

Chairman's Report - Nearing Our 30s and Still Improving!!



Edited and penned by Bryan Clark. BC.

Another year for Corstorphine AAC has passed and the club is now in it's 28th year of existence. Some people would suggest that as you near your 30's you start to slow down a bit, party less, settle down and stop planning for the future and maybe just be happy with what you've built to this point in life and consolidate your position. From the evidence none of that applies to Corstorphine AAC. Just when you think it can't get any better it does!

Slowing down - Our athletes are certainly not slowing down as club records continue to fall by the bucket load!

Party Less - Our athletes are having the time of their lives on a performance level as we continue to break new ground in competition results.

Stop Planning for the Future - The output from the 2nd ever Corstorphine AAC Vision Meeting dispels that theory.

On a competition level I always think there are a few things that stick out during the year that are memorable and inspirational and this year is no exception. The first for me came at the end of the track and field season in September when Corstorphine AAC's junior athletes travelled to Stornoway for the second ever match against the host club. This year Giffnock North also travelled north making it a Tri-Match. After the success of the first match in 2011 our numbers attending grew to 42 (including 25 athletes under the age of 18). With Lewis Innes taking over from John O'Hara and steering CAAC into battle (thankfully he wasn't steering the boat that got CAAC there) everyone thoroughly enjoyed the trip and a few quotes from one athlete some up the trip perfectly. The trip was "one of the most welcoming she had been on" and it was great to "get a taste for what it is like to compete somewhere away from home".

Our club has a great tradition in Cross Country running and I think the very first and very last race of the Scottish Cross Country season were memorable and inspiring in so many ways. At the East District Relays at Livingston in October our Young Females team of Jess MacLeod, Caitlin Arnott and Hannah Addison broke new ground for the club by winning the Bronze medals (the first ever medals at this race for the club). All three

athletes left every ounce of energy they had on the course and anyone who was there will remember witnessing Hannah burying herself coming down the home straight on the last leg to hold of Central for the Bronze. The thing I also remember was the smiles on all three girls faces straight after the race. In years to come when we talk about inspirational sports films such as Rocky, Chariots of Fire and Karate Kid we may also be talking about CAAC Girls: The District Relays Breakthrough!

Four months later at the final race of the season Corstorphine again broke new ground and a quote from one well respected club member suggested it "was possibly the greatest team result in the club's history so far". For years our Senior Men's team had strived to win any sort of medal at the National Cross Country Championships. We didn't think it would ever happen as we continually finishing behind clubs like Central and HBT and clubs from the West of Scotland such as Inverclyde (a club who wish they were Corstorphine but with extra stripes on their vest). But like Calum McKenzie breaking the 2min barrier for 800m you wait for it to happen once and once it does it won't stop happening. After collecting the bronze medals last year our men ran out their skin again this year to take surprise silver medals and that was without big hitters such as Dermot Cummins, Mickey Breen, Kris Berry and Scott Pilkington....(no I don't understand that one either but he did get once a commentators mention for being a contender at the Senior Men's National Cross Country Champs). Only Central who we had beaten at the East District Championships in December finished ahead of Corstorphine.

So what about the future, where do you see Corstorphine AAC in 10 years time? Well we asked our members that question when we held only our second ever club Vision Meeting in February. We worried that the room at the Corn Exchange would be too big and we may only get 30-40 people turning up. What we actually got was 83 people attending and so many ideas and suggestions on how the club can improve it took almost 2 hours that night after the meeting had finished to collate the information received. We now start the task of implementing your ideas. Some will happen in the short term although will be long term targets. Throughout this process however there is plenty opportunity for you to get involved and help shape the future of your club!

So as come to the end of our 20's it's not time to sit back and relax. Let's continue to improve, continue to break records and let's shape our future for the better....this is the age when life starts to get really exciting!!!



ALT-CAAC Squad

By Moray Anderson

The middle and long distance squad (known by some as the alt-CAAC Squad) had another busy and successful year. Members of the squad were instrumental in a number of the club's big moments including the historic victory at the East District Cross Country Championships when the Corstorphine team secured the Fraser Trophy for the first time. At the National Cross Country Championships the senior men secured a best ever second place finish and at the National Short Course Cross Country the team matched the previous year's result with bronze. Keith repeated his bronze medal performance at the Masters championships in miserable conditions at Hawick and was chased home by recent addition to the squad, Gordon Clarke in 4th. Calum McKenzie and Bryan Clark both rounded off the cross season with selection to the East of Scotland team for the British Inter Counties Championships in Birmingham where both performed well.

On the track Calum proved himself to be the outstanding improver of the year as he obliterated his pb's at every distance he ran and made the 1500m final at the National Champs. Dermot Cummins had a limited track season but ran brilliantly at the National Championships to take a bronze in the 5000m. Also outstanding was a new member of the squad Stuart Campbell who, with his excellent 4.12 at the Glasgow Milers Meet finished the year ranked 4th V45 for 1500m in the UK. Pb's were also achieved on the track by Bryan Clark, Andrew Christy, Mickey Breen (despite a very brief season due to injury) and Paddy Jumelle (another new recruit in 2013).

In road running the season kicked off again with the relays and in another first the club claimed the silver medal at the National Six Stage Road Relay Championship. Squad members then turned their attention to the English 12 Stage Road Relays where CAAC again performed well to finish in a commendable 16th place. Bryan Clark proved that the relays can be a great preparation for the marathon by recording a massive pb over 26.2 miles in London the following week, well deserved after a lot of hard work. Fastest long leg for Corstorphine at both the 6 and 12 stage was Dermot and this set the ball rolling for his season on the roads which culminated in victory at the National Half Marathon Championships and overall victory in the Scottish Athletics Road Race Grand Prix.

The training we undertake continues to evolve over time and this year will be no different, it is pleasing that the athletes following our structured plans continue to improve but we cannot become complacent and methods, volume and intensity of the work will continue to develop. Also important in our progression has been the regular arrival of

new faces to the squad which helps to keep everyone on their toes. Hopefully this year will also see the return of a number of our long term injured and if we can get a big squad out doing a lot of hard work further success will come our way in 2014.

Junior Squad

By David Arnott

CAAC KIDS - GROWING AND IMPROVING

The last 12 months has seen so many fantastic performances by our CAAC kids that it's almost impossible to fit it all in one article. With the legacy of London 2012 and the upcoming Commonwealth Games athletics has soared in popularity. The number of CAAC kids attending training and competing has soared in the last 12 months. Wonderful as this is it also brings challenges in terms of managing the sessions and giving technical training. Thankfully our coach numbers have also increased and we now have a regular team of 7 kid's coaches (Chris, David, Ian, Jill, Claire, Lewis and Anne) plus John who coaches the junior endurance squad. We also have a wonderful squad of parent helpers.

With the better weather on the way and the greater space available at Saughton we have plans to further improve our kids section including:

- A stand alone under 11 squad which can better focus on learning the basics of athletics;
- Better use of our parent helpers including some basic training and session planners;
- More specialist sessions for some of our older kids;
- Some cross squad training sessions;
- The introduction of a CAAC kids charter.

There is no doubt that the more coaches and helpers we have the better training we can provide for our kids. If you are interested in getting involved in coaching (no previous experience required) then please get in touch. It is hugely rewarding and we have a fantastic bunch of kids - just look at the results below!

CAAC KIDS - LOVE THE SUMMER

Last summers track and field season was a huge success for our CAAC kids. In total we had 73 kids who competed for us on the track (35 girls and 38 boys). Between them they competed in 857 races/field events which was a 42% increase on the previous year (I love stats!). During those events a fantastic total of 471 personal bests ("pbs") were achieved. Particularly pleasing was the number of our new and younger members who

competed and whose enthusiasm was a joy. A big well done to everyone who turned out.

As well as pbs we also saw 24 club records fall. Leading the charge with 16 records between them were Hannah Addison and Caitlin Arnott who completely re-wrote our female middle distance records. As well as taking a number of their age group records they also between them smashed the senior women's records at 800m, 1500m and 3000m. Other records tumbled to Jess Macleod (1200m), Abbie Malone (Discus), James Malcolm (75m & 400m), David Addison (600m & 1500m), our under 13 boys 3x800m relay team (David Addison, Stephen Addison and Finlay Ross), our under 17 girls 4x100m relay team (Abbie Malone, Isla Scott, Jordan Rowlands and Hannah Addison) and our under 15 girls 4x100m relay team who also broke the senior women's record (Eilidh Thores, Tamzin McQueenie, Caitlin Arnott and Robyn Coates). Well done to all our record breakers.

The main championships also yielded some great performances. Highlights included Caitlin Arnott winning gold at the Scottish Schools 800m, Stephen Addison winning bronze at 1500m in the East Districts Championships and Hannah McAlpine taking silver in the 75m at the Pitreavie Trophy Meeting. We also had a load of kids taking medals at the Edinburgh Schools Championships.

Well done to all our medalists. I am in no doubt that we have dozens more potential medalists and record breakers among our current crop of kids. There are however no short cuts - regular training and competition is the secret!

With regard to team competitions we also had a very successful season. In relation to team performances our under 11's, 13's and 15's did fantastically well to finish 3rd in the Forth Valley League and secure promotion to Division 1 for next year. (Since then they've restructured the League into 3 Divisions rather than 2 so we're back in Division 2 for this coming year - but only for one year before we get promoted again!!) Ten of our athletes were selected to compete at the end of season Select Match which involves the top performing athletes from the League during the season. Our "select" ten were Jamie McAslan, Cameron Thores, David Addison, Stephen Addison, Lewis Lindsay, Tom Hunt, Anthony Addison, Jessica McLeod, Cailin Hart and Eilidh Thores. Particularly well done to David Addison who won the under 11 boys 800m and Cailin Hart who won the under 13 girls javelin against fierce competition. In the CSSAL League which is for all age groups we finished 4th which consolidated our position in Division 2.

The undoubted team highlight to end the

season was our trip to Stornoway for the tri-match against Stornoway and Giffnock. The hospitality of Stornoway was first class, the whole team had a fantastic time, the team spirit was excellent and there were some great performances against top class competition. Get your name down early for this one next time - it will be a sell out.

CAAC KIDS - LOVE THE WINTER

Similar to the track the Cross Country season saw a massive increase in numbers. In total we had 46 kids (21 girls and 25 boys) run for us in a total of 180 races. Particularly pleasing was the number of our under 11 kids who turned out (10 girls and 8 boys) and also the number of our sprinters who turned up for some "winter strength work". As well as great numbers we also had some fantastic results. The big highlights of the season were:

- Winning the season opening match against Harmeny AC which was the first taste of Cross Country for many of our young athletes;
- Jess MacLeod, Caitlin Arnott and Hannah Addison taking the clubs first ever girls medal at the East District Relay Championships with a bronze for 3rd place;
- The same girls team getting the clubs highest finish of 8th in the girls race at the National Cross Country Relay Championships and the boys team of Finlay Ross, Anthony Addison and Matthew Young finishing 9th.
- Getting agonizingly close to the medals at the new Scottish Short Course Cross Country Championships with Anthony Addison finishing in 4th place only 3 seconds off the silver medal and 1 second off bronze. To make it worse the under 15 boys team of Anthony, Jonny Jackson and Forbes Jackson just missed out on the team bronze medal by one place. We also had top ten finishes from Caitlin Arnott (7th) and Hannah Addison (6th).
- The under 13 boys team of Stephen Addison, Finlay Ross and Thomas Ross taking the bronze medal for 3rd team at the East District Cross Country Championships and Hannah Addison taking the bronze for 3rd place in the under 17 girls race.
- The same under 13 boys team securing the silver medal for finishing 2nd in the East District League contested over 3 different races.
- David Addison winning all 3 under 11 races in the East District League;
- Five of our kids getting picked for the East of Scotland team at the Inter District Cross Country Championships - Stephen Addison, Anthony Addison, Caitlin Arnott, Stephen Addison and Finlay Ross;

- A great performance from all 11 kids who ran at the very muddy pinnacle of the Cross Country season - the National Cross Country Championships. The event attracted a record turnout in almost every age group and our kids performed very well with 5 top 20 finishes - Hannah Addison (6th), Anthony Addison (8th), Stephen Addison (8th), Caitlin Arnott (11th) and Jonny Jackson (19th);
- Jonny Jackson (6th) and Hannah Addison (7th) running superbly well at the Scottish Schools Cross Country to secure Scotland Vests and Jonny teaming up with brother Forbes (24th) and Finlay Ross (32nd) to secure the silver medal for finishing 2nd team.

As always with the Cross Country loads of great "Addison" performances (they must love mud!) but it's great to see them now getting supported by a whole host of other promising youngsters and hopefully that will continue.

For those not so keen on the mud we also had a number of indoor events. Highlights were taking 12 of our younger athletes through to the brand new Emirates Indoor Arena for the Under 12 Superteams event. 108 teams and over 400 kids made for probably the best event of the whole year. Our kids performed brilliantly all day but more importantly they never stopped smiling and thoroughly enjoyed the whole day. We also took 4 teams through to the Scottish Indoor 4x200m Relay Championships which was also held at the Emirates. None of our teams made the final but all ran very well and again thoroughly enjoyed the day and the experience. We also had various athletes competing at indoor open graded meetings and some of the Championship events. The highlight of these events was Hannah Addison taking a bronze medal at the Scottish Schools Indoor 1500m in a new women's club record with Caitlin Arnott taking 4th in the 800m, Rhona Lloyd taking 7th in the 60m and Anthony Addison taking 7th in the 1500m.

I hope you'll agree it's been a great year for CAAC kids. A big thank you to all our athletes, coaches, supporters, drivers and officials who made the season such a success. Here's to the next one.

The Sprints Squad

By Chris Gowans

The sprints squad has shrunk further this year, with a lack of new members moving up.

Andy Cullen has continued to compete on the games circuit as well as the Masters Championships, Andy won the 200m at the Jedburgh Highland Games for the third time, the first person to win this race three times. Andy has also turned his hand to organising meetings as well and was involved

in organising the first City of Edinburgh Running Festival. This year's event is on at Meggetland on 4th July.

Lauren Gilhooly has competed at a number of track and field competitions, including the trip to Stornoway where she had a Season best time in the 100m of 14.7s.

Claire Sloan has completed her Assistant Coach training course and is now assisting to coach the junior on a Tuesday evening.

Central and South Scotland Athletics League (CSSAL)

By Tim Norwood (and me Megan Smith)

Hello. I'm Tim Norwood and I'm a Team Manager for CSSAL (and I'm his (glamorous?) assistant Megan Smith). Let me tell you about our 2013 season and some of our excellent athletes.

First, for those of you who don't know CSSAL - Central & South Scottish Athletics League, is a league for all age groups - Under 11 to Vets (over 35). As you can imagine there are a lot of events to get through so it can make for a full day but it has a unique atmosphere and with a chance for children and their parents to compete on the track on the same day (So no excuses!). Supporting your team is a big part of the day and I plan to make that even more fun for 2014. So come along and see. (Big surprises in store for 2014, we're going to have the best (noisiest) supporters in the whole league - Tim has made sure of that!)

In 2011 we briefly starred in Division 1 but since then we've sat comfortably in Division 2. I'm quite happy with that. We've been building in confidence and creating a solid team. Last year we filled more events than ever before in the junior age groups - down to the good work of the coaches. The number of senior and veteran athletes competing has been lacking for years and without some old faithfuls (Sloan, Cullen) would be entirely deplete. (Would be great to see some more familiar faces join us this year! Let's see if we can get a relay team together for every age group!) It was a pleasure to see Craig Knowles back on the scene and hungry for competition last year. He posted some impressive times and pbs over 100m and 400m. Talking of pbs, there were over 60 new pbs (including new events) earned by our athletes at EACH of the three meetings. (Fantastic to see athletes doing so well; hope to see more of the same this year.)

Congratulations to Sarah Malone, Claire Sloan, Hannah Addison, Steph Addison, Rhona Lloyd and Jill McPherson who enjoyed full points at least once in the season. And representing the males Craig Knowles, David Addison, Stephen Addison, Anthony Addison, Scott

Pilkington and Jamie McAslan who also picked up the top spot at least once.

I'm looking forward to 2014. Our junior team looks stronger than ever, the Commonwealth Games are coming, it's going to be sunny and I have surprise for you all up my sleeve. (I'm also really looking forward to it! Absolutely thrilled it's going to be sunny! On that note, I look forward to seeing everyone on the 8th June for our first competition in (sunny) Kilmarnock!)

Scottish Men's League Review 2013

By Tom Ferrington

My default position on the Men's League has for many years been one of pushing as hard as possible to get a big team out covering as many events as possible and striving to gain promotion to Division One. In recent years though it has become clear that this is a fairly one sided obsession and in reality we simply do not have the range of athletes across track and field to make a decent attempt at promotion. I decided therefore to concentrate on entering athletes who wanted to run, jump or throw and stop haranguing people into competing for the sake of it.

No more would we see **Tim Norwood** having a bash at the pole vault requiring to go over a height just under the current world record for the High Jump to score some points (no disrespect Tim, you wouldn't catch me trying it!!); and no more would you see the team manager positively swimming down the back straight of a 400m hurdles to finish less than a second **outside** the points scoring standard (we're still waiting for BC to come good on his promise to run faster than that in his sleep...in his dreams more like!).

The 2013 season however plumbed new depths with athlete apathy at an all time high and team numbers dwindling before my eyes. At one stage I was giving serious thoughts to the benefits our continued membership of the league provided and put an email out to the list of registered athletes to canvas their opinion on withdrawing and utilising the funds we spend to provide track and field opportunities elsewhere. It was decided that we should continue and the enthusiastic **Ian McPherson** agreed to act as an assistant manager of sorts - at least in encouraging other athletes within his squad to give it a go. Ian has undoubtedly benefited greatly from the additional competition opportunity and his dedication yielded two National silver medals at V45 level at the Scottish Masters Track and Field Championships.

In the league itself we finished in joint 5th after the 4 meetings and despite our officials (including team manager) almost outnumbering the squad on occasion there were

also some excellent results throughout the season.

Craig Knowles returned to form with a superb series over 100m, 200m and 400m at the Aberdeen match including his first ever sub 23sec 200m clocking and his second fastest times at the other distances.

Stuart Campbell continued to churn out highly respectable runs over 800m, 1500m and 5000m showing a great range of endurance ability even as he moved up to the V45 category. Stuart is invariably the first name on the team sheet for these matches and is always willing to cover several events.

Aberdeen provided one of the few chances athletes get to race 10,000m on the track in Scotland and the 2013 event yielded a great run by **Dermot Cummins** who narrowly missed going under 31minutes again.

Looking forward to 2014, the dates for your calendar are:

- Match 1 - Sunday April 20th (Grangemouth)
- Match 2 - Sunday May 18th (Aberdeen)
- Match 3 - Sunday 13th July (Grangemouth)
- Match 4 - Sunday August 30th (Scotstoun)

Remember, I'm always keen to give new athletes a chance to get a taste of track and field competition so speak to your coach or contact me (tom@ferrington.co.uk) if you are keen.

Cross Country

By Keith Hood

East District Relays

The season began with the East District relays at Livingston, on roughly the usual course and the weather was good. It was a great start to the winter, as the Young Females team (Jess, Caitlin and Hannah) won bronze (first ever medals for the club in this race), and the Senior and Masters Men both won silver.

National Relays

In the National relays at Cumbernauld, both the Junior Girls and Junior Boys teams posted top ten finishes and the Senior Men finished fourth, edged out of the medals by Inverclyde.

National 4k Championships

The National Short Course Championship at Bellahouston was open to some of the junior age groups this year, so we had a few younger athletes competing, as well as the regulars. Anthony had a fourth place, Hannah was sixth and our Senior Men won bronze.

East District Championships

The team bus made an appearance for the District championships at a chilly Camperdown

Park in Dundee. On a very runnable course, comprising parkland and a trail through the woods, we had some fantastic results. Firstly, the Under-13 Boys (Steven, Finlay and Thomas) were third team, only one point behind the second team. Hannah then had arguably the most exciting finish of the day, taking a bronze medal but clocking the same time as the second placed athlete. There were many other fine performances in the junior races. In the men's race, Dougie won bronze and, assisted by three counters in the top ten, we won the team title for the first time in the club's history, ahead of Central. To complete the day, we also won the Masters' title.

East District League

The three league races were held at Stirling, Broxburn and a welcome return to Alloa (in my opinion). Stirling featured a monsoon, there was an Indian summer at Alloa and the final race was held in typically overcast conditions in the slippery mud at Broxburn, although the infamous 'water feature' was more of a puddle than a lake this year. Over the season, the Under-11 boys were third team, the Under-13 boys second, while the Senior Men also finished second and the Masters Men retained their quach. I would like to thank all those who helped in setting up the course and marshalling at Broxburn - it was appreciated by the organisers.

Inter-District Championships

A number of athletes were selected for this race at Holyrood Park and eight ran on the day. Steven and Finlay won silver medals for the U13 team, Caitlin had an excellent run in the U15 race, Hannah finished 7th in the U17 race and then Calum and Dougie won gold in the men's team. Bryan and I were a little further back, but still enjoyed the experience!

Masters Championships

In celebration of Teviotdale Harriers' 125th year, the Masters championship was held at Hawick on a traditional rough moorland course. Unfortunately the weather was absolutely dreadful, with a howling wind and driving rain and sleet whipping across the hillside. Janet endured the worst of the conditions in her race, although things did not improve much for the men's race. However, we managed to win the team gold, against some strong competition and narrowly avoided hypothermia! Keith also took individual Bronze (he's too modest to list this himself).

National Championships

For the ninth year, the big one was at Callendar Park in Falkirk and it has probably never been muddier! Top ten finishes were posted by Steven, Anthony and Hannah Addison, before the men waded through the ankle-deep

mud, going one better than last year, picking up the team silver medal.

British Inter Counties Championships

The final cross country race of the season saw Calum and Bryan selected to represent the East of Scotland team at Cofton Park in Birmingham.

Road Running Review 2012

By Tom Ferrington

The chairman's request for a road running review always comes at a weird time. I'm just thinking about the upcoming National 6 and 4 stage Road Relays and National 12 stage equivalent when I'm suddenly asked to remember what happened almost a year ago.

ROAD RELAY REVELATIONS

It all seems a distant blur but this time last year Keith Hood, Dermot Cummins, Scott Pilkington, Mike Crawley, Moray Anderson and Dougie Selman went not one but two better than the class of 2012 and delivered a National Road Relay silver medal (the first in the club's history) and in so doing underlined the steady progress we've made in the last several years. Our B team that day finished 5th just a few seconds behind 4th placed Kilbarchan and comfortably "skooshing" the Ron Hill Cambuslang second string just as the A team had done to their red peril rivals up the order. Remarkably, with the exception of Ron Hill, CAAC had 4 teams home and hosed before any other club had a B team cross the finish line and this only serves to show the level of interest that our coaches have stirred up in the event and it is a testament to our growing strength in depth. Sadly, though, we failed to field a women's team in 2013 and hopefully that will be rectified this time round.

In recent years the 6 stage has acted as a selection race for the ERRA National 12 Stage Road Relays and I left Livingston plotting another assault on the Sutton Park event and harbouring hopes of replicating or bettering our 13th place in 2012. With no fewer than five changes to the previous year's personnel and a couple of high profile call-offs we needed big performances from all twelve athletes tasked with delivering what Corstorphine Expects. The back-loaded team languished in 34th at one stage but, with such eminent athletics personages as respected coach and current chair of the Road and Cross Country Commission, Ron Morrison, questioning the credentials of the team manager and pouring scorn on his tactics, they came storming through to take 15th in what is always a highly competitive race. While some were disappointed with their runs and some overall targets were missed it nevertheless highlighted again the depth we've built and shows how difficult it will be to gain

selection in 2014. On that point we have several athletes who have moved up a gear since then and a few new faces to add to the mix and I've no doubt that competition will be fierce come the selection race on 30th March.

The club made a return the Allan Scally Road relays in 2013 with a 3rd placed finish and a new club record for our solitary team of 4. We've supported this race for many years and had multiple teams entered in the past and I would like to see a return to that level of patronage in 2014.

ROAD RACE GRAND PRIX

Dermot Cummins planned to tackle the Scottish Athletics Grand Prix series in 2013 and began by taking a bronze medal at the 10mile race in a club record time of 50:52 (this time would be equalled by Mike Crawley later in the year) and then finished in the worst possible place at the 5km Road Race, just missing out on a medal in 4th. In September Dermot tackled the Half Marathon (the longest distance he'd ever raced) and there was more skooshing to be had as he beat two Ron Hill athletes into 2nd and 3rd. Dermot was (and is) the Scottish Half Marathon Champion and he'd become so in another club record time (this time, 68:16, would be bettered by Mike Crawley the following month). A solid 6th place in the 10km Championships was enough to see Dermot crowned Grand Prix Champion in 2013 and even if he discovered that he's too weak yet to run a marathon he can be proud of his efforts.

Dermot also nicked the 10km Club record from Dougie Selman, running 30:46 in Inverness, but less than 2 months later his record fell to, you guessed it, that man Mike Crawley who just couldn't be repelled and posted 30:07 in the Leeds Abbey Dash.

LADIES RECORDS TUMBLE

Not to be outdone by Cummins' and Crawley's exploits Julie Pocket Dyna-Malko set about re-writing the women's record books in 2013 scoring new PB's and club bests over 10km (38:04), 10 Miles (64:12), Half Marathon (1:23:25) and, perhaps the best of all, the Marathon, where her 2:58:28 at Inverness was the first sub-3hr run by a female in a CAAC vest. This put behind her the disappointment of just missing the mark at London earlier in the year and was just reward for Julie's dedication to training and never being afraid to get out and race. Surely an athlete of the year contender for 2013.

TOUR OF FIFE DOMINANCE

Elsewhere on the roads BC wrested the Tour of Fife crown from Mickey Breen's head,

replicating what Mickey had done the year before in winning every race of the series, and in so doing became the 3rd Corstorphine athlete to win the title in the past 4 years. The Parkrun continues to attract our athletes for regular runs against the clock over 5km. 237 Parkruns were recorded in the Power of CAAC during 2013 (although admittedly half of those were by the trident force of Ryan Riddell, Mike Anderson and Paddy Jumelle).

Mike Anderson has endured some frustrating injury issues recently but prior to that had a great run over his favoured distance and won the Perthshire Marathon in a massive new PB.

The future's bright, the future's white with black stripes under the arms.

Hill Running

By Christopher O'Brien

According to www.scottishhillracing.co.uk our athletes were not shy about getting out there. With evergreen Martin Hulme leading the way, it was good to see some new names join him on the list for 2013; Callum Campbell, Neal Robb and Stephen Rowntree.

CAACathlete	%winner ran
Hulme, Martin	138.7% 16
O'Brien, Paul	162.1% 5
Malcolm, Bruce	121.7% 5
McLean, Graham	168.8% 5
Law, David	153.5% 4
Norwood, Tim	122.4% 3
Campbell, Callum	134.0% 2
Drake, Fiona	134.2% 2
Johnston, Susan	139.0% 1
Robb, Neal	130.6% 1
van den Berg, Jan-Bert	148.1% 1
Rowntree, Stephen	134.1% 1
Mountford, Chris	141.3% 1
Cumming, Alex	118.4% 1

These results don't take into account our healthy appetite for the hill relays. Teams were dispatched around the country to fly the flag. The Comrie relays in September were our first port of call and we finished a solid 7th place. Ian Hodgson then crept up on us in early October. There were debuts for Scott Williamson and Ruth Gibson in the Lakes, the team finishing a solid 56th. We completed our attendance sheet at the Devils Burden Hill Relays in late January, thanks to my dad for the last minute bail out. The team ran and finished 29th and just outside the 3h mark - not too shabby!

Hill racing in Scotland takes place all year round and races range from short uphill blasts of ~2miles to arduous 20 mile efforts over untrampled ground. There is lots of opportunity to get involved. If your keen to give it a go why not ask one of the members listed above for some tips.

THE CAAC PAPS

By Christopher O'Brien

The 2013 series was slow to start but once going it was just as much fun as promised from previous years. Good turnouts at all events and lots more new faces. Most events finished with a social event with the best arguably taking place at Bonaly for Bonalysis - a braw night to meander through the hills rewarded with a glorious alfresco refreshment in the sunshine as the finishers thundered in.

Winners this year were Steven 'this is my prime aim for the season' O'Brien. He was closely marshalled early season by solid runs from Stuart Livingstone and the undeniable duo of Moray Anderson and Alex Cumming but consistency and conversion of promise come the tail end of the series seen the victory arrive with a canter. The women's race was very tightly contested with nearly every event requiring the photo finish equipment - Susan 'no holding hands' Johnston showed a clean pair of heels to last years winner Fiona Drake and Ruth Gibson. There was also an inaugural presentation of the Vets prize, a newly minted (read baked) medallion was scooped up by Paul 'shades in December?' O'Brien. His challengers will think again about skipping the season finale, as he skipped through to victory in the wake of their senility!

If you've not ran before get involved this year. Its a low key social event with a fun map based run for all ages. If your between ages 11 and 16 you will need to run with an adult though. Drop me an email at chris@caac.org.uk if you are interested.

First run of the 2014 series takes place on 27th April. Keep a keen eye out for details.



Junior Female Athlete of the Year **Caitlin Arnott**

By John O'Hara



For someone with a self-confessed dislike of cross country, this year's Junior Female Athlete of the Year has a pretty impressive track record (or should that be 'trail' record), firstly as an U15, having finished 7th in the Scottish National 4K Championships, and 5th in the Scottish East District Championships, as well as helping her team to 3rd place in the Scottish East District Relay Championships, and 8th place in the Scottish National Relay Championships. Then, more recently as an U17, she earned her place in the Scottish Inter-District match at Holyrood in January, and finished 11th in the Scottish National XC Championships in February.

But it's possibly on the track, that that you begin to get an appreciation of how much of a competitor this year's recipient really is. Having competed for her Club in the 100m (her best being a 3rd place finish at the Grangemouth Open Graded), 200m (1st at the CSSAL at Wishaw), 300m (2nd at the Grangemouth

OG), 800m (1st at the CSSAL at Grangemouth) and 1500m (1st at the Forth Valley at Grangemouth) as well as High Jump, and Shot Put, she also racked up some pretty impressive results for her school including a 2nd place finish in the Edinburgh Schools 800m (Outdoors), 1st in the Scottish Schools 800m (Outdoors), 4th in the 1500m (Outdoors), 1st in the 4x100m relay (Outdoors), 4th in the Scottish Schools 800m (Indoors), and 5th in the Schools Inter Area 1500m.

Some of her stand out performances include that 4th placed 1500m time of 5:02.25 in the heats of the Scottish Schools at Grangemouth on 7th June to rank her in 19th place in the Scottish Power of 10, and the winning time of 2:20.00 in the 800m at the same event, ranking her 4th in the Scottish Power of 10 for that distance. This year's 4th placed time of 2:22.74 in the Scottish Secondary Schools Indoor Championships at Glasgow's Emirates Arena currently ranks her 5th in the Scottish Power of 10 over 800m.

And as if that wasn't impressive enough, we haven't even mentioned her other sport - Swimming, where she somehow manages to find the time for 6 training sessions a week (including 2 at 6am!) plus races. Last year, she was 9th in Scottish Schools over 100m freestyle, ranked in the top 15 in East of Scotland for age group for all distances (from 100m freestyle up to 800m freestyle), and won gold in the East District 4x50m freestyle relay. She has also swum the qualifying time for 400m freestyle at the Commonwealth Games Trials, and is almost as excited about wearing the Commonwealth Games team kit she has been promised, as she is about the new CAAC team kit.

This year's very worthy winner of the Junior Female Athlete of the Year is Caitlin Arnott. Congratulations and well done Caitlin. Take the rest of the night off!

Junior Male Athlete of the Year Stephen Addison

By David Arnott



Anyone who reads the CAAC kids results will have noticed the Addison clan name featuring regularly. This years Junior Male Athlete of the Year, Stephen Addison, is the 4th clan member to come through the club and is keeping up the wonderful tradition of hard work, regular training, regular racing and some top class performances. Stephen rarely misses a training session or race and always gives 100% even when the coaches are trying to get him to ease up a bit!

Last summer Stephen competed in more events for the club than any other boy (bar big brother!) turning out 29 times in total. As well as his favoured middle distance events Stephen is always willing to have a go at any other event to win the club some points - sprints, relays, shot putt, javelin.

However it is over the middle distance events where he has truly excelled so far. Last year Stephen ran the 10 fastest CAAC 800m runs by an under 13 boy and improved his pb over the season by a massive 14 seconds to 2m27.2sec to rank him 14th in Scotland for his

age group. He also finished in 5th place at the East District Championships and got selected for the Forth Valley Select match.

Over 1500m he was even stronger. He ran the 8 fastest CAAC 1500m runs by an under 13 boy and improved his pb for this event by an astonishing 24 seconds to 4m54.35sec to rank him 4th in Scotland for his age group. He also secured his first individual championship medal with a bronze over 1500m at the East District Championships.

Finally in the summer he anchored our under 14 relay team over 3x800m at the Scottish Relay Championships to a new CAAC club record.

Excellent as his track results were Stephen seems to prefer the mud (even if his mum's washing machine doesn't!) even more producing a fantastic X-Country season. Over the 3 East of Scotland X-Country league races Stephen ran very well to finish 3rd at Stirling, 2nd over a very hilly course at Alloa and 3rd over a muddy and wet Broxburn. He also led our under 13 boys to a tremendous team silver medal for finishing second overall over all 3 races.

In the East District X-Country Championships Stephen ran very well (despite some Freddie Flintoff like preparation the night before (party sleepover!)) to finish 4th overall and lead our under 13 boys team to an excellent bronze medal. This run also got Stephen picked for the East of Scotland team for the Inter District X-Country Championships. This event featured the best runners from all over Scotland and Stephen produced what is probably his best run of the year to finish in an excellent 5th place.

Finally to cap off his season Stephen ran the National X-Country Championships over a very muddy Callender Park in Falkirk and ran very well to finish with an excellent 8th place.

Although clearly a great natural talent much more important is Stephen's love of running and his willingness to train regularly and work hard. After such a busy and successful season the committee had no difficulty selecting Stephen Addison as our Junior Male Athlete of the Year.

Senior Female Athlete of the Year **Julie Malko**

By Bryan Clark



Julie has been a member of CAAC since joining in 2011 and since then she has gone on to re-write the club record books for Senior Women.

In 2011 Julie finished 85th lady in the Edinburgh Half Marathon in a time of 1 hour 40mins 10sec however the since then Julie has improved dramatically.

The following year saw a rare appearance over Cross Country where Julie finished 67th at the Scottish National Cross Country Championships. Back on the roads Julie was at her most comfortable and doing her most damage improving her Half Marathon time by almost 9mins and also running 2 hours 23min at the Edinburgh Marathon.

In 2013 Julie also started to improve her 5km and 10km times when clocking 18.34 at the Edinburgh Parkrun and 38.04 at the Musselburgh 10km. That time at Musselburgh gave Julie 2nd place on the day and saw an

improvement of over 3mins for the distance in the space of 12 months.

It was the Half Marathon and Marathon however which Julie would really excel in. Over the Half there were high placing finishes at Alloa (2nd), Edinburgh (6th) and Haddington (2nd). The time clocked in Alloa of 1 hour 23min 25sec was another pb by 8mins and a club record.

There has been lots of talk over the years about whether we would ever see a Corstorphine AAC lady run a sub 3 hour marathon and Julie came agonisingly close at London in 2013 when missing the mark by only 31sec. Undeterred however she came back stronger 5 months later and became the first ever CAAC lady to break the 3 hour barrier when running a fantastic 2 hours 58mins 28sec to finish 5th lady at the Inverness Marathon.

Julie now holds overall female club records for 3000m, 5km, 10km, 10mile, Half Marathon and Marathon. These fantastic times and performances and improvements made are down to pure hard work and Julie is certainly not scared of getting out there and running the miles required.

The Senior Female Athlete of the Year for 2013 is Julie Malko. Well done Julie on all your achievements so far and we look forward to seeing you improve even further.

Senior Male Athlete of the Year **Calum McKenzie**

By **Moray Anderson**



Seeing a senior athlete fulfil potential they have shown as a junior is perhaps the most rewarding part of coaching yet it is an all too uncommon pleasure. One such athlete who has made the return from several years in the wilderness of student life is Calum McKenzie.

Over the last two years Calum has developed through consistent hard work into a national level athlete ready to contest honours at the major events in Scottish endurance running.

In 2013 his level of performance was first class with personal bests recorded at all distances from 800m upwards including top 40 ranking over 800 and 1500 and top 20 over 5000m.

On the country he achieved an excellent 6th place at the East District Championships and 9th at the Scottish Inter District Championships as well as being selected to represent the East of Scotland at the British Inter Counties Championships in Birmingham.

Aside from his great performances he has been ever present at squad sessions whether on club nights or at other times and has always been willing to race. His desire to improve and willingness to take on advice where necessary has in effect made him the easiest kind of athlete to coach. I can only see Calum making further great improvements this year and I believe his athlete of the year award is richly deserved and will hopefully prove to be a timely inspiration for others!

After a truly fantastic last 12 months the committee had no hesitation in selecting Calum McKenzie as our Senior Male Athlete of the Year.

Ron Anderson Memorial Cup Dermot Cummins

By Moray Anderson



The Ron Anderson memorial cup is presented each year for the "outstanding performance in endurance competition". Unlike the best athlete shields the award of this cup is based purely on athletic excellence, in events from 800m upwards, reflecting Ron's background in endurance running coaching and competition.

In the past this award has been won by some of the club's highest level achievers and there has often been a stand out performer who immediately springs to mind as a likely winner. This year however competition was fierce and it was a difficult decision which faced the awards panel. This difficulty was thankfully a result of the number of quality endurance performances over the year and certainly not from a lack of candidates.

It was particularly pleasing for me to see a number of female athletes genuinely contending for the award in 2013. Hannah Addison, Caitlin Arnott and Julie Malko were

entirely deserving nominees and if they continue their progression in 2014 it is ever more likely that we will see our first female winner of the cup before long.

Our male endurance runners continue to break new ground; Calum McKenzie for example recorded a fine series of performances over 800, 1500 and 5000m finishing the season well ranked in each. On the roads Mike Crawley got close to the magical 30 minute barrier for 10km when he posted 30.07 at the Leeds Abbey Dash and then recorded a brilliant sub 67 minute clocking at the Glasgow half marathon. It will be very interesting to see how his debut marathon goes in London next month. On the country Douglas Selman took a first podium finish for CAAC when finishing third in the East District Cross Country Championships in Dundee leading the team to the title for the first time. Dougie also led home a wonderful CAAC 1-2-3-4 in the cross country league at Alloa, most definitely a first for the club.

However, the standout performance for me came once again from the redoubtable Dermot Cummins. It wasn't an easy start to the year for the *West Waterford Express* (Dermot was only fifth counter at the national cross country) he got into his stride and by April recorded the fastest long leg times for the club at both the national 6 stage and English 12 stage road relays. He also finished 3rd and 4th at the national 10mile and 5km road championships respectively. Dermot later added the national half marathon title on his way to winning the Scottish Athletics Road Grand Prix but it was on the track that I believe he gave the performance of the year. Dermot had already battled difficult conditions over 10,000m at Highgate's "Night of the 10,000's" and just come out on top of Mike Crawley both short of their best thanks to the wind and cold. Later, at a blustery Scotstoun in the 5000m at the national track and field championships, Dermot again had to show great resilience to battle his way into the first three over the closing stages of the race. Against quality opposition again proved himself one of the top endurance runners in Scotland when claiming a bravely fought bronze medal. It is for this national bronze medal winning performance supported by his other exploits in 2013 that Dermot regains the Ron Anderson Memorial Cup which he last won in 2011.

And finally.....The Corstorphine AAC Vision Meeting

By Bryan Clark

As previously mentioned the club held it's second ever Vision Meeting on 18 February 2014. This is your chance to your chance to help shape the future of your club and there is still time to get involved, offer your assistance or feed us any thoughts or ideas you may have. All the information you need can be found on the club website at <http://www.caac.org.uk/content/1007730>

And and finally.....Club Treasurer, Graded Officials and Parent Helpers

By Bryan Clark

Susan Johnston is stepping down as Treasurer this year and I'm sure as club members you would all like to thank Susan for the hard work she has put into the club during her time in this post. It is vitally important however that we recruit a replacement Treasurer as this is an essential role within the club and one which cannot go unfilled as the club will simply not be able to run without a Treasurer. If this is a position which interests you please speak to any of the Office Bearers or Coaches who would be more than happy to provide you with further information on what is involved in the role.

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 we have a good organised structure for our junior athletes with a regular team of junior coaches as well as a great group of parent helpers. We are however always looking for more people interested in becoming coaches or parent helpers.

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



Below is a list of the CAAC Totally Excellent Award winners for 2013.

CAAC TOTALLY EXCELLENT AWARDS

Name	Age Group	Total Points	Award	Available	PB	Club Record
Hannah Addison	U17	380	Gold	28	12	6
Caitlin Arnott	U13	310	Gold	18	16	3
Eilidh Thores	U15	300	Gold	22	17	1
Anthony Addison	U15	290	Gold	28	15	0
David Addison	U11	280	Gold	18	15	2
Mhairi Arnott	U11	265	Gold	15	19	0
Jamie Arnott	U13	250	Gold	12	19	0
Stehen Addison	U13	245	Gold	25	12	0
Callum Campbell	U15	230	Gold	18	14	0
Cameron Thores	U11	215	Gold	13	15	0
Cailin Hart	U13	215	Gold	7	18	0
Juliet Wales	U15	210	Gold	8	17	0
James Malcolm	U11	195	Silver	9	13	1
Alex St John	U13	195	Silver	9	15	0
Jacob Scott	U15	180	Silver	8	14	0
Finlay Ross	U13	175	Silver	11	12	0
Rachel Dee	U13	175	Silver	9	13	0
Owen McQuennie	U13	175	Silver	9	13	0
Fergus Campbell	U13	170	Silver	16	9	0
Lewis Lindsay	U13	160	Silver	10	11	0
Tom Junt	U15	160	Silver	8	12	0
Jamie McAslan	U11	150	Silver	8	11	0
Matthew Young	U17	135	Bronze	9	9	0
Robyn Coates	U15	130	Bronze	6	8	1
Ryan McPherson	U11	125	Bronze	7	9	0
Hannah McAlpine	U11	125	Bronze	5	10	0
Erin Brown	U13	125	Bronze	5	10	0
Daniel Johnston	U17	115	Bronze	5	9	0
Katherine MacLeod	U15	110	Bronze	6	8	0
Sophie Malcolm	U17	110	Bronze	4	9	0
Claire Stewart	U13	100	Bronze	4	8	0
Hannah McGlynn	U13	100	Bronze	4	8	0
Euan Stewart	U17	100	Bronze	4	8	0

NOTES

1. Points are awarded as follows:
 - 10 points every time you get a pb (or do a new event)
 - 5 points every time you are available for competition (Track and Field)
 - 20 points for every club record

2. Athletes must have attended training and raced at least four times to gain a medal.

3. Medals are awarded as follows:
 - Bronze (20 - 149 points)
 - Silver (150 - 199 points)
 - Gold (200+ points)

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 2014

25/03 T&F CAAC Time Trials 400/100 (U11+) Saughton
27/03 T&F CAAC Time Trials 3000/1000 (U11+) Saughton
30/03 ROAD National 6&4 Stage Relay Championships (U20+) Livingston

05/04 ROAD ERRA 12&6 Stage Road Relays (U20+) Birmingham
13/04 ROAD National 10Mile Championship, Tom Scott Memorial Races (U20+) Carluke
19/04 T&F Forth Valley League (U11/13/15)
20/04 T&F Scottish Mens League (U17+)
27/04 OFFTR CAAC PAPS #1 (U11+)

03/05 OFFTR CAAC Spring Handicap (U11+) Balerno
07/05 ROAD National 5K Championships (U20+) Silverknowes
17/05 T&F Forth Valley League (U11/13/15)
18/05 T&F Scottish Mens League (U17+)

04/06 ROAD CAAC 5 Road Race & 3K Fun Run (U11+)
08/06 T&F Central and South Scotland Athletics League (U11+)
21/06 T&F CAAC Club Championships & BBQ (U11+) Saughton
28/06 T&F Forth Valley League (U11/13/15)
29/06 T&F Central and South Scotland Athletics League (U11+)

02/07 OFFTR CAAC PAPS #2 (U11+)
13/07 T&F Scottish Mens League (U17+)

13/08 OFFTR CAAC PAPS #3 (U11+)
24/08 HILL Baddingsill Hill Race (U17+)
30/08 T&F Scottish Mens League (U17+)
31/08 T&F Central and South Scotland Athletics League (U11+)

06/09 OFFTR CAAC Murieston Trail Race (U17+)
18/09 ROAD CAAC Autumn Handicap

??/11 OFFTR CAAC PAPS #4 (U11+)

20/12 OFFTR CAAC Down'N'Up, CAAC PAPS #6 (U11+), Corstorphine Hill