

September 2002



CAAC Attack

Autumn Dates

- Sun Sep 6th Last track meeting of summer - Central & South of Scotland League
- Tue Sep 17th Club Championships - see back page. All membership subs should be paid to Sheena Anderson before then.
- Thu Sep 19th 3K Handicap Championships - see back page
- Tue Sep 24th Winter training begins at Forrester School (every Tuesday)
- Thu Sep 26th Winter training continues at Corstorphine Primary School (every Thursday)
- Sat Oct 12th Disco at Clermiston Inn - Parents & friends welcome - tickets from Sue Aitken
- Sat Oct 12th East District Relays [Galashiels]
- Sat Oct 19th East League [Hawick]
- Sat Oct 26th National Relays [Cumbernauld]
- Sun Dec 1st East League [Kirkcaldy]
- Sat Jan 4th East League [Alloa]
- Sat Jan 18th East District Championships [Aberdeen]
- Sat Feb 22nd National Championships [Hamilton Racecourse]

Club Tops Now Available

Hooded club tops are now available - see Sue Aitken if you want one.

Your Committee

- Paul O'Brien chairman
- John O'Hara vice chairman
- Gill Pilkington secretary
- Sheena Anderson treasurer
- Bryan Clark club captain
- and
- Donald Gorrie MSP honorary president

Captain's Comments



As most of you may already be aware, at the AGM in March I was nominated as the new Club Captain. One aspect of this role is as an athlete's voice on the committee. Therefore if any athlete has anything which they would wish to be raised with the committee please do not hesitate to make me aware of it. Also if you have a problem which you do not feel you can raise direct with your coach I am available to come and chat to.

This is a position within the club structure although I must stress that it is the athletes who make the club and give it the success it receives. The ability of each individual athlete is different and whether you come along to have some fun or to train towards a specific goal the willingness to give 100% and enjoy yourself at all times is the most important thing about being members of Corstorphine Amateur Athletics Club.

Over the track season we have had some good performances from people pushing themselves to achieve new personal highs. During this coming winter whether you are competing indoors, at Cross Country, on the roads, at hill races or even training for next years track season, take pride in what you do and achieve and make sure to enjoy yourself.

Bryan Clark - Club Captain

New Secretary

Is anyone willing to help as club secretary next year, as Gill will no longer be able to assist the club in that form?

Sponsorship

A huge thanks is due to Euro-Environmental Contracts for their support over the last year. This valued support has enabled us to continue offer everyone the opportunity to further their ambitions in athletics. The club proving to be well represented in CSSAL, Forth Valley, and both men's and women's Scottish track and field leagues, cross-country, hill and road competition, producing Scottish age group champions across many disciplines, and individuals being called upon to represent Scotland in international competition. The sponsorship also allowed us to support coaches wishing to further their knowledge, and has even funded the use of more specialist support to visit the club through the Scottish athletics dial a coach scheme.

We are now in the process of trying to secure further fiscal support to help us maintain the development momentum in coach and athlete performance, through attracting another sponsor, and also utilising grant funding opportunities currently available for club development. We are working together with Scottish Athletics and Ewen Cameron the Edinburgh Development officer to promote the sport further, increase participation of all age groups, and the improvement of facilities.

Anyone with an interest in helping with the drive to attract sponsorship or is interested in more detail of some of the current work being done should contact Paul O'Brien or any member of the committee.

Paul O'Brien

Don't forget!



We meet in Forrester School every Tuesday and Corstorphine Primary School every Thursday after September 19th.

AAA of England Under 20, 17 and 15 Championships

BEDFORD

This year the Amateur Athletic Association of England (AAA) Under 20 Championships were held in Bedford on the 29th and 30th of June. Corstorphine were represented by Mhairi Macdonald in the 400m and 200m and by Kris Berry in the 800m and 1500m.

As usual the standard of competition was a cut above what our athletes are used to in Scotland but both Kris and Mhairi acquitted themselves well in their respective events although neither made their finals. Again, however, the experience of quality competition will have been of great benefit to the development of these young athletes. Kris will still be young enough to go back and compete in the under 20 age group next year where he will have a better chance of a final appearance.

BIRMINGHAM

At the Under 17 and under 15 championships in Birmingham on the 10th and 11th of August the club had 3 athletes competing. Douglas Selman making his AAA debut in the U15 1500m, Stuart Turner in the U15 discus and shot putt and Scott Pilkington in the U17 800m.

Stuart was a little down on his best but took a creditable 7th in the discus and 10th in the shot putt. Douglas ran intelligently early on in a rough heat but took a battering and failed to qualify for his final. The experience at this level will have been invaluable for the *Selmanator* and he will be back stronger for sure!

Scott, despite labouring somewhat in his heat sneaked into the final, an achievement in itself, before placing 6th in one of the weekend's major races. *Pilky* ran a wise race but was found wanting with 150m to go when a medal was a realistic possibility.

The AAA Championships are contested by the cream of the UK's athletes and reaching the required standards for entry is a major achievement for our athletes. For many, participation at the AAA champs will be the pinnacle of their athletics careers.

FINANCIAL SUPPORT

Our club has financially supported athletes competing at the AAA's for a number of years. Such support should be seen as a reward for the hard work and commitment of the athletes concerned. It should be noted that very few clubs provide full travel and accommodation costs for their athletes competing at these champs and this shows how committed CAAC is to its talented young athletes.

I would hope that the club will continue to fund our promising athletes in this way and encourage our younger members to stick in at training and earn themselves a trip to the AAA championships!

Moray Anderson

Three take on Corrieyairack Challenge

SATURDAY 6th JULY

Relaxed and calmly, Tim Norwood, Ian Cumming and myself loaded our bikes onto 40ft trailers in Kincaig and were soon meandering along the lochs and Caledonian Canal to Fort Augustus, the start point for the famous Corrieyarrack Challenge! This consists of a 17 mile hill run along the historic pass reaching a summit of 2500ft followed by a 26 mile cycle back to Kincaig.

At the start Ian is intending to beat the 4 hour mark - Tim and myself are looking apprehensively at the pass disappearing into the distance. We set off at 11am and the first mile or so is on tarmac, however it deteriorates suddenly on a steep climb to boulders, rocks, etc. Once over this initial climb the pass wanders up and down and varies between hard packed and loose rubble. At this point Tim and I are keeping each other company - Ian is out of sight! The pass continues up and down then - oh my!!! - the hard work starts as we very quickly begin a long climb of 3-4 miles (mind a bit fuzzy) to reach the summit of the pass at 2500ft.

I reach the top with Tim just behind, stop to take on water, a little stretch and then start to descend. For me, not good fun, having severely sprained my ankle six weeks previously I questioned my sanity even starting this race. Tim gallops down like a gazelle and I pick my way down like a sheep in mountain goat territory. At last the ground starts to even off and we reach a minor road, 3 or 4 miles from where we mount our bikes. Along this road I decide that the best way to pass time and pain is chat to someone, so I catch up with a bloke (Edinburgh Road Club Triathlete) and we chat as we run towards the change point at Garva Bridge. This at least takes my mind off my suffering.

FANTASTIC HELPERS

At the change over the helpers are fantastic - they take my shoes and socks off, peel a banana, unwrap a mars bar, re-pin my race no on to my cycling jersey, put dry socks and cycling shoes on and lastly helmet and glasses.

The cycle consists of 26 miles on minor roads leading to the finish in Kincaig, but after only a couple of miles both my legs seize with cramp and the only way off the bike is to fall onto a grass verge, stretch my legs (painfull) and re-mount to continue. The cycle itself is a fine balance of what speed you can maintain before the dreaded cramp sets in. It appears many other riders are suffering the same. I feel I mastered this scenario: as cramp appears to start I back slightly off, but do not stop pedalling, until it disappears, then work hard again. This seems to work as I take a few scalps back that I lost on the descent.

After some time I see Tim, catch and pass him and wish him good luck. There is also

Tim's girlfriend Amy, on hand to give moral support. As we go through Kingussie I shout to Ian's wife, Fiona, who did a good job of marshalling us off the main road with her stop/go lollipop onto the back road towards Kincaig. Thankfully I do not have to stop at the level crossing, as I believe some others must, unfortunately. Finally, and with many near cramps, only 5 miles to go and I can visualise the finish - one last push up a short steep climb to reach the road, over road into grass field and cross finish line.

At this point I literally fall off my bike, both legs stiff with cramp, toes pointing upward and inward involuntary. I am glad to see two faces - a steward who removes my bike from me (at this point I do not care where it goes) and Tim's girlfriend Amy who has a plentiful supply of water. Soon Tim arrives over the finish and the Corstorphine Team has completed this arduous challenge.

But what of Ian's woes - did he break his target? Eventually I made my way to get leg massage and saw Ian for the first time in approx 4 hours "how did you fare?" I asked, "you must have broken the 4 hour mark." To this he replied, "3hrs 48mins and a few seconds." "Fantastic," I congratulated him. In addition a greater result came through - Ian had won the Male Super Vet category with at least 10 mins to spare, for which he was presented with a voucher, whisky and a much deserved cheer.

Our times were :

Ian	3:48
Brian	4:03
Tim	4:09

In summary, this has to be the toughest event I have ever done.

Brian Nicholson.

Ben Lomond Hill Race

11th MAY 2002

Martin Hulme, Martyn Tunstall, Paul and Keith drove to a sunny Loch Lomond for this 'wee hill race'.

Starting at Rowardennan hotel, the first few hundred yards was on the road. That was the easy bit! The path then climbed steeply through the wooded lower slopes before emerging onto the open hillside. Nearly an hour and 3200 feet of ascent later, the summit was reached. At this point, the serious hillrunners immediately turned and headed back down. After all the effort, I felt it worthwhile to take in the fabulous views first!

The return was hardly easier: downhill on a steep path with drainage channels and loose stones, it was not a good idea to fall. However, the Corstorphine quartet finished unscathed having done very well.

DOWNHILL TRAINING

This is definitely one to do again, especially when the weather is good. Maybe more *downhill* training on Kaimes over the winter though?

Keith Hood

Glenmeanich Training Expedition - Strathconon 2002

Early on this year a few members of our group (middle distance) felt that we deserved a holiday after a solid period of training in April/May. Coming from the Anderson school of coaching, I felt a holiday at that point in the season was out of the question so a "training holiday" was deemed to be a suitable compromise!



Seven of us headed off to the beautiful setting of Glenmeanich cottage, Strathconon, for a week of hard work and good fun on the 15th of June.

The terrain around our cottage was fairly mountainous although the road along the glen and a nearby forest track allowed us to get some running on the flat as well. The cool water of the river Meig proved to be an excellent remedy for tired muscles and midge bites and a daily dip was enjoyed by everyone. The weather remained fair all week, which was a bonus given how bad the summer has been.

By the end of the week we had completed eight sessions in six days varying from tough interval sessions on forest track to long runs over hills. Of course we did keep a little energy in reserve for evening "entertainment and refreshment"! We even had Laura's 21st to celebrate and I bet she never thought she would spend that in an isolated spot in the Highlands with us lot!



Despite Steven picking up an injury during the first training session I am sure that everyone enjoyed the week and felt it was worthwhile and I hope that such trips become an annual event.

Moray Anderson

Star Profiles

Name:

Lisa Mitchell

Age/Date of Birth:

15; 14/09/86

Occupation:

School Student

Time in Corstorphine AAC:

7 years

Events and PB's:

100metres – 13.7secs

Quirk or Saying:

I'm befuddled! Cool!

Hobbies/interests:

Athletics

Favourite Food and Drink:

Chips, Irn Bru

All time Favourite Movie:

Billy Elliot

All time Favourite Song:

Angels – Robbie Williams

Idol:

Katharine? & Billy Idol! (hehe!)

Proudest moment of your life:

Living

Best Sporting memory:

Winning Club Championships

Best advice someone has ever given you:

"Stay Beautiful" (Katherine MacDonald)

If you could live the same day over and over again what would you do?

Sleep

Name:

Ewan 'Aroma Kid' Stark

Age/Date of Birth:

19; 17/11/1982

Occupation:

Tesco Boy

Time in Corstorphine AAC:

6 years

Events and PB's:

800m – 1min 58sec; 1500m – 4m 08sec

Quirk or Saying:

My Eye! Jenkins!

Hobbies/interests:

Listening to music, Training, Drinking

Favourite Food and Drink:

Bangers and Mash, Guinness Extra Cold

All time Favourite Movie:

Ferris Buellers Day Off, Gregory's Girl

All time Favourite Song:

Girl From Mars – Ash

Idol:

Haile Gebreselassie

Proudest moment of your life:

Getting in the Scottish Schools Cross Country team in 1997

Best Sporting memory:

Winning Sri Chinmoy 3x1 Mile Relay

Best advice someone has ever given you:

"Do As I Say, Not As I Do" (Moray Anderson)

If you could live the same day over and over again what would you do?

Get up feeling good, Go for a run, Meet friends at pub and have a good time!

**CORSTORPHINE AAC 2002 CLUB CHAMPIONSHIPS
TUESDAY 17th SEPTEMBER 2002**

The Club Championships are to be held on Tuesday 17th September 2002 at Saughton Sports Enclosure. Only paid-up club members can take part. 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 to the total number of competitors in that competition will be awarded to athlete's who fail any event (ie you do not finish in an event, and there were 10 athlete's in total, you would have 11 pts). 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	Long Jump	Shot Putt
U15 Boys	100m	800m	Long Jump	Shot Putt
U17 Men	200m	800m	High Jump	Javelin
U20/Sen/Vet Men	200m	1 mile	Long Jump	Shot Putt
U17 Women	200m	800m	High Jump	Javelin
U20/Sen/Vet Women	100m	800m	Long Jump	Javelin

We also plan to hold a Handicap race on the Thursday evening (19th) 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 12th 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 12th SEPT.**

CORSTORPHINE AAC - 2002 CLUB CHAMPIONSHIPS

I / We wish to take part in the Club Championships on Tuesday 17th September 2002

Name 1 Name 2

Name 3 Name 4

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

Name 1 Name 2