

	A	B	C	D	E	F	G	H	I	J
1				<b>Robo's Race Diary</b>						
2	<b>Day</b>	<b>Month in 2011/2012</b>	<b>Start Time</b>	<b>Triathlon / Run, etc Events</b>	<b>Type</b>	<b>Contact / Distance</b>	<b>Web</b>	<b>Action</b>		
3										
4										
5	Sat	01 January 2012	12:00	Aonoch Mor uphill race (Fort William)	Run	01397 700571	<a href="http://www.lochaberac.co.uk">www.lochaberac.co.uk</a>			
6	Sun	02 January 2012	11:30	Lumphanan Detox 10K	Run	01339 883 576	<a href="http://www.lumphanan.net/">http://www.lumphanan.net/</a>			
7	Fri	06 January 2012	13:00	Metro Proms 3K #3	Run	01224 740 998	<a href="http://www.metroaberdeen.co.uk">www.metroaberdeen.co.uk</a>			
8	Sat	07 January 2012	11:00	El-Brim-Ick Dash + Jr. Race Kirkhill	Run	4.8K +230m elaine_stewart2@sky.com	<a href="http://www.cosmics.org.uk">www.cosmics.org.uk</a>			
9	Sat	07 January 2012	12:00	BUPA Great Winter run Holyrood Pk. 5K	Run	International 10am	<a href="http://www.greatrun.org">www.greatrun.org</a>			
10	Sat	07 January 2012		scottishathletics Hill Running Weekend	Run	<a href="mailto:malcpat@yahoo.co.uk">malcpat@yahoo.co.uk</a>	<a href="http://www.scottishathletics.org.uk">http://www.scottishathletics.org.uk</a>			
11	Sun	08 January 2012	11:00	Monikie Winter Duathlon Series #2	Duath	4k/20K/4k	<a href="http://www.eventfull.biz/monikie1112.html">http://www.eventfull.biz/monikie1112.html</a>			
12	Sat	14 January 2012		Edinburgh RC Winter Duathlon #1	Duath		<a href="http://www.edinburghrc.co.uk">www.edinburghrc.co.uk</a>			
13	Sat	14 January 2012		No Fuss Winter Duathlon Series #1 Glencoe	Duath		<a href="http://www.nofussevents.co.uk/">http://www.nofussevents.co.uk/</a>			
14	Sun	15 January 2012	11:30	MPH/Aberdeenshire Westhill Duathlon #2/4	Duath	Henry.Trotter@aberdeenshire.gov.uk	<a href="http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp">http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp</a>			
15	Sun	15 January 2012	10:00	Aberdeen AAC Open Graded Meeting	Run	tartanstan@hotmail.com	<a href="http://www.aberdeenaac.co.uk">http://www.aberdeenaac.co.uk</a>			
16	Sun	22 January 2012	13:30	RS Winter Series CC #2/3 - Haddo House	Run	6M	<a href="http://www.therunningshop.uk.com/eventinfoformation.htm">www.therunningshop.uk.com/eventinfoformation.htm</a>			
17	Sun	22 January 2012	12:00	Glentress Duathlon #2 (Short)	Duath	pandebaxter@hotmail.com	<a href="http://www.glentressduathlon.com">www.glentressduathlon.com</a>			
18	Sat	28 January 2012	13:15	Run 4 It North District X Country League - Moray	Run		<a href="http://www.northleague.co.uk">www.northleague.co.uk</a>			
19										
20	Fri	03 February 2012	13:00	Metro Proms 3K #4	Run	01224 740 998	<a href="mailto:john.stewart18@sky.com">john.stewart18@sky.com</a>			
21	Sat	04 February 2012		SA Masters CC Champs Kilmarnock	Run					
22	Sat	04 February 2012		Edinburgh RC Winter Duathlon #2	Duath		<a href="http://www.edinburghrc.co.uk">www.edinburghrc.co.uk</a>			
23	Sun	05 February 2012	11:00	Monikie Winter Duathlon Series #3	Duath	4k/40K/4K	<a href="http://www.eventfull.biz/monikie1112.html">http://www.eventfull.biz/monikie1112.html</a>			
24	Sun	05 February 2012	11:00	Forfar Multi Terrain Half Marathon	Run	0790 4361819	<a href="http://www.forfarroadrunners.co.uk/site/multi_terrain_half">www.forfarroadrunners.co.uk/site/multi_terrain_half</a>			
25	Sun	05 February 2012	10:30	Darnaway 2012 Orienteering-Conicavel by Forres	Run	01309 641680	<a href="http://www.moravianorienteering.org">http://www.moravianorienteering.org</a>			
26	Sat	11 February 2012	14:00	Tiso Carnethy 5 Hills. Silverburn, by Penicuik	Run		<a href="http://www.carnethy.com/">www.carnethy.com/</a>			
27	Sat	11 February 2012	13:15	Run 4 It North District X Country League - Nairn	Run		<a href="http://www.northleague.co.uk">www.northleague.co.uk</a>			
28	Sat	18 February 2012		No Fuss Winter Duathlon Series #2	Duath		<a href="http://www.nofussevents.co.uk/">http://www.nofussevents.co.uk/</a>			
29	Sun	19 February 2012	11:00	Monikie Winter Duathlon <b>SPARE DATE</b>	Duath	<b>IF CANCELLED</b>	<a href="http://www.eventfull.biz/monikie1112.html">http://www.eventfull.biz/monikie1112.html</a>			
30	Sun	19 February 2012	11:00	Kinloss to Lossiemouth Half Marathon	Run	01343 559 342	<a href="http://www.morayroadrunners.com">www.morayroadrunners.com</a>			
31	Sat	25 February 2012		Edinburgh RC Winter Duathlon #3	Duath		<a href="http://www.edinburghrc.co.uk">www.edinburghrc.co.uk</a>			
32	Sat	25 February 2012	15:00	Cupar 5 mile road race	Run	01337 830 306	<a href="http://www.fifeac.co.uk">www.fifeac.co.uk</a>			
33	Sat	25 February 2012	11:00	Conic Hill Race	Run	07793 421 787	<a href="http://www.scottishhillracing.co.uk">www.scottishhillracing.co.uk</a>			
34	Sun	26 February 2012	13:30	RS Winter Series CC #3/3 - Balgownie	Run	6M	<a href="http://www.therunningshop.uk.com/eventinfoformation.htm">www.therunningshop.uk.com/eventinfoformation.htm</a>			

	A	B	C	D	E	F	G	H	I	J		
35	Sun	26 February 2012	12:00	Glentress Duathlon #3 (Long)	Duath	pandebaxter@hotmail.com	<a href="http://www.glentressduathlon.com">www.glentressduathlon.com</a>					
36	Sun	26 February 2012	10 on	Cani-Sports Scotland, Mugdock Pk, Milngavie	Run	07779 041322	<a href="http://homepage.nflworld.com/connal/CanisportsScotland.html">http://homepage.nflworld.com/connal/CanisportsScotland.html</a>					
37												
38	Fri	02 March 2012	13:00	Metro Proms 3K #5	Run	01224 740 998	<a href="mailto:john.stewart18@sky.com">john.stewart18@sky.com</a>					
39	Sat	03 March 2012		Kings Spring Aquathlon	Aquath	800m/10K	<a href="mailto:matthew.alexander.09@aberdeen.ac.uk">matthew.alexander.09@aberdeen.ac.uk</a>					
40	Sun	04 March 2012	11:30	MPH/Aberdeenshire Aboyne Duathlon #3/4	Duath	Henry.Trotter@aberdeenshire.gov.uk	<a href="http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp">http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp</a>					
41	Sun	04 March 2012		South Lanarkshire & Leisure Duathlon	Duath		<a href="http://www.slleisureandculture.co.uk/">http://www.slleisureandculture.co.uk/</a>					
42	Sun	04 March 2012	14:30	Nairn 10K (& 5K) Fun Run	Run	01667 462 173	<a href="http://www.nairnroadrunners.co.uk">www.nairnroadrunners.co.uk</a>					
43	Sun	04 March 2012	11:00	Arbroath Smokies 10K (Ladies)	Run	01241 870554	<a href="mailto:smokies10@arbroathfooters.com">smokies10@arbroathfooters.com</a>					
44	Sat	10 March 2012	11:00	White Caterthun Half Mar & 5K Brechin	CANCELLED due to H&S demands							
45	Sun	11 March 2012	13:00	Inverness Half Marathon	Run		<a href="http://www.invernesshalfmarathon.co.uk/enter_now/">http://www.invernesshalfmarathon.co.uk/enter_now/</a>					
46	Sat	17 March 2012		The Wee Triathlon, Lochaber	Tri	400m/10M/3M	<a href="http://www.nofussevents.co.uk">www.nofussevents.co.uk</a>					
47	Sat	17 March 2012		Tranent Sprint Tri	Tri		<a href="http://triathlon.eusu.ed.ac.uk/">http://triathlon.eusu.ed.ac.uk/</a>					
48	Sat	17 March 2012	09:00	D33 Deeside Way 33M ultra Duthie Park	Run	07847 646916	<a href="http://deesidewayultra.webnode.com/">http://deesidewayultra.webnode.com/</a>					
49	Sun	18 March 2012	10:00	Garioch 10K	Run	01467 626141	<a href="http://www.gariochsports.co.uk">www.gariochsports.co.uk</a>					
50	Sun	25 March 2012	09:15	Stirling Sprint Duathlon + Youth	Duath	5K/20K/5K						
51	Sun	25 March 2012	09:30	Stirling Duathlon - Champ.	Duath	10K/40K/5K						
52	Sun	25 March 2012		Glasgow Tri Club Spring Aquathlon (Youth)	Aquath							
53	Sun	25 March 2012		Moray RoadRunners 10K	Run		<a href="http://www.morayroadrunners.com/">http://www.morayroadrunners.com/</a>					
54	Sun	25 March 2012		Sainsbury's Sport Relief Mile: Various venues	Run		<a href="http://www.sportrelief.com">www.sportrelief.com</a>					
55												
56	Sun	01 April 2012	11:30	MPH/Aberdeenshire Knockburn Duath. #4/4	Duath	Henry.Trotter@aberdeenshire.gov.uk	<a href="http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp">http://www.aberdeenshire.gov.uk/sport/duathlon/current.asp</a>					
57	Sun	01 April 2012	10:00	Fun Run 5K - Duthie Park, Aberdeen	Run		<a href="http://www.funrun5k.co.uk/">http://www.funrun5k.co.uk/</a>					
58	Sun	01 April 2012		Apache Events X Tri Series, Edinburgh #1	Tri	7912442404	<a href="http://www.eventmoray.co.uk">http://www.eventmoray.co.uk</a>					
59	Sun	01 April 2012	08:00	Kilomathon, Edinburgh	Run	01620 890444	<a href="http://www.kilomathon.com">www.kilomathon.com</a>					
60	Sun	08 April 2012	11:00	Heaven & Hell Half Marathon, Scone Air	Run	01738 850776	<a href="http://www.perthroadrunners.co.uk/handh/handh.php">http://www.perthroadrunners.co.uk/handh/handh.php</a>					
61	Sun	08 April 2012		East Fife Sprint Tri + Novice + Junior	Tri							
62	Sat	14 April 2011	11:00	No Fuss Winter Duathlon Series #3	Duath		<a href="http://www.nofussevents.co.uk">www.nofussevents.co.uk</a>					
63		14-15 April 2012		Highlander Mountain Marathon	Run		<a href="http://www.highlandermountainmarathon.co.uk">www.highlandermountainmarathon.co.uk</a>					
64	Sun	15 April 2012	11:00	The Glenlivet 10k (CHSS)	Run		<a href="http://www.theglenlivet10k.com">www.theglenlivet10k.com</a>					
65	Sun	15 April 2012	11:00	Lochaber Half Marathon, Fort William	Run		<a href="http://www.lochaberac.co.uk">www.lochaberac.co.uk</a>					
66	Sun	15 April 2012		Galashiels Sprint / Come & Tri (Novice)	Tri		<a href="http://www.bsll.org.uk/">http://www.bsll.org.uk/</a>					
67	Sun	15 April 2012		Ayr Duathlon	Duath		<a href="http://www.ayrodynamic.co.uk/">http://www.ayrodynamic.co.uk/</a>					
68	Sun	22 April 2012		Pollock Off Road Duathlon (Youth)	Duath	events@fusiontriathlonclub.co.uk	<a href="http://www.fusiontriathlonclub.co.uk/">http://www.fusiontriathlonclub.co.uk/</a>					
69	Sun	22 April 2012	10:30	Angus HaM (Half Marathon)	Run		<a href="http://www.eventfull.biz/ham.html">http://www.eventfull.biz/ham.html</a>					

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70	Sun	22 April 2012	09:00	Virgin London Marathon & Mini Mara	Run		<a href="http://www.virginlondonmarathon.com/">http://www.virginlondonmarathon.com/</a>			
71	Sat	28 April 2012	06:00	The Highland Fling, Milngavie-Tyndrum	Run		<a href="http://www.highlandflingrace.org/">http://www.highlandflingrace.org/</a>			
72	Sat	28 April 2012	14:15	Balmoral 10K/5K/2.5K/1.5K	Run	01467 628 283	<a href="http://www.runbalmoral.com">http://www.runbalmoral.com</a>			
73	Sun	29 April 2012	11:00	Petrofac Balmoral Half Mara. (Multi Terrain)	Run	1468 628 283	<a href="http://www.runbalmoral.com">http://www.runbalmoral.com</a>			
74	Sun	29 April 2012		TAQA Diamond Jubilee Mile - Balmoral	Run	1469 628 283	<a href="http://www.runbalmoral.com">http://www.runbalmoral.com</a>			
75	Sun	29 April 2012		Shetland Spring Duathlon	Duath		<a href="http://shetlandtriclub.terapad.com/">http://shetlandtriclub.terapad.com/</a>			
76	Sun	29 April 2012		St Andrews Swim Fest (Youth)	Tri		<a href="http://www.discoverswimming.com/">http://www.discoverswimming.com/</a>			
77										
78	Sun	06 May 2012	11:30	MPH Turriff Sprint Tri & Short	Tri	Henry.Trotter@aberdeenshire.gov.uk	<a href="http://www.aberdeenshire.gov.uk/triathlon/2009/index.asp">http://www.aberdeenshire.gov.uk/triathlon/2009/index.asp</a>			
79	Sun	06 May 2012		Midlothian Sprint Tri	Tri		<a href="http://www.edinburghracing.co.uk/">http://www.edinburghracing.co.uk/</a>			
80	Sun	06 May 2012		Selkirk Standard Tri	Tri		<a href="http://www.bsll.org.uk/">http://www.bsll.org.uk/</a>			
81	Sun	06 May 2012		Wick Mini Tri (Youth)	Tri					
82	Sun	06 May 2012		Apache Events X Tri, Edinburgh #2	Tri	7912442404	<a href="http://www.eventmoray.co.uk">http://www.eventmoray.co.uk</a>			
83	Sun	06 May 2012		Balfron Aquathlon (Youth)	Aquath		<a href="http://www.fusiontriathlonclub.co.uk/">http://www.fusiontriathlonclub.co.uk/</a>			
84	Wed	09 May 2012	17:00?	Macbeth Lumphanan Relay	Run					
85	Sat	12 May 2012		SRC trail run - Mt Keen	Run		<a href="http://stonehavenrunningclub.webnode.com/">http://stonehavenrunningclub.webnode.com/</a>			
86	Sun	13 May 2012	11:00	Drumtochty Challenge	Cycle		<a href="http://www.drumtochtychallenge.co.uk">http://www.drumtochtychallenge.co.uk</a>			
87	Sun	13 May 2012		Etape Caledonia	Cycle					
88	Sun	13 May 2012		Bishopriggs Sprint Tri + Novice + Tristar + Youth	Tri	racedirector@glasgowtriathlonclub.co.uk	<a href="http://www.triathlonscotland.org">http://www.triathlonscotland.org</a>			
89	Sun	13 May 2012		North Berwick Novice Tri	Tri		<a href="http://eltcuk.com/">http://eltcuk.com/</a>			
90	Sun	13 May 2012	12:00	Dunecht Dash 5K and 2K Fun Run	Run		<a href="http://www.dunechtdash.co.uk">http://www.dunechtdash.co.uk</a>			
91	Sun	13 May 2012		Castle of Mey 10K	Run		<a href="http://www.northhighlandharriers.co.uk/mey10k/Default.asp">http://www.northhighlandharriers.co.uk/mey10k/Default.asp</a>			
92										
93										
94										
95	<b>Legend:</b>									
96										
97		02 December 2012	:	<b>Date Confirmed</b>						
98		02 December 2012	:	<b>Date Unconfirmed</b>						
99		MPH Westhill Duathlon #2/4	:	<b>Local Tri / Duathlon</b>						
100		The Cairngorm Charmer	:	<b>Non Local Tri / Duathlon</b>						
101										