDFORD BATTLES

U20's AAA Championships

At 5am on Friday the 25th of August half of the contingent going to the Under 20's AAA championships arrived at Edinburgh Airport to catch the 6 o'clock flight to London Luton. Apart from arriving at the wrong gate and seeing a news item on the television in the departure lounge about an air crash (which gave Brian second thoughts), our journey down was relatively uneventful.

On arrival (at 7.15am!) we tried to hire a car, but it took almost as long as the flight down. Perhaps it was the language barrier! Eventually we were given the keys to a Rover 25, with power steering and a light clutch (so I am told). The car also had other idiosyncrasies; e.g. when turning left the windscreen wipers suddenly came on, warning lights appeared when driving with the hand brake on, the car was very reluctant to draw away from traffic lights (due to a light clutch, so I am told) and water would spontaneously spray the rear windscreen. I won't mention the sunroof!

This all happened before Steven O'Brien and Kris Berry had even started their journey; they caught the 11 o'clock train and joined us nearer dinnertime. In the mean time Brian, Beverley and I ventured into London via the underground to do some shopping, thanks to Bev's map reading. (Glad you were there, Bev; don't know where we would have ended up.) The highlight of the day was our trip to Nike town, where all three of us came out with new training kit and drastically decreased bank balances.

Day 2 wasn't quite such an early start. After picking Steven and Kris up, we headed to the track in Bedford. As Steven (1500m) and I (400m) prepared for our

aces the beautiful morning turned into torrential rain. Brian was a bag of nerves as usual, probably due to the fact the girls were much bigger than I was, with muscles that would put Linford Christie to shame.

Despite this, I managed to hold on to them until 300m - pity it was a 400m race. I died a death in the last 100m and didn't make the final, but I was quite pleased with my performance considering all of the medalists came from my heat.

On day 3 Brian, Bev and I ventured back into London to do touristy things. Knowing my fear of heights they made me climb a 200ft monument and go on the London Eye, which I was really pleased about.

Then it was back to the airport to begin our journey home, which was uneventful, apart from the fact we lost Brian, or more like Brian walked straight past us in the duty free shop after having had his luggage searched. This made him panic as we had his boarding pass and our flight had been called. Anyway we all arrived back safely and had a great weekend.

Mhairi

THANK YOU

Highland Cross

The team (Dave Law, Paul O'Brien & John O'Hara) would like to thank all their sponsors. The total amount raised was £636.

Mike & Karyn

Many thanks to all those who wished Karyn and me the best on our wedding day and to those who contributed to our present.

Mike

LIMITED TURNOUT

Men's League

Division 1

The fourth and final Men's League 2000 meeting took place at Grangemouth on Sunday 27th August. Sadly, perhaps in the certain knowledge that our position at the bottom of the league table was impossible to change, the team turnout was, to say the least, limited.

The sun was shining, however, and at least a couple of performances are worthy of note. Keith Hood powered home to win the 3000m steeple chase once again, this time in a time of 9:50.0. Not a season's best, but he had just run a 400m A string. Also, Brian Nicholson finally managed to break the elusive 18 minute mark to finish the 5000m in a time of 17:44.3.

As I said in the note that accompanied the first meeting's results, our participation in Division 1 was always going to be very difficult. Perhaps next year we can re-group with confidence in what is probably our rightful place in Division 2. I trust you will continue to turn out and support your club so that together we can achieve the results we are capable of.

John O'Hara (Team Manager)

STANDARDS OF BEHAVIOUR

Club Disciplinary Procedures

With large numbers in some training groups, it can be easy for athletes to lose concentration and not do what is required by the coach. Standards of behaviour can lapse to the extent that it becomes disruptive and a distraction from training.

The club operates a disciplinary system, whereby when behaviour becomes unacceptable or disruptive the athlete will be given a warning by a club official other than their coach. If behaviour does not improve, a second warning will result in a ban imposed by the club, restraining the athlete from training with the club or competing for the club for a period of 4 weeks.

We all want to enjoy our athletics, please consider your fellow athletes and coaches before it becomes necessary to involve any reprimand.

Paul O'Brien (Chairman)



Keep in touch with what's new in Corstorphine A.A.C. on our web site: www.caac.freeseve.co.uk

OOR CLUB

Who's Who

Some of you may be wondering how the apparent chaos on the track at Saughton on Tuesdays and Thursdays actually works. Well so are we. However, I thought it might help to know who the various groups are, so that you have a better understanding of what we are trying to do.

If you look directly over from the entrance you will see a man waving a yellow flag. This is "Oor Ronnie" who coaches "Ronnie's Rebels" - a group of our older teenage boys and girls who concentrate on longer distance running. Ronnie is our senior coach and has been coaching for at least 100 years. Parents might wish to ask him how he manages to get them to run round the track for miles when you have difficulty persuading them to walk further than the end of the garden.

Over to your left you will find "Soapy Bubble Brian" and his group of "Brian's Belles". These are mostly the older teenage girls and Brian uses his special mixture of charm and threats of a good soaking to coax the best out of his young ladies. Brian specialises in sprint coaching so you may see a couple of our senior men with him as well. I have never been sure if it's the sprinting or the young ladies that attracts them. As with Ronnie's group, parents could learn a lot about teenage psychology from Brian.

Directly opposite you will find "Dave's Darlings" - the younger ones. These little angels are the stars of tomorrow and "Wee Davie" is assisted by yours truly "Fat Bob" as we have a large group. This group also includes some of our older children who specialise in non-track events. Dave's daunting task is to train all the little ones in the basics of running, jumping and throwing at the same time as bringing on the specialists.

If you are lucky you might arrive to see a lone female being chaste (oops! I mean chased - spelling checker failed again!) round the track by a pack of baying hounds. Do not be afraid - they are "Pa's Pensioners" who are coached by "Pa O'Brien". The lucky lady is Gill (our club secretary) and our senior athletes will follow her anywhere she leads. Those of you who do the lottery might like to listen carefully as Paul reads out the lottery numbers to his athletes as they go round. A word of warning though - if you arrive early you may see the "Senior citizens" getting warmed up with that special kind of dancing that only Dads seem to do.

The only group you will not see are "Sue's Sirens" - a lovely group of ladies all aged exactly twenty one and a half who do not usually use the track. They run round the streets of Edinburgh desperately searching for that elusive millionaire to

make their lives complete. Sue's Sirens are escorted by some men, waiting for the day when the Sirens are too tired to find a man with a million and are happy to settle for a small overdraft.

So as you can see we have a small band of people helping to make this club one of the best in the Lothians. However our success is now starting to encourage more people to join us and that is where we need you - especially with the tiddlers. We would like to concentrate on giving them more individual tuition but with over 20 children in the group that is difficult. So in the words of that old wartime slogan:

YOUR CLUB NEEDS YOU.

Anybody who is prepared to help out for a couple of hours on either Tuesdays or Thursdays (or both) would be welcome. You don't need to be athletic - only enthusiastic. Even taking a group and a stopwatch and watching them while they run round the track themselves frees up a coach to concentrate on the more complicated bits. I started helping about 3 months ago and can assure you that it really is very rewarding to see the happy bunch we had last Saturday when the club won promotion to the first division of Forth Valley League.

Robert Innes

Final Meeting

Forth Valley

Promotion to Division 1 - Are we ready?

Good question. After a slow start where we seemed to have a few gaps, mainly around U11's, we went in to the last meeting first by 1 point. If we had a bad turn out and did not cover all or most events, we could have stayed in division 2 next season - not so good when there are lots of fine athletes competing at a very good standard.

I was afraid it looked like a bad day for us, with some school championships on the same weekend. As it turns out, despite gaps in the U13 Girls and U15 Boys, the team did very well, finishing first on the day and therefore taking the overall league trophy. I think this was a surprise to most, as neither Robert nor I had mentioned the closeness of the league beforehand. On top of that, we won best team trophy for field events but missed the track events trophy. If only we had filled all the gaps...

Well done to all who helped: officials, car drivers, helpers, and of course, the athletes who were there! I would also like to thank Robert Innes for his help over the summer with coaching and Forth Valley secretarial duties.

David Law (Team Manager)

Summer Madness

70 Wild Miles

Glencoe, 10th June 2000

This is another unusual event some of our Senior Men were involved in this summer. It is not a true triathlon as it is not a straight-forward race. In fact there is nothing straight-forward about it. It starts with a 47 mile cycle from Glencoe to Taynuilt. Since the cycling is on public roads, cyclists set out at timed intervals, to prevent a build up on the road.

On the other hand, as the canoeing section is to the top of Loch Etive, it is safer for everyone to start together so the safety boats can keep a better check on anybody who might be in difficulty. This means there is a rest stop until everyone has arrived and is ready to begin the canoe stage. As Loch Etive is a tidal sea loch the weather is of first importance and in 1996 the canoe section was cancelled for the competitors safety.

The running section, however, is more relaxed. Each competitor is allowed 30 minutes to recover from the strain and cramped conditions of the canoe then report to the timekeeper and start at his mark. From the head of the loch a 13 mile run climbs 1000 feet up Glen Etive to the finish back at Glencoe. The whole course is roughly triangular, although as our experience has shown, 'pear shape' would be more appropriate.

Brian Nicholson and I have participated in the odd duathlon or triathlon as something different to road racing. A triathlon is usually swim/bike/run, but when Brian learned of this slight twist to the usual format from a colleague at work, the '70 Wild Miles Challenge' seemed interesting. The colleague is an expert canoeist so it seemed a good idea to enter a 'team'.

The entry form says something like 'If you're the kind of lunatic to whom the thought of cycling 47 miles (75km), then canoeing 10 miles (16km), and finishing

with a 13 mile (22km) run sounds like a fun day out - then this might just be what you are looking for!' Brian's colleague obviously wasn't one of these people, and promptly pulled out (some lame excuse about a wedding he couldn't miss). Step forward David Law. Brian isn't a true lunatic as he refused the sleepless pre-race night in a tent so we booked overnight accommodation at the Kings House Hotel.

The first trouble came in Glenrothes on the Friday evening when we picked up the canoe. This was the first time Dave had clapped eyes on it, and 'clapped' it certainly was, as well as BIG. However, we strapped it to the car and set off.

The following morning at 6.00am Brian got up first, tucked in to his large breakfast and reported to the start of the cycle near the White Corries Ski Centre. Dave also felt the need to get up and jog the 3 miles to the start just to make sure Brian got away okay. I stayed in bed.

To ensure that competitors reach the various start points (some competitors actually do the whole event) minibuses are laid on for people and kit. After breakfast I took Dave to where one of these minibuses should have been waiting to take him the 50 miles to the start of his section. Unfortunately, Dave got the timing slightly wrong and the bus left without him. So I had to drive him 50 miles there, then 50 miles back to catch my minibus to the end of the canoe and start of the run. Following this so far?

Anyway, Brian had a blistering fast cycle, despite the head wind, completing the distance in 2 hours 13 min 32s, leaving time to help get Dave organised. It was now over an hour late, because the start was held until all cyclists had finished. Brian and I carried the canoe into the sea and helped Dave in, making sure his Mars Bars and Red Bull were securely strapped to the outside. When the canoe section finally got under way, it was an impressive sight, with over 90 canoes paddling their way into the distance.

Brian and I then drove back to the White Corries Ski Centre and got on a minibus which took us 13 miles down the single

track road to the head of Loch Etive and the start of the run section.

Here we noticed a few competitors had already started their run. In the certain knowledge that the canoeists could not have arrived so soon, we checked with the organisers and found that it was permissible for the runners in a 'team' to set off as soon as it was confirmed that all of the canoeists had got off safely. Seizing the opportunity of making up some of the delay at the start of the canoe, I quickly warmed up and set off running.

Shortly before the finish a Volvo passed, towing a trailer, on its way to the end of the canoe section to fetch canoes back to the overall finish at the White Corries Ski Centre. I was spurred on by the enthusiastic encouragement and I even thought I heard one occupant call my name! If I do say so myself, I too had a blistering fast run, finishing in 1 hour 32 min 25. Then I presented my number and was surprised by the response. 'Number 114? You're supposed to be missing!'

Just at that point, Brian arrived off a minibus. 'Have you heard the news? Dave Law has had to be rescued. I've just seen his canoe loaded on the back of a trailer, and he wasn't in it!'

As the story goes, after the delay at the start of the canoe section, the strong wind had got up even more and the tide had begun to turn, making progress up the loch very difficult. Dave battled on as best he could, but eventually the swell capsized him. He was rescued by the Mallaig lifeboat and the Royal Naval Reserves and taken back to the start of the canoe section. There he thumbed a lift from a canoe transporter (who drove a Volvo). He was taken to the start of the run, where neither Brian nor myself were anywhere to be seen.

We did eventually meet each other again, all safe and well. I believe that entries for 2001 are about to be invited, with the event on Saturday 9th June. I'm busy that weekend

John O' Hara



Cycle – Brian Nicholson



Canoe – Dave Law



Run – John O'Hara

KWIK-FIT CORSTORPHINE AAC 2000 CLUB CHAMPIONSHIPS
TUESDAY 19TH SEPTEMBER 2000

To All Club Members,

The Club Championships are to be held on Tuesday 19th September 2000 at Saughton Enclosure. Athletes must register by 6.00 pm and the first events will start at 6.30 pm. Athletes should use this time to do any field event practice and warm-ups for any early track events. There will be no time at each of your field events to practice before your competition starts. The competition will consist of four events for each age group, one sprint, one middle distance event, one jump and one throw.

ALL FIELD EVENTS WILL BE RESTRICTED TO TWO ATTEMPTS AT EACH ROUND.

There will be awards for the winners of each age group.

Presentation of trophies will take place at approximately 9.00pm, all family and friends are invited. Any members of the club or their families willing to help out on the night, for various duties, please give your name forward to Gill Pilkington ASAP.

THE SUCCESS OF THIS EVENT DEPENDS ON EVERYONE'S SUPPORT.

Scoring:

The scores will be calculated on the position of each athlete in each event. The winner will be the athlete with the lowest score from all four events.

Example: If you finish 1st, 3rd, 5th and 6th in your events, your score will be (1+3+5+6) = 15 points. One penalty point more than the total number of competitors in a competition will be awarded to athletes who fail any event (ie you do not finish in an event, and there were 10 athletes in total, you would have 11 points). If more than one did not finish that event, each would score 11 points.

EVENTS: (Not in time order, this will be displayed on the night)

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 mile	Long Jump	Javelin
Sen/Vet Men	200m	1 mile	Long Jump	Javelin
U17/U20	200m	800m	Long Jump	Shot Putt
Sen/Vet Women	100m	800m	Long Jump	Shot Putt

We also plan to hold a Handicap race on the Thursday evening (21st) which will be on a similar format to last year's event, which proved very successful. If you wish to compete, please also give your name to Gill by 14th September so that "accurate" handicaps can be worked out. This event is open to U15's and over. A nominal charge of £1.50 will be made for each athlete competing in the Championships. Athletes will not have to pay to enter Saughton on the night.

ALL THOSE WHO WISH TO TAKE PART IN THE CHAMPIONSHIPS, PLEASE COMPLETE AND RETURN THE SLIP BELOW, WITH THE ENTRY FEE, TO THE CLUB SECRETARY OR TREASURER BY **THURSDAY 14th SEPT.**

KWIK FIT CORSTORPHINE AAC - 2000 CLUB CHAMPIONSHIPS

I / We wish to take part in the Club Championships on Tuesday 19th or Thursday 21st September 2000

Name 1 Name 2

Name 3 Name 4

I would like to help with some duties on the night:

Name 1 Name 2