

	A	B	C	D	E	F	G	H	I	J
1				Robo's Race Diary						
2	Day	Month in 2011/2012	Start Time	Triathlon / Run, etc Events	Type	Contact / Distance	Web	Action		
3										
4	Fri	02 December 2011	13:00	Metro Proms 3K #2	Run	01224 740 998	john.stewart18@sky.com			
5	Sun	04 December 2011	11:00	Monikie Winter Duathlon Series #1	Duath	4k/20k	http://www.eventfull.biz/monikie1112.html			
6	Sun	04 December 2011	12:00	Glentress Duathlon #1 (Medium)	Duath	pandebaxter@hotmail.com	www.glentressduathlon.com			
7	Sun	04 December 2011	12:00	Santa's 5K Fun Run & Walk, Haddo Ho.	Run	07866 630 278	www.oldmeldrumrotary.org.uk/			
8	Sun	04 December 2011	10:30	Aberdeen Beach 10K Christmas Canter	Run		http://www.jogscotland.org.uk/events/114220_christmas			
9	Sat	10 December 2011	12:30	SA East District CC Champs, Aberdeen	Run		www.scottishathletics.org.uk			
10	Sun	11 December 2011	11:00	RAF Lossiemouth 10 Mile Turkey Trot	Run	01343 559342	http://www.morayroadrunners.com			
11	Sun	11 December 2012	13:00	Santa 10k Run Stonehaven	Run	carolhumphreys1962@yahoo.co.uk	Carol Humphries 07940412602			
12	Sun	18 December 2011	13:00	Edinburgh AC Annual Queens Drive Races	Run					
13	Mon	26 December 2011	11:00	Nairn Turkey Trot	Run		www.nairnroadrunners.co.uk			
14	Mon	26 December 2011	11:00	Banchory Boxing Day Fun Run	Run					
15	Tues	27 December 2011	11:00	Stoney Christmas 5K Beach H/cap	Run	claire@bagstodiffer.com				
16	Fri	30 December 2011	10:20	Beach Bum Present run Abdn. Beach	Run		ewenfr@gmail.com			
17										
18	Sat	01 January 2012	12:00	Aonoch Mor uphill race (Fort William)	Run	01397 700571	www.lochaberac.co.uk			
19	Sun	02 January 2012	11:30	Lumphanan Detox 10K	Run	01339 883 576	http://www.lumphanan.net/			
20	Fri	06 January 2012	13:00	Metro Proms 3K #3	Run	01224 740 998	www.metroaberdeen.co.uk			
21	Sat	07 January 2012	11:00	El-Brim-Ick Dash + Jr. Race Kirkhill	Run	4.8K+230m elaine_stewart2@sky.com	www.cosmics.org.uk			
22	Sat	07 January 2012	12:00	BUPA Great Winter run Holyrood Pk. 5K	Run	International 10am	www.greatrun.org			
23	Sat	07 January 2012		scottishathletics Hill Running Weekend	Run	malcpat@yahoo.co.uk	http://www.scottishathletics.org.uk			
24	Sun	08 January 2012	11:00	Monikie Winter Duathlon Series #2	Duath	4k/20k/4k	http://www.eventfull.biz/monikie1112.html			
25	Sat	14 January 2012		Edinburgh RC Winter Duathlon #1	Duath		www.edinburghrc.co.uk			
26	Sat	14 January 2012		No Fuss Winter Duathlon Series #1 Glencoe	Duath		http://www.nofussevents.co.uk/			
27	Sun	15 January 2012	11:30	MPH/Aberdeenshire Westhill Duathlon #2/4	Duath	Henry.Trotter@aberdeenshire.gov.uk	http://www.aberdeenshire.gov.uk/sport/duathlon/current			
28	Sun	15 January 2012	10:00	Aberdeen AAC Open Graded Meeting	Run	tartanstan@hotmail.com	http://www.aberdeenaac.co.uk			
29	Sun	22 January 2012	13:30	RS Winter Series CC #2/3 - Haddo House	Run	6M	www.therunningshop.co.uk/sportinformation.cfm			
30	Sun	22 January 2012	12:00	Glentress Duathlon #2 (Short)	Duath	pandebaxter@hotmail.com	www.glentressduathlon.com			
31										
32	Fri	03 February 2012	13:00	Metro Proms 3K #4	Run	01224 740 998	john.stewart18@sky.com			
33	Sat	04 February 2012		SA Masters CC Champs Kilmarnock	Run					

	A	B	C	D	E	F	G	H	I	J
34	Sat	04 February 2012		Edinburgh RC Winter Duathlon #2	Duath		www.edinburghrc.co.uk			
35	Sun	05 February 2012	11:00	Monikie Winter Duathlon Series #3	Duath	4k/40K/4K	http://www.eventfull.biz/monikie1112.html			
36	Sun	05 February 2012	11:00	Forfar Multi Terrain Half Marathon	Run	0790 4361819	www.forfarroadrunners.co.uk/site/multi_terrain_half			
37	Sat	11 February 2012		Tiso Carnethy 5 Hills	Run		www.carnethy.com/			
38	Sat	18 February 2012		No Fuss Winter Duathlon Series #2	Duath		http://www.nofussevents.co.uk/			
39	Sun	19 February 2012	11:00	Monikie Winter Duathlon SPARE DATE	Duath	IF CANCELLED	http://www.eventfull.biz/monikie1112.html			
40	Sun	19 February 2012	11:00	Kinloss to Lossiemouth Half Marathon	Run	01343 559 342	www.morayroadrunners.com			
41	Sat	25 February 2012		Edinburgh RC Winter Duathlon #3	Duath		www.edinburghrc.co.uk			
42	Sat	25 February 2012	15:00	Cupar 5 mile road race	Run	01337 830 306	www.fifeac.co.uk			
43	Sun	26 February 2012	13:30	RS Winter Series CC #3/3 - Balgownie	Run	6M	www.the.runnersshop.uk.co.uk/venueinformation.asp			
44	Sun	26 February 2012	12:00	Glentress Duathlon #3 (Long)	Duath	pandebaxter@hotmail.com	www.glentressduathlon.com			
45										
46	Fri	02 March 2012	13:00	Metro Proms 3K #5	Run	01224 740 998	john.stewart18@sky.com			
47	Sat	03 March 2012		Kings Spring Aquathlon	Aquath	800m/10K	matthew.alexander.09@aberdeen.ac.uk			
48	Sun	04 March 2012	11:30	MPH/Aberdeenshire Aboyne Duathlon #3/4	Duath	Henry.Trotter@aberdeenshire.gov.uk	http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp			
49	Sun	04 March 2012		South Lanarkshire & Leisure Duathlon	Duath		http://www.sleisureandculture.co.uk/			
50	Sun	04 March 2012	14:30	Nairn 10K (& 5K) Fun Run	Run	01667 462 173	www.nairnroadrunners.co.uk			
51	Sun	04 March 2012	11:00	Arbroath Smokies 10K (Ladies)	Run	01241 870554	smokies10@arbroathfooters.com			
52	Sat	10 March 2012	11:00	White Caterthun Half Mar & 5K Brechin	CANCELLED due to H&S demands					
53	Sun	11 March 2012	13:00	Inverness Half Marathon	Run					
54	Sat	17 March 2012		The Wee Triathlon, Lochaber	Tri	400m/10M/3M	www.nofussevents.co.uk			
55	Sat	17 March 2012		Tranent Sprint Tri	Tri		http://triathlon.eusu.ed.ac.uk/			
56	Sat	17 March 2012	09:00	D33 Deeside Way 33M ultra Duthie Park	Run	07847 646916	http://deesidewayultra.webnode.com/			
57	Sun	18 March 2012	10:00	Garioch 10K	Run	01467 626141	www.gariochsports.co.uk			
58	Sun	25 March 2012	09:15	Stirling Sprint Duathlon + Youth	Duath	5K/20K/5K				
59	Sun	25 March 2012	09:30	Stirling Duathlon - Champ.	Duath	10K/40K/5K				
60	Sun	25 March 2012		Glasgow Tri Club Spring Aquathlon (Youth)	Aquath					
61	Sun	25 March 2012		Moray RoadRunners 10K	Run		http://www.morayroadrunners.com/			
62	Sun	25 March 2012		Sainsbury's Sport Relief Mile: Various venues	Run		www.sportrelief.com			
63										
64	Sun	01 April 2012	11:30	MPH/Aberdeenshire Knockburn Duath. #4/4	Duath	Henry.Trotter@aberdeenshire.gov.uk	http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp			
65	Sun	01 April 2012		Apache Events X Tri #1	Tri					
66	Sun	01 April 2012	08:00	Kilomathon, Edinburgh	Run	01620 890444	www.kilomathon.com			

	A	B	C	D	E	F	G	H	I	J
67	Sun	08 April 2012	11:00	Heaven & Hell Half Marathon, Scone Air	Run		http://www.perthroadrunners.co.uk/handh/handh.php			
68	Sun	08 April 2012		East Fife Sprint Tri + Novice + Junior	Tri					
69	Sat	14 April 2011	11:00	No Fuss Winter Duathlon Series #3	Duath		www.nofussevents.co.uk			
70		14-15 April 2012		Highlander Mountain Marathon	Run		www.highlandermountainmarathon.co.uk			
71	Sun	15 April 2012	11:00	The Glenlivet 10k (CHSS)	Run		www.theglenlivet10k.com			
72	Sun	15 April 2012	11:00	Lochaber Half Marathon, Fort William	Run		www.lochaberac.co.uk			
73	Sun	15 April 2012		Galashiels Sprint / Come & Tri (Novice)	Tri		http://www.bsit.org.uk/			
74	Sun	15 April 2012		Ayr Duathlon	Duath		http://www.ayrodynamic.co.uk/			
75	Sun	22 April 2012		Pollock Off Road Duathlon (Youth)	Duath		http://www.fusiontriathlonclub.co.uk/			
76	Sun	22 April 2012	09:00	Virgin London Marathon & Mini Mara	Run		http://www.virginlondonmarathon.com/			
77	Sat	28 April 2012	06:00	The Highland Fling, Milngavie-Tyndrum	Run		http://www.highlandflingrace.org/			
78	Sat	28 April 2012	14:15	Balmoral 10K/5K/2.5K/1.5K	Run	01467 628 283	http://www.runbalmoral.com			
79	Sun	29 April 2012	11:00	Petrofac Balmoral Half Mara. (Multi Terrain)	Run	1468 628 283	http://www.runbalmoral.com			
80	Sun	29 April 2012		TAQA Diamond Jubilee Mile - Balmoral	Run	1469 628 283	http://www.runbalmoral.com			
81	Sun	29 April 2012		Shetland Spring Duathlon	Duath		http://shetlandtriclub.terapad.com/			
82	Sun	29 April 2012		St Andrews Swim Fest (Youth)	Tri		http://www.discoverswimming.com/			
83										
84										
85	Legend:									
86										
87		02 December 2012	:	Date Confirmed						
88		02 December 2012	:	Date Unconfirmed						
89		MPH Westhill Duathlon #2/4	:	Local Tri / Duathlon						
90		The Cairngorm Charmer	:	Non Local Tri / Duathlon						