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# FLEET FEET TIMES

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*December 2003*

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## The Editor's Bit



The Fleet Feet AGM was held October 27. Following the meeting several people retired very gracefully from their positions on the steering committee to be replaced by volunteers willing to carry on in their footsteps. A hearty thank you should be given to both the exiting members of the committee and the newbies – without which Fleet Feet would not be the great club that it is.

Stepping down are David Howard, Ian Brown, Neil Kininmonth and Mary Birse, to be substituted by Paul Kefford, Glen Beck, Colin Sim and David Bichard.

I would like to express my thanks to Mary for doing such a great job with the Fleet Feet Times for the past two years. I consider it an honour and privilege to be given the opportunity

to author FFT in the coming months and will do my best not to mess it up.

As much as I like to wax lyrical, mix my metaphors and generally pontificate, this is not what the newsletter is about. The newsletter exists to ensure regular and effective communication between club members and the committee and vice versa. The newsletter is for you. Yes, YOU. So, let us know what it is you want from your club. Ask questions, make suggestions, submit race reports, and offer words of wisdom and recipes for flapjacks.

Unfortunately I am going to be out of racing action for some time. This has however freed up some of my time which I can devote to making changes to the Newsletter. Would you like the format changed? Is the frequency right? Is it really necessary for cyclists to shave their legs? I don't know the answer to that but I do know we have a veritable smorgasbord of members willing to pass on their knowledge – all you have to do is ask and we'll print the results for the benefit of all.

Well, the year is coming to an end and for most another season is over. Bella Comerford has made the press recently, retaining her Ironman title in Florida, which is fantastic. Bella's achievements are probably beyond most at Fleet Feet, but national titles can be an achievable goal. As far as I am aware Fleet Feet produced at least two Scottish Champions in 2003, Ian Milne and Susie McKay. Big congratulations to them and apologies to anyone I missed out.

That brings me to the end of my first editorial, I look forward to the flood of comments which can be sent to [newsletter@fleet-feet.com](mailto:newsletter@fleet-feet.com) or to the numbers listed on the next page.

*Bish*

# 2003-2004 COMMITTEE

<b>Chairman</b>	Richard Burton Mullach Tigh NetherCheyne AB39 3UF	Tel: 01569 766828 email: Richard@whittakereng.co.uk
<b>Vice Chair</b>	Paul Kefford 107 Union Grove Aberdeen AB10 6SL	Tel: 01224 582088 email: paul@kefford.org.uk
<b>Secretary</b>	Philip Rhind 7 Westfield Road Stonehaven AB39 2EE	Tel: 01569 762808 [eve] email: philip.rhind@ryden.co.uk
<b>Treasurer</b>	Gary Gutteridge 46 Bernham Avenue Stonehaven AB39 2WD	Tel: 01569 765234 07900 321457 email: ggutteridge@oceanengineering.com
<b>Membership Secretary</b>	Glen Beck 13 Bernham Crescent Stonehaven AB39 2WQ	Tel: 01569 765313 07779 250123 email: glenn.beck@pi-automation.com
<b>Coach</b>	Carol Maclaren 74 High Street Stonehaven AB39 2JQ	Tel: 01569 763924 [eve] 01569 763162 [day] email: carol.coach@tesco.net
<b>Equipment</b>	Colin Sim 1 New Mains of Ury Stonehaven AB39 3QA	Tel: 01569 766671 07703 431764 email: thesims@tinyworld.co.uk
<b>Newsletter</b>	David Bichard 43 Broomhill Avenue Aberdeen AB10 6JL	Tel: 01224 319957 [day] 01224 597807 [eve] email: dbichard@ods-petrodata.com

## **TRAINING SESSIONS TRAINING SESSIONS TRAINING SESSIONS TRAINING SESSIONS**

### Monday

Circuit Training: Green Hut 7pm - run followed by circuits.

Coach: Carol

Cost: £1.50 (members) £3.00 (non-members)

### Tuesday

Splash 'n' Dash Running Club: Leisure Centre 7pm

Coach: Mairi & John

Cost: £3.10 - includes swim or £1.70 run only

Swim Session: Leisure Centre 8.30pm - 10pm

Coach: Varies

Cost: £2.10 - if you attend S 'n' D you'll get run + swim + sauna afterward for £3.10

### Wednesday

Turbo - Green Hut - 7pm.

Cost: £1.50 (members) £3.00 (non-members)

### Thursday

Splash 'n' Dash Running Club: Leisure Centre 7.30pm

Coach: Carol

Cost: £3.10 - includes swim or £1.70 run only

### Friday

Circuits Training: Green Hut 7pm - 8.30pm

Coach: Glenn or Kevin

Cost: £1.50 (members) £3.00 (non-members)

### Saturday

Run Session: Fetteresso Woods, off road - 9am sharp!

Contact number: Dave Howard 01569 767190

### Sunday

Cycling: Stonehaven Square - fast group - 9am sharp! Dave Howard 01569 767190

Mackie Academy - medium group - 8.30am sharp! Richard Burton 01569 766828

Mackie Academy - slow group - 9am - sharp! Mary Birse 01569 767380

## **CLUB EQUIPMENT TO HIRE AND BORROW**

The Club has the following items that may be borrowed free of charge:

Bike stand, aqua jogger, tool kit

Bike boxes are also available for hire at a cost of: £10/week, £5/4 days, £2/day

Turbos & heart rate monitors are available for hire (£1 each) for newcomers to turbo sessions i.e. you are expected to buy your own after a time

Swim Videos and books are also available

Contact: Colin Sim

Tel: 01569 766671

*Club members are asked to note that those on international duty will take priority. It is their duty to ensure that they make their booking 28 days in advance. This booking will then take priority over any booking previously made.*

The Half Ironman UK Triathlon took place at Sherbourne Castle in Dorset August 31.

John Simmons and Ian Brown made the journey south and both had fantastic races. The Half Ironman will be held at the same location next year, August 22 with 30 slots available for the 2004 Hawaii Ironman World Championship.



This is how John described the event...

### **The Start**

I arrived at Transition just about on time - it was cold (6 degrees! August!!!) and there was a lot of dew on the ground and a thick fog on the lake. I checked my bike which I had left there at check-in the day before - just a quick check that all was OK. PANIC! The back tyre was completely flat! Empty. Out with the pump... air went in, air came out. Luckily the start was delayed for one hour due to fog on the lake - an 8am start instead of 7am. So, I started changing the tube in the cold of the transition. With a fresh tyre, the wheel inflated fine and stayed that way... time to get changed. I entered the transition tent, got changed into my wetsuit.

### **The Swim**

It was a "wet" start - so everyone just entered the lake and swam to the start line and waited for the start horn. PHAAAART off the horn went... then a mad splashing of arms & legs - a sea of 1,500 black wetsuits and 1,500 yellow swim caps. For the first time in my life I knew how sperm feel! The swim was strange rather than tough - it was difficult to see the buoys in the water with the rising sun in my eyes and with so many arms in the water. All went well - I got into a good strong stroke and climbed out of the water after about 31 minutes (and later I found out that I was in 380th position!). Good start...

### **Transition 1**

Smooth - really smooth. I changed like a well-oiled machine, getting the wetsuit off and the cycling gear on. The Transition tent was a small distance from the water but that gave me time to steady myself and get rid of the wobbly feeling I had after leaving the water.

### **The Bike**

Killer. The course consisted of about six miles out, a loop of about 22 miles which we had to do twice and then the same six miles back. Of the first six miles going out, the first two were horrible - a tough climb uphill and really nasty on the legs. It then settled into a flat fast (but bumpy) road for then next five miles or so. Eight miles of the 22 mile loop was all up hill - really really hard, worse than I expected. The first lap was really tough - not knowing how much more of the climb was to come - it just kept on going up and up. Following the eight mile ascent, the road levelled for about a mile and then WOW - the full descent was made in about one mile. We're talking fast! I clocked 50.6mph! I didn't touch my brakes all the way down and I was just hanging on for survival! At the bottom, a big breath, a small prayer and back to work...

The second lap was better - I don't know why. I knew what was coming and for each hill I had a lot of strength in my legs and I could just spin my pedals and climb really easily. I pushed my average up to 20.3mph at one point but on the big hills it dropped back to 18mph. The second descent was more scary. There had been a nasty crash, ambulances were everywhere and people waving red flags - I zoomed by and then something hit the back of my calf muscle. It felt like a stone or a bee or something big - I brushed my leg (only summoning the courage to take one hand off the handlebars after much deliberation!) to check for damage. None. I would only find out later when packing my bike in the car that a spoke had broken on the wheel and after snapping had hit me on the back of the calf - it could have been much worse...

So at the end of the bike leg I had kept 18.7mph average speed and clocked a sub-3 hour time for the 56 miles... a total of only 3.5 hours after the bike... into T2.

## Transition 2

This was a seriously well organised transition - at the end of each row of bikes there were helpers who would take your bike from you and rack it for you - you entered T2, called your number and the right person would take your bike from you - brilliant. T2 was fast, I was in, off with the helmet and shoes and on with the running shoes quicker than you could say "Ironman"! So out of the tent and onto...

## The Run

The bike was tough but the run was outrageous! The first 1.5 miles of the two-lap 6.5-mile circuit was uphill - nastily uphill. I don't know how much we climbed but it was steep and horrible and with bike legs felt terrible - I just worked on keeping a high cadence and small steps. Then a big surprise: 7:44 for the first mile. Then another: 7:37 for mile two - and so it would continue throughout the run - I don't know how I did it, but I kept sub 8:00 miles all the way. The run was tough but at a certain point I started to believe that I could break 5:30 for the half Ironman. Then I started calculating the times in my head and as each mile went by I re-adjusted my expectations as to what I could do... first 5:30 then I thought 5:20 then 5:15.... it was amazing but I was sure I must have made a mistake because I just couldn't believe it... The 13th mile was flat with a sharp hill on grass. I went up the hill, turned a bend of about 200 metres, and came face to face with the finish line - I sprinted and crossed in 5 hours 6 minutes and 14 seconds.

I still can't believe it I really can't - it's just completely amazing. I gave the race everything I had and until I got to the finish line I just wouldn't believe that it had happened. My initial goal in February was just to finish. Then I set myself the 6-7 hour target. Then, a couple of weeks before and some long bike rides and good results under my belt I secretly wanted to do sub 6:00 - but to have finished in 5:06 was just out of the question!

Now what's next.... watch this space!



And the split times taken from the official website

John Simmons	Swim 31:38, Bike 2:58:07, Run 1:36:33 Total 5:06:17
Ian Brown	Swim 29:22, Bike 2:45:48, Run 1:35:39 Total 4:50:49

## Dates for the diary



**Splash & Dash/Fleet Feet  
Christmas Party**  
Friday 5th December  
**St Leonard's Hotel**  
bring-a-party-to-a-party  
3 course dinner + coffee  
disco  
£22 each  
£10 deposit required now  
**01569 767380**

It's not too late to party – see advert on the left for details, you really can't miss it.

Fleet Feet hosts a large number of races each year, far more than any other club. As such it is important for all members to support as many races as possible. This can be done by competing, marshalling, turning up and cheering or generally spreading the word.

The race dates for 2004 are:

**Winter Series** – February 29, March 28 and April 25. First two events will be novice/short distance consisting of three-mile run, eight-mile bike and 400-metre swim. Third event will be the Aboyne duathlon consisting of a five-kilometre run, 30-kilometre cycle followed by another five-kilometre run.

**Deeside Duathlon** – May 9. Can be entered as either a triathlon or duathlon. Triathlon consists of a 35-mile cycle, 10-mile run and 15-mile canoe. The Duathlon is a 35-mile cycle, 10-mile run followed by a 13-mile cycle. Can be entered as a team.

**Summer Series** – June 10, June 24 and July 1. First two races will be Novice/short distance but in the more traditional manner of swim/bike/run. Third event will be a Sprint distance of 750-metre swim, 20-kilometre cycle followed by a 5-kilometre run. Ideal for those wanting to step up from the shorter distance.

**Standard Distance** – September 11. This will be a 1,500-metre open water swim, 40-kilometre bike followed by a 10-kilometre run. Fantastic. Everyone will be mad for this one having gradually built up distance and stamina throughout the summer.

But what about the kids, you may ask. And rightly so. Date is set for June 20. Details to follow.

### **Wanted! Wanted! Wanted! Wanted! Wanted! Wanted! Wanted! Wanted!**

Remember all those good intentions when you would get that extra workout in at home? Off to Argos for the workout mat, dumbbell set and bench. Then what happened? You tried it once then put everything away. The equipment is now gathering dust in the shed, garage, loft or basement. So, why not see it put to good use and donate to Fleet Feet for use at circuit training. Kind offers to be made to Equipment Master Colin Sim.

FFT subscribe to the Aberdeen Physiotherapy Affiliation Scheme. This allows members to receive physiotherapy treatment at the reduced rate of £15 per session instead of £26. Members will also be given a priority appointment - within 24 hrs provided they contact Aberdeen Physiotherapy before 12 noon. When making an initial appointment FFT members should advise the receptionist that they are part of the affiliated scheme. At the initial appointment members should show the receptionist their current membership card in order to qualify for the reduced rate.

## **ABERDEEN PHYSIOTHERAPY**

**626266**

99 WESTBURN ROAD, ABERDEEN AB25 2SG

TEL: 01224 626266 FAX: 01224 641137

Linda Duncan and Rosemary A Clark & Associates

**Chartered and State Registered Physiotherapists**

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**Clinic Hours: 9 am - 5 pm**

**Late Appointments**

**Monday & Thursday**

#### **BOB REID**

**former owner of 'Wheels' bike shop  
repairs, servicing, wheel trueing etc.**

**23 Cameron Street**

**Stonehaven**

**01569 765496**

**SPLASH 'n' DASH**  
**XMAS FUN HANDICAP 5k**

**Sunday 21st December**  
**Stonehaven Beach Pavilion**  
**11 am start**

Name: .....

D.O.B: .....

Age on race day: .....

Sex (circle):        M        F

Best 10k time this year: .....mins .....secs

Predicted time for 5k: .....mins .....secs (Please be honest)

Entry fee: **£2.00**

Closing date: **14/12/03**

Cheques made payable to Stonehaven Splash 'n' Dash (All proceeds for club safety wear)

Registration: 10.30 am onwards

**Bring wrapped gift to value - £2.50 (Or the Xmas pressie you didn't like) and take a gift home.**

Prize to:        1st three finishers

Prize to:        Fastest Male & Female

Prize for:        Nearest estimated time

Prize to:        1<sup>st</sup> vet Male & Female

                    Come along, burn off those Xmas calories and sample the double **S** -  
                    **S**oup and (free) **S**wim in Stonehaven Bay after race

Entries to:     J Robson  
                    22 Riverside Drive  
                    Stonehaven  
                    AB39 2GP

**FLEET FEET TRIATHLETES**  
**MEMBERSHIP 2004**

(Note: Due from 1<sup>st</sup> November 2003)



**NAME**

**ADDRESS**

**POST CODE**

**Day Tel No.**

**Eve Tel No.**

**Mobile Tel No.**

**Date of Birth**

**Occupation**

**E-mail Address**

Are you a member of Triathlon Scotland?

**YES / NO**

Do you wish regular e-mail updates on club business? (see notes)

**YES / NO**

Are you prepared to marshal at a club race? (see notes)

**YES / NO**

Delete as applicable

**MALE / FEMALE / SENIOR / JUNIOR**

Senior membership fees = £10

Junior membership fees (Age 19 or under on 31/12/04) = £3

Cheques should be made payable to **FLEET FEET TRIATHLETES** and sent with this form to the club Membership Secretary:

Glenn Beck, 13 Bernham Crescent, Stonehaven, AB39 2WQ.

E-mail: glenn.beck@pi-automation.com

Tel: 01569 765313

**NOTES**

➤ The information on this form will be held in a database on a PC. It will be used for FFT Committee information, e-mail distribution of club business, and to generate a basic membership listing available on request to any paid up member of FFT. This listing will contain name, address, phone numbers and e-mail address. Please tick this box if you object to the information being used in this way, or if you wish your details to remain confidential. It should be noted that all club business will be primarily and predominantly by e-mail.

➤ Finding marshals is the hardest part of a race organiser's duty. If you answer YES to the question above you may be contacted and asked to marshal at a club race. If you are unavailable on the race date then no problem. If you don't want to be asked to help then answer NO. This question is intended to give us a list of names as a starting point when a race organiser requires additional marshals.

## Advertisement



**TIMEX**  =  +  + 

**Bodylink System**

- GPS technology - speed, distance & pace
- Heart rate monitor features
- Stopwatch functions
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 **new**

**POLAR M31/32 & M61/62**  
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**WEARLINK transmitter belt**

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- ✓ men's & women's
- ✓ superb moisture management

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*The Running Shop*  
17 South Mount Street, Aberdeen AB25 2TN  
Tel: 01224 636299 Email: [runningshop@talk21.com](mailto:runningshop@talk21.com)

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Event Name	Location	Day	Date	Time	Cost	Description	Contact
Proms 3K Series 3 of 6. R	North of Beach Ballroom, Aberdeen	Fri	05-Dec-03	13.00h	£1	3K R	Metro. Jackie Stewart. <a href="mailto:Jackie.Stewart@cnrinternational.com">Jackie.Stewart@cnrinternational.com</a>
Angus Biathlons/Duathlons Series 2	Monikie Country Park (Incl'g Jr. Cat.)	Sun	07-Dec-03	11.00h	£8/£30 Series	Reg 9.30 4KOR/20KB/4KOR	<a href="mailto:johnbremner@btinternet.com">johnbremner@btinternet.com</a> 01241 876674 <a href="http://www.eventfull.biz/duathlon.html">www.eventfull.biz/duathlon.html</a>
RAF Lossiemouth / ASDA Turkey Trot	North 10M Champs.	Sun	07-Dec-03	11.00h	£6/£8 Pre	10M R	01343 812121 x 7633 <a href="mailto:dboygreen@hotmail.com">dboygreen@hotmail.com</a>
Aberdeen AAC Christmas 6	Hazelhead Park, Aberdeen	Sun	14-Dec-03	10.00h	£3 Aff/£5	Reg.@ Parking @ café. 6M	01224 208525 <a href="mailto:neil.murdock@bopenworld.com">neil.murdock@bopenworld.com</a>
Fun Run (Handicap)	Stonehaven Beach Pavilion	Sun	21-Dec-03	11.00h	£2 + £2.50 gift min	Guess time for prize. 5K R	J Robson, 22 Riverside Dr., Stonehaven. AB39 2GP.
Beach Bum Race	Aberdeen Beach @ Fittie end of beach	Tue	28-Dec-03	10.00h	Min. £3 gift + 20p	BeaCh 4M OR + 58 barriers	Ewen Rennie. Bring & get a present
Banchory Fun Run	Banchory - George V Park, Guide Hut	Fri	26-Dec-03	11.00h	£1.00	Reg 10.30h 3.5M R	Banchory & Stone. A. Club. No times or prizes but soup and juice after.
Peterhead to Fraserburgh Beach Run	Peterhead Golf Club Car Park	Fri	26-Dec-03	9.15h		App 16m OR	S Hastie 01779 479927 or I Duguid 01779 478553. 9.15 for 9.30 start.
Edinburgh New Years Day Tri	Royal Commonwealth Pool	Thur	01-Jan-04		£30 Team	400m S/11MB/3.5MR	0131 660 5213
Howes of Bucksburn R	Howes Road, Northfield, Aberdeen	Fri	02-Jan-04	11.00h		Down hill then up. 2M R	01224 485344 Metro. K Tulloch 07940 587417
Lumphanan Detox	Lumphanan	Fri	02-Jan-04				
Proms 3K Series 4 of 6. R	North of Beach Ballroom, Aberdeen	Fri	09-Jan-04	13.00h	£1	3K R	Metro. Jackie Stewart. <a href="mailto:Jackie.Stewart@cnrinternational.com">Jackie.Stewart@cnrinternational.com</a>
Angus Biathlons/Duathlons Series 3	Monikie Country Park (Incl'g Jr. Cat.)	Sun	11-Jan-04	11.00h	£8/£30 Series	Reg 9.30 4KOR/20KB/4KOR	<a href="mailto:johnbremner@btinternet.com">johnbremner@btinternet.com</a> 01241 876674 <a href="http://www.eventfull.biz/duathlon.html">www.eventfull.biz/duathlon.html</a>
El-Brim-ick Dash & Junior Hill Race	Sculpture Car Park, South Kirkhill	Sun	11-Jan-04	11.00h		3M 1+ 850' rise. HR	
Round the Castles Series #2	Drum Castle, Deeside.	Sun	18-Jan-04	12.30h +	£4/£9series	M=13.15h W=13.55h 6MCC	01224 636299 The Running Shop. <a href="mailto:Runningshop@talk21.com">Runningshop@talk21.com</a>
Aberdeenshire / MTM Ltd CC Series (2)	Haddo House Country Park, Methlick	Sun	01-Feb-04	11.30h +	£4 Aff/£6	W=12.30, M=13.30h 10KCC	Race administration 01467 628283 <a href="mailto:alastairsimpson@hotmail.com">alastairsimpson@hotmail.com</a>
Proms 3K Series 5 of 6. R	North of Beach Ballroom, Aberdeen	Fri	06-Feb-04	13.00h	£1	3K R	Metro. Jackie Stewart. <a href="mailto:Jackie.Stewart@cnrinternational.com">Jackie.Stewart@cnrinternational.com</a>
Angus Biathlons/Duaths. Series 4 Final	Monikie Country Park (Incl'g Jr. Cat.)	Sun	08-Feb-04	11.00h	£8/£30 Series	Reg 9.30- 4KR / 40KB/4KR	<a href="mailto:johnbremner@btinternet.com">johnbremner@btinternet.com</a> 01241 876674 <a href="http://www.eventfull.biz/duathlon.html">www.eventfull.biz/duathlon.html</a>
Round the Castles Series #3	House of Dun, by Montrose	Sun	08-Feb-04	12.30h +	£4/£10 series	M=13.15h W=13.55h 6MCC	01224 636299 The Running Shop. <a href="mailto:Runningshop@talk21.com">Runningshop@talk21.com</a>
RAF Kinloss to RAF Lossie. Half Mara.	North Champs.	Sun	15-Feb-04	11.00h	£8/£10 Pre	Enter at Lossie. By 09.30h	01343 812121 x 7633 <a href="mailto:dboygreen@hotmail.com">dboygreen@hotmail.com</a>
Scottish National CC Champs	Perth	Sat	21-Feb-04				0131 4767321
Winter Mini Tri. Series 1	Stonehaven Leisure Centre	Sun	22-Feb-04	11.00h	£19.50 Ser./ £21	3M R/ 8M B/400mS	FFT - Bill Roney 01224 560405. Richard Burton 01569 762018. Reg. 10a.m.
Cupar 5 mile road race	Cupar, Fife	Sat	28-Feb-04			5M R	01337 830306 <a href="mailto:frank@scanbs.co.uk">frank@scanbs.co.uk</a>
Proms 3K Series 6 of 6. R	North of Beach Ballroom, Aberdeen	Fri	05-Mar-04	13.00h	£1	3K R	Metro. Jackie Stewart. <a href="mailto:Jackie.Stewart@cnrinternational.com">Jackie.Stewart@cnrinternational.com</a>
SA National Masters CC Champs.	Cupar, Fife	Sat	06-Mar-04				0131 4767321
Nairn 10 K and Fun Run	Nairn	Sun	07-Mar-04	14.00h		10K R	<a href="mailto:nairnroadrunners@supanet.com">nairnroadrunners@supanet.com</a>
Arbroath Smokie Ladies 10M R	Arbroath Sports Centre	Sun	02-Mar-03	11.00h		Sexist 10M R	01674 672985 <a href="mailto:ruairidh@campb18.freeseve.co.uk">ruairidh@campb18.freeseve.co.uk</a>
Inverness Half Marathon + Fun Run	Inverness Sports Centre (1200 max)	Sun	14-Mar-04	13.00h	£9Aff./£11 by 1/3	13.1 M R + 3M Fun Run	Roy McDonald <a href="mailto:inverness.half@grebes.fsnet.co.uk">inverness.half@grebes.fsnet.co.uk</a> 01463 221971
Moray Road Runners 10K	Cooper Park, Elgin	Sun	28-Mar-04	14.00h	£5/£7 Pre by24/3	10K R	01343 549379 <a href="mailto:carol.lawrie1@bopenworld.com">carol.lawrie1@bopenworld.com</a>
Flora London Marathon & UK Champs.	London	Sun	18-Apr-04			26.2M R	
NOTES: 1. ?=Date not verified	2. CC= Cross Country. R= Road Run		OR= Off Road Run		HR=Hill Race	S=Swim	B = Bike C = Canoe +£2 OD = Pay extra £2 on the day.