
FLEET FEET TIMES

April 2004

The Editor's Bit

Another successful winter series is over, and the full blown racing season has begun. We had 92 finishers at the Aboyne duathlon, demonstrating the strength of the sport in the region.

In the overall standings our very own Nelly was top banana, with several old 'uns hot on his heels. Thirty-four athletes completed all three races, well done one and all.

Now, apologies for my general slackness in updating the training session list, I will endeavour to do better next month. A couple of things worth noting. The turbo sessions have now stopped and will return in the winter. Also, Doug is now holding the swim sessions on a Thursday night. This is so the session does not clash with the time trials on a Tuesday night.



FLEET FEET
TRIATHLETES

Fleet Feet Web Site
www.fleet-feet.com

The good news is the club cycles have now begun on a Wednesday night. I have taken the liberty of purloining some text from Glenn which is very informative. And here it is. The Wednesday night cycles leave from the leisure centre car park as a number of groups of equal ability with the slowest group leaving first. This is meant for all abilities so if you haven't been before then please come along and give it a go. It doesn't matter if you haven't ridden in a group before as you will soon pick it up. It's a lot more fun than grinding out the miles on a solo ride"

The first group should leave at 6:30. Don't leave at 6:25 to get a bit of an extra head start. People arriving to leave at 6:30 will have missed the group, will probably get dropped if they have to try and keep up with a faster group and end up doing the cycle on their own. Following groups should leave at five minute intervals and the fast group should leave at 7:00 every week, and not before.

The size of the groups should be about six people. You will not get the full benefit of the sessions if you spend the evening getting towed along in a group of 12 people. If the group behind catches you, let them go past. Don't tag your group on the back or you end up getting in the way and disrupting their rhythm, and there is a chance of crashes. It's OK to jump on to passing groups as you get nearer the end on the Netherly Road...just be careful and make sure you know what you're doing when the sprint starts to wind up. If you find the group you are in too hard or too easy then change groups. After a few weeks we should have some good balanced groups leaving at the same times every week and people should be getting a good workout.

Happy peddling,

Bish

2004 COMMITTEE

Chairman	Richard Burton	Tel: 01569 766828
Vice Chair	Paul Kefford	Tel: 01224 582088
Secretary	Philip Rhind	Tel: 01569 762808
Treasurer	Gary Gutteridge	Tel: 01569 765234
Membership	Glen Beck	Tel: 01569 765313
Coach	Carol Maclaren	Tel: 01569 763924
Equipment	Colin Sim	Tel: 01569 766671
Newsletter	David Bichard	Tel: 01224 319957

TRAINING SESSIONS

Monday

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

Tuesday

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

Swim Session: Leisure Centre 8.30pm - 10pm

Wednesday

Turbo - Green Hut - 7pm. Now finished, will return winter 2004

Thursday

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

Friday

Circuits Training: Green Hut 7pm - 8.30pm

Saturday

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

Sunday

Cycling: Stonehaven Square - fast group - 9am sharp

Mackie Academy - medium group - 8.30am sharp

Mackie Academy - slow group - 9am - sharp

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 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.

Dates for the diary

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 remaining race dates for 2004 are:

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. And after the success of the winter series you know you want to, so go on, just do it.

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.

Kids Triathlon. Date is set for June 20. Mackie Academy Details to follow.



ITV are looking for men and women to take part in a new Saturday night show to represent their city in a series of obstacle courses, physical & mental games.

We are looking for people from Belfast, Birmingham, Brighton, Bristol, Cardiff, Edinburgh, Glasgow, Leeds, Leicester, Liverpool, London, Manchester, Newcastle, Portsmouth & Sheffield.

If you want to apply please call 0901 488 01 01 or e-mail us on contestant@itv.com

ITV has commissioned a two-hour prime time entertainment show based on a French format. Our working title is "**Simply The Best**", and will be presented by Phil Tufnell and Kirsty Gallagher. The show will be filmed in Jersey throughout the month of July and will be broadcast in July and September, with the first show being aired on Saturday July 17th. This is ITV's most ambitious programme for years, never before has ITV scheduled a two-hour slot for a series of entertainment programmes dominating Saturday night viewing.

Mixing celebrities and contestants together in a showdown at sunset filmed in a specially built arena, and watched live by an audience of 1,500, *Simply The Best* will be a summertime extravaganza, a clash of the titans from 14 of the biggest UK cities. Each week two of the teams, each made up of six gym-fit contestants, the kind you have seen in shows like *Gladiators*, will battle it out for a position in the finals through a series of obstacle courses, physical and mental games, and quizzes. Interspersed in each episode will be live music from bands in the current chart, and each team will be supported by four celebrities who have ties to the city, producing an eclectic mix of challenging physical events, live music and stylish quizzes, bringing together celebrities and city folk alike.

As mentioned previously we are looking for people at the peak of their fitness to represent each city. We are going to be travelling around the country in May to hold open auditions to find our contestants. We are going to be visiting the following cities around the country: London; Leeds; Manchester; Liverpool; Birmingham; Cardiff; Bristol; Leicester; Edinburgh; Glasgow; Belfast; Portsmouth; Newcastle; Sheffield and Brighton. It would be great if you would agree to let us advertise in your gyms in these areas and spread the word amongst your staff and clients alike.

East Fife Sprint – Sunday 4th April 2004 by Mary Birse

Just over a year ago, I took the plunge, quite literally, and entered my first triathlon, as a non-swimmer, this was a brave plunge. Yet here I, at Bert's suggestion, was competing in my first sprint distance race. I wasn't unduly concerned about the bike or run but the 750m swim, under race conditions, caused a few sleepless nights and a fair bit of anxiety.

The day dawns and we start early for the drive to Cupar - an ungodly 6.30am pick-up from the Square. The journey passes quickly though with the boys constantly bickering and relentlessly teasing each other about their sporting prowess, or inferred lack of. I'm glad, that as a female, I don't have to go through that bonding ritual every time I meet up with my friends.

The day started bright but cold and there was much discussion, as always, as to what to wear on the bike section. One minute the boys were going to compete in their tri-suits then an icy blast would have them suggesting the addition of a top layer. In the end, they all went out, as I knew they would, in what they left the pool wearing. As for me, I was always going to be putting on two tops for the bike. The sun was saying summer but the wind was up.

I found myself in the same heat as Bert and Neil Robertson. There was much comfort to be had in their company poolside before the swim. As per usual, I was nervous and sick in my stomach before the start. The warning whistle forced me into the water for my warm-up and then the race began. For me, the swim went well. A steady/slow pace saw the 30 lengths eaten up and before I knew it, I was climbing out the pool and running to my bike. Why all the worry, I asked myself.

Transitions are not my strong suit, too many clothes to be negotiated, but this one felt okay and it didn't seem long till I was on the bike and cycling out the park. The bike section was two, hilly laps but as Richard pointed out there is as much downhill as there is up and this made me feel better about the climbs. The condition of the road left a lot to be desired, potholes all the way out to the white line and a very broken surface on the last downhill (ish) two mile section that caused every body part to either shake, rattle or roll. Burped all the way round the bike route, trying to rid myself of the gallons of air I'd swallowed in the swim - I really need to sort that out.

A tightly controlled, one-way system was in operation for the transition area. I failed miserably to negotiate this and had to be escorted around it by a marshal – très embarrassing! Run was three laps, grassy and flat. I finished in something like 1:33 but for us, non-competitive types, completing an event is an achievement in itself.

This race was well organised, I'd certainly go back, my only grumble would be that the transition area and the run route were a little convoluted for people with little oxygen making it all the way to their brain. Everyone was friendly and helpful, and the provision of a hot meal after the race for all competitors was a real bonus. With the sprint distance no longer holding any fear, I'd certainly have a go at some others and who knows, maybe I'll eventually make the (unlikely) leap to a standard distance. If you're feeling unsure about the swim distance I'd say try it, it's not that hard and I honestly never thought I'd hear myself say that!

Note: A fantastic effort from Mary. Having done a sprint distance race so early in the season I'm sure a standard distance race will soon be on the horizon. A good turn out from Fleet Feet, times shown below.

Scott Neyedli 1:06:07, Ian Milne 1:07:25, Kevin Adam 1:10:59, Richard Burton 1:18:14, Bert McIntosh 1:26:25, Neil Robertson 1:27:35, Mary Birse 1:33:13

Bella Watch

A new section for the Fleet Feet Times. Some of you may have seen the results for IronMan Australia. Bella Comerford finished in a very creditable sixth place with splits as follows: Swim 59:28, Bike 5:16:26 and run 3:33:25 giving an overall time of 09:49:20.

Bella returned to London from Australia to get access to the US Embassy, requiring a new Visa before re-entering the USA. Bella spent all her Florida Ironman 2003 prize money on a lawyer to sort out a new Visa. The good news is that Bella has now been granted a five year Professional Athlete Visa, and says, "I am so happy".

Good news indeed, better still for us, Bella was kind enough to write these words for the newsletter. "I am recovering well from Australia Ironman. Back into training already, five days after the race. I was excited to race Australia. I felt strong and determined and my health was good. My swim went well, 59 minutes for a non-wetsuit swim! Dave is really helping my swim. (Dave Scott – six-time IronMan World Champion).

I biked to my plan although a little slower than I would have liked. The roads there are so rough and its pretty undulating so it was tough work! Ran 14 miles comfortably, but then my body began to just shut down. The rest was a nightmare! Somehow got myself to the finish line...where I was whisked off to the medical tent...for two hours. I came round good after two drips! Oh the fun...

Dave and I are discussing what we need to do so that doesn't happen again. Sixth is not what I aim at; first is what I aim for. IronMan Australia didn't go to plan so I am eager to get going and into shape for the next main race which is the World Middle Distance Champs in Sweden on July 4th.

Welcome to the worlds most brutal Iron-distance Triathlon

Kindly provided by club member Olaf Våge Ellefsen. Olaf will be competing at this race and will be encouraged to write a race report. Obviously we'll give him a reasonable recovery period prior to putting pen to paper.

Come to Norway for an experience of a lifetime, and to one of the last few real adventures. Follow the footpaths of the Vikings, go berserk and experience Ragnarok on your way to Valhalla... This is one of the races every triathlete should experience at least once in their lifetime

On August 7, 2004, HP Norseman Xtreme Triathlon will be arranged for the second time. The race is probably the world's toughest iron-distance triathlon on regular roads. It is also the north most iron-distance, taking place at the same latitude as Anchorage in Alaska. The race travels through some of the most beautiful parts of Norway, and is far from a regular circuit-race. Norseman starts in one of the beautiful fjords on the West Coast and finishes inland at 1,850 meters above sea level. Total ascent is 5,000 meters. The race will be limited to only 125 competitors in 2004. HP Norseman will be an experience like no other and the competitor also gets the opportunity to become part of sports history in a country more known for skiing than triathlons.

For more information about the race please check out the race web site on www.nxtri.com

2003 National Rankings

In the triathlonscotland club rankings for 2003 Fleet Feet placed third.

In first place was Glasgow Tri Club with 943 points, in second Edinburgh Triathletes with 916 points, third Fleet Feet with 658 points. Hot on our heels was Ayrodynamic TC with 522 points

In the individual rankings Fleet Feet holds several top spots. I have listed the rankings taken from the triathlonscotland handbook, usual apologies for anyone I may have missed out.

I have been sent the complete excel spreadsheet for everyone that completed a ranking event. If you would like a copy drop me an e-mail. The handbook only lists those that completed the required number of races.

Sprint Distance

Female Senior

12. Lorna Rice

Male Veteran

16. David Bichard

Standard Distance

Female Super Veteran

1. Susie McKay

Male Veteran

1. Neil Anderson
4. David Bichard

Male Super Veteran

1. Ian Milne

Grand Prix (open water)

Female Super Veteran

1. Susie McKay

Male Senior

12. Alistair Macfarlane
15. Simon Prue

Male Veteran

10. David Bichard

Male Super Veteran

1. Ian Milne

The triathlonscotland handbook does not appear to list much in the way of Duathlon rankings. It does mention that Laura Sinclair was the winner of the Scottish Duathlon Championship in the female Junior Category. Excellent job Laura.

It is a shame that only those Duathlon rankings where a minimum number of races completed have been published. For the races that were completed the provisional rankings show that Laura Sinclair and Anna McRobb were first and third in the Female Junior category. Lorna Rice and Liz Chellingsworth were second and seventh in the Female Senior category. Top female Super Veteran was June Dickie. First and second Female Veterans were Margaret Anderson and Carol McLaren. The men did not do quite as well as the women but an honourable mention for Bert McIntosh for eighth place in the Super Veteran ranking.

To get a 2004 ranking you will need to be a member of triathlonscotland and for the sprint distance you must complete five ranking events. For the standard distance and duathlon events you will need to complete four ranking events and for the Grand Prix ranking you must complete three events.

Results - Aboyne Duathlon

First Name	Last Name	Sex	Cat.	Race No	Event Time #3	O/A Pos'n	Cat Pos'n
Neil	Shand	M	20+	4	1.25.06	1	1
Neil	Anderson	M	40+	162	1.26.18	2	1
Neal	Doggett	M	40+	163	1.26.48	3	2
Ben	Mitchell	M	20+	153	1.28.34	4	2
Ian	Ramshaw	M	20+	93	1.29.28	5	3
Dave	Whitcombe	M	40+	6	1.29.51	6	3
Bruce	Bricknell	M	40+	92	1.30.42	7	4
Jake	Vellacott	M	40+	19	1.31.28	8	5
McIntosh	Steve	M	40+	175	1.32.01	9	6
Alun	Jones	M	20+	151	1.32.41	10	4
Kerry	Sullivan	M	20+	120	1.32.50	11	5
Gavin	Calder	M	20+	13	1.33.01	12	6
John	Lehnan	M	16+	178	1.33.31	13	1
Derek	Martin	M	20+	155	1.33.56	14	7
Andy	Redman	M	40+	5	1.33.56	15	7
Kevin	Adam	M	40+	17	1.34.48	16	8
Douglas	Wood	M	40+	25	1.35.07	17	9
Margaret	Anderson	F	40+	161	1.35.16	18	1
Steven	Barrett	M	20+	136	1.35.32	19	8
Mike	Brock	M	20+	10	1.35.55	20	9
Gary	Walker	M	40+	176	1.36.07	21	10
Ian	Sinclair	M	40+	83	1.36.24	22	11
Rhona	Buchan	F	20+	138	1.36.30	23	1
Rina	Ziggers	F	20+	85	1.36.50	24	2
Martin	Leiper	M	20+	8	1.37.15	25	10
Philip	Rhind	M	20+	108	1.37.17	26	11
Murray	Bryce	M	50+	28	1.37.22	27	1
Carol	McLaren	F	40+	143	1.37.34	28	2
Iain	Wilkie	M	40+	168	1.38.00	29	12
Scott	Neyedli	M	20+	62	1.38.14	30	12
Suzie	McKay	F	50+	164	1.38.27	31	1
Ian	Park	M	20+	44	1.38.30	32	13
Mike	Beattie	M	20+	99	1.38.31	33	14
Colin	Alexander	M	20+	166	1.38.40	35	15
Ruth	Mackenzie	F	20+	9	1.38.40	34	3
Jackson	Neil	M	20+	179	1.39.24	36	16
George	Middleton	M	40+	64	1.40.25	37	13
Alexander	Macleod	M	20+	150	1.40.40	38	17
Peter	Main	M	20+	119	1.41.25	39	18
Derek	Thoms	M	20+	24	1.41.31	40	19
Colin	Reid	M	20+	32	1.41.32	41	20
Linda	Bethell	F	40+	159	1.41.34	42	3
Sylvia	Cranston	F	40+	170	1.41.49	43	4
Heather	Brodie	F	40+	38	1.41.52	44	5
Doug	Guy	M	40+	15	1.42.10	45	14
Mairi	Mclvor	F	20+	26	1.42.13	46	4
Glen	Beck	M	20+	23	1.42.48	47	21
David	Pitt	M	20+	73	1.42.56	48	22
Colin	Addison	M	20+	135	1.43.05	49	23
Liz	Chellingsworth	F	20+	160	1.43.24	50	5
Richard	Burton	M	50+	37	1.43.36	51	2
Paul	Ritchie	M	20+	121	1.43.52	52	24
Allan	Petrie	M	20+	47	1.44.17	53	25
Nicola	Rhind	F	20+	33	1.44.25	54	6
Cruikshank	George	M	40+	173	1.44.37	55	15
Murray	Gray	M	50+	174	1.44.46	56	3

Laura	Sinclair	F	20+	20	1.45.00	57	7
Neil	Robertson	M	60+	49	1.45.12	58	1
Colin	Sim	M	40+	30	1.45.19	59	16
Jon	Laing	M	20+	1	1.45.48	60	26
Blair	McKay	M	50+	141	1.46.16	61	4
Bert	McIntosh	M	60+	35	1.46.45	62	2
Rob	Fisher	M	20+	181	1.47.17	63	27
Donald	Thomson	M	40+	39	1.47.53	64	17
Joe	Leonard	M	40+	7	1.48.19	65	18
Helen	Bean	F	20+	59	1.48.20	66	8
Colin	Taylor	M	40+	89	1.48.32	67	19
Ross	Clark	M	20+	27	1.48.38	68	28
Bruce	Craig	M	20+	77	1.48.52	69	29
Tom	Macdougall	M	20+	165	1.49.15	70	30
Jessiman	Murdo	M	50+	180	1.49.40	71	5
Alan	Butcher	M	50+	41	1.49.45	72	6
Anja	Schuette	F	20+	101	1.50.33	73	9
Anne	Jessiman	F	50+	57	1.51.26	74	2
Carole	Nicoll	F	40+	54	1.53.03	75	6
Alan	Herbertson	M	40+	152	1.53.54	76	20
Thomas	Flynn	M	40+	45	1.54.35	77	21
Anne	Tough	F	50+	167	1.55.43	78	3
Fiona	Smith	F	20+	43	1.57.06	79	10
Elaine	Montgomery	F	20+	156	1.57.08	80	11
Frank	Musgrave	M	50+	63	1.57.48	81	7
Linda	Sim	F	40+	56	1.59.03	82	7
Moira	Knight	F	40+	109	1.59.13	83	8
Christine	Blyth	F	50+	154	2.00.33	84	4
Mary	Birse	F	40+	60	2.02.49	85	9
Catharine	Pitt	F	20+	75	2.03.20	86	12
Mhairi	Sheran	F	20+	72	2.03.26	87	13
Mary	McKean	F	50+	142	2.03.50	88	5
Jeanette	McBoyle	F	40+	53	2.09.45	89	10
Laraine	Clark	F	50+	107	2.10.44	90	6
Mark	Eddie	M	20+	78	2.18.20	91	31
Janice	Borland	F	40+	71	2.45.10	92	11

And a spokesman for the Chippendales said, "It was a sad day when we lost Colin and Richard, but we cannot compete with sport"



2004 Winter Series – overall results

First Name	Last Name	Sex	Cat.	Club	Event Time #1	O/A Pos'n #1	Cat Pos'n #1	Event Time #2	O/A Pos'n #2	Cat Pos'n #2	Event Time #3	O/A Pos'n #3	Cat Pos'n #3	Event Time #123	O/A Pos'n #123	Cat Pos'n #123
Neil	Shand	M	20+	FFT	0.23.39	2	2	0.47.54	1	1	1.25.06	1	1	2.36.39	1	1
Dave	Whitcombe	M	40+	FFT	0.25.31	10	4	0.49.04	2	1	1.29.51	6	3	2.44.26	2	1
Jake	Vellacott	M	40+	3PT	0.25.28	8	2	0.51.22	7	3	1.31.28	8	5	2.48.18	3	2
Andy	Redman	M	40+	FFT	0.24.49	5	1	0.50.38	5	2	1.33.56	15	7	2.49.23	4	3
Gavin	Calder	M	20+	FFT	0.24.42	4	3	0.52.33	9	5	1.33.01	12	6	2.50.16	5	2
Kevin	Adam	M	40+	FFT	0.26.01	12	5	0.53.10	11	5	1.34.48	16	8	2.53.59	6	4
Martin	Leiper	M	20+	n/a	0.25.11	7	5	0.52.17	8	4	1.37.15	25	10	2.54.43	7	3
Ruth	Mackenzie	F	20+	Deeside RR	0.25.50	11	2	0.55.26	15	1	1.38.40	34	3	2.59.56	8	1
Ian	Park	M	20+	FFT	0.27.50	19	7	0.54.31	13	6	1.38.30	32	13	3.00.51	9	4
Murray	Bryce	M	50+	TPT	0.28.19	23	2	0.56.14	19	2	1.37.22	27	1	3.01.55	10	1
Doug	Guy	M	40+	n/a	0.25.30	9	3	0.55.55	18	7	1.42.10	45	14	3.03.35	11	5
Sylvia	Cranston	F	40+	n/a	0.27.31	17	1	0.56.36	20	1	1.41.49	43	4	3.05.56	12	1
Derek	Thoms	M	20+	3PT	0.28.02	20	8	0.56.42	21	9	1.41.31	40	19	3.06.15	13	5
Mairi	Mclvor	F	20+	FFT	0.26.55	14	3	0.58.21	28	3	1.42.13	46	4	3.07.29	14	2
Heather	Brodie	F	40+	Deeside RR	0.28.55	30	3	0.57.20	23	2	1.41.52	44	5	3.08.07	15	2
Glen	Beck	M	20+	FFT	0.28.37	27	12	0.57.19	22	10	1.42.48	47	21	3.08.44	16	6
Colin	Reid	M	20+	n/a	0.28.37	28	13	0.58.53	30	15	1.41.32	41	20	3.09.02	17	7
Laura	Sinclair	F	20+	FFT	0.28.13	21	4	0.58.07	26	2	1.45.00	57	7	3.11.20	18	3
Rob	Fisher	M	20+	FFT	0.28.24	26	11	0.55.54	17	8	1.47.17	63	17	3.11.35	19	8
Richard	Burton	M	50+	FFT	0.30.06	36	4	0.59.08	33	3	1.43.36	51	2	3.12.50	20	2
Colin	Sim	M	40+	FFT	0.31.07	43	9	0.59.27	34	9	1.45.19	59	16	3.15.53	21	6
Ross	Clark	M	20+	N/A	0.30.15	38	15	0.57.27	24	11	1.48.38	68	28	3.16.20	22	9
Neil	Robertson	M	60+	FFT	0.33.26	50	1	1.03.16	47	2	1.45.12	58	1	3.21.54	23	1
Bruce	Craig	M	20+	n/a	0.30.13	37	14	1.02.55	45	18	1.48.52	69	29	3.22.00	24	10
Alan	Butcher	M	50+	Stirling Tri	0.30.33	41	5	1.02.38	44	4	1.49.45	72	6	3.22.56	25	3
Helen	Bean	F	20+	SnD	0.33.22	49	13	1.03.23	49	6	1.48.20	66	8	3.25.05	26	4
Bert	McIntosh	M	60+	FFT	0.35.18	57	2	1.03.35	51	3	1.46.45	62	2	3.25.38	27	2
Carole	Nicoll	F	40+	FFT	0.29.13	32	4	1.04.47	53	5	1.53.03	75	6	3.27.03	28	3
Fiona	Smith	F	20+	FFT	0.31.45	46	10	1.02.22	41	5	1.57.06	79	10	3.31.13	29	5
Linda	Sim	F	40+	SnD	0.33.38	53	6	1.05.26	58	7	1.59.03	82	7	3.38.07	30	4
Catharine	Pitt	F	20+	FFT	0.30.03	35	6	1.09.04	65	9	2.03.20	86	12	3.42.27	31	6
Mary	Birse	F	40+	FFT	0.33.44	54	7	1.08.14	63	8	2.02.49	85	9	3.44.47	32	5
Mhairi	Sheran	F	20+	n/a	0.34.59	56	15	1.10.18	66	10	2.03.26	87	13	3.48.43	33	7
Mark	Eddie	M	20+	n/a	0.51.29	60	19	1.32.14	75	28	2.18.20	91	31	4.42.03	34	11

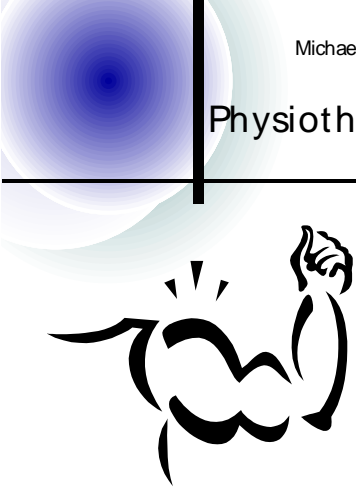
Kinloss Sprint

Team Name	Cat	Swim Time	T (1)	Cycle Time	T (2)	Run Time	Race Time
Bradley Carroll	MS	0:11:07	0:00:36	0:32:43	0:00:20	0:20:11	1:04:57
Ian Milne	MSV	0:10:27	0:00:37	0:32:41	0:00:20	0:21:08	1:05:13
Mike Reaper	MV	0:11:38	0:00:39	0:34:12	0:00:21	0:20:01	1:06:51
Kyle Smith	MJ	0:09:28	0:00:38	0:36:21	0:00:28	0:22:02	1:08:57
Craig Broadway	MS	0:13:24	0:01:00	0:31:15	0:00:36	0:23:38	1:09:53
Jake Vellacott	MV	0:13:13	0:00:45	0:33:54	0:00:27	0:21:47	1:10:06
Stephen McIntosh	MV	0:13:29	0:01:11	0:33:47	0:00:33	0:21:35	1:10:35
Calum Morman	MS	0:15:42	0:00:46	0:33:57	0:00:38	0:20:03	1:11:06
John Currie	MV	0:11:49	0:01:11	0:35:09	0:00:53	0:23:18	1:12:20
Steven Barrett	MS	0:14:20	0:00:39	0:36:23	0:00:40	0:21:18	1:13:20
Mungo Bovey	MV	0:13:46	0:01:10	0:36:41	0:00:27	0:21:50	1:13:54
Douglas Wood	MV	0:15:50	0:00:44	0:36:16	0:00:48	0:20:34	1:14:12
Philip Rhind	MS	0:12:50	0:00:55	0:37:17	0:00:55	0:22:32	1:14:29
Richard Burton	MSV	0:12:32	0:01:13	0:37:01	0:00:09	0:23:51	1:14:46
Kelda Spratt	FS	0:12:32	0:01:09	0:38:23	0:00:37	0:22:22	1:15:03
Alasdair Fraser	MS	0:16:08	0:02:25	0:36:46	0:00:29	0:21:36	1:17:24
Al MacIannan	MS	0:11:08	0:01:28	0:40:08	0:00:00	0:25:59	1:18:43
Andrea Mawson	FS	0:13:24	0:00:28	0:39:38	0:00:45	0:24:54	1:19:09
Lee Hozehouse	MS	0:13:31	0:01:04	0:39:21	0:00:00	0:26:55	1:20:51
Sarah Wylie	FS	0:14:15	0:01:15	0:39:05	0:00:45	0:26:52	1:22:12
Nicola Rhind	FS	0:16:47	0:01:16	0:40:17	0:00:39	0:23:35	1:22:34
Susan Hay	FS	0:15:18	0:01:37	0:40:13	0:00:18	0:25:45	1:23:11
Mark Fellows	MS	0:17:32	0:01:19	0:45:08	0:00:24	0:24:11	1:28:34
Pete Brown	MS	0:16:46	0:02:34	0:42:33	0:01:47	0:25:42	1:29:22
Linda Sim	FV	0:16:19	0:01:43	0:42:54	0:00:28	0:28:52	1:30:16
Cas Gray	FS	0:15:39	0:01:12	0:46:38	0:00:22	0:30:23	1:34:14

Advertisements

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Chartered and State Registered Physiotherapists

FFT subscribe to the Aberdeen Physiotherapy Affiliation Scheme. This allows members to receive physiotherapy treatment at the reduced rate of £20 per session instead of £30. 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. 99 WESTBURN ROAD, ABERDEEN AB25 2SG. TEL: 01224 626266 FAX: 01224 641137



Michael Levack BSc (hons) Physiotherapy

Phone: 01569 766307
Mobile: 07709438610
Levackmichael@hotmail.com

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Event Name	Location	Day	Date	Cost	Description	Contact
12 CTT Garlogie/Dunecht/Echt Proms # 2	(Deeside Thistle Cycling Club) Stonehaven Swimming Pool	Tues	04-May-04			Anne Brown 01467 641587 AnnePRBrown@aol.com
BUPA Great Caledonian Run	Balmoral Castle, Deeside	Sat	08-May-04	£3.50Aff/ £4.50	BBQ after? 3K R	Jim Stark 01569 764675 (H). Kids/Ladies 18.30/19.00h start. dparrot@arts-rec.aberdeen.net.uk
King's Aquathon (Swim/Run)	Kings College, Aberdeen (Max = 60)	Sat	08-May-04	£14 ?	9.6k R/OR	0191 4020016. Entry limit 1500. www.onrunning.co nigalgough@nova-international.com
FFT Deeside Tri. / Duathlon	Games Park, Braemar - Aberdeen	Sun	09-May-04	£18.50Aff/£15.50	B35M/R10.1M/B or C13M	FFT. - Rowland Jolly 01224 641396 rollyman@madasafish.com www.fleet-feet.com
Erskine Sprint (Ranking) & Novice	Erskine Swimming Pool, Glasgow	Sun	09-May-04	£12 Aff/£17 ?	08.45 start Novice (Heat 1)	Bob Newton 07801 034982 bb.newton@ntlworld.com www.glasgowtriathlonclub.net
Brechin High School "Right of Way" 10K	Brechin High School	Sun	09-May-04	£7/£9 Pre entry	10K R	01356 622135 breharper@brechinhigh.angus.sch.uk
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	11-May-04			Anne Brown 01467 641587 AnnePRBrown@aol.com
Proms # 3	Aberdeen Beach (South)	Thu	13-May-04	£3.50Aff/£4.50	3K R	Jim Stark 764675 (H). Kids/Ladies 18.30/19.00h start. dparrot@arts-rec.aberdeen.net.uk
Forres Harriers 10K (N. Champs.)	Ben Romach Distillery, Forres	Sat	15-May-04		10K R	01343 542065 Register @Town Hall hamish@elgin.win.uk.net
Turriff Tri. Sprint (Ranking) & Novice	Turriff Leisure Centre.	Sun	16-May-04	£18/£13/£10/£5	Sprint 750S/20KB/5.1KR	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
The Great Drumtochty Challenge	Fetteresso Forest - Quithel entrance	Sun	16-May-04	£8 / £3 Jr	Team/Solo MTB Orienteer	www.drumtochtychallenge.co.uk/
25 TT Garlogie/Dunecht/Midmar	(Deeside Thistle Cycling Club)	Tues	18-May-04			Anne Brown 01467 641587 AnnePRBrown@aol.com
Longside 10K	R Davidson Park, Longside, by Peterhead	Sat	22-May-04	£5 Aff/£7	10K R	John Bruce 01779 821644 johnb@longside94.fsnet.co.uk
City of Aberdeen Baker Hughes 10K	Beach Boulevard / Links Road. & Fun	Sun	23-May-04	£8Aff/£10 pre. 22/4	10K R	01224 522076 or 01538 703111 www.activeeurope.com www.aberdeencity.gov.uk
Inverurie Kids Tri.	Inverurie Swimming Centre	Sun	23-May-04	£5	Ages 5-15	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Atlantis Leisure Mountain Bike Tri.	Atlantis Leisure, Oban. Teams welcome	Sun	23-May-04	£11.50 Aff/£13.50	500mS/14MMtB/4MR	Kyle Dodds 01631 566800 kyle@atlantisleisure.co.uk
25 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	25-May-04			Anne Brown 01467 641587 AnnePRBrown@aol.com
Stornoway Half Marathon	Stornoway, Isle of Lewis	Sat	29-May-04	£8/£10 Pre-entry	13.1M R	01851 706010 roderick.gillies@scottishwater.co.uk www.srac.org.uk
Midlothian Kids Aquathon Ranking	Loanhead Leisure Centre, nr Edinburgh	Sat	29-May-04	£5 Aff / £7		Jacqueline Meekison. 0131 5578031 minkymeek@hotmail.com
Midlothian Sprint Ranking		Sun	30-May-04		Sprint 750S/20KB/5KR	Theresa Fitzpatrick 07855 940534 young.fitz@btinternet.com
Dunfermline Half Mara. SA Scot. Champ.	Pittencrieff Park, Dunfermline	Sun	30-May-04		13.1M R	08701 241 241 admin@dunfermline-half.co.uk www.dunfermline-half.co.uk
Orkney Standard Ranking	Kirkwall	Sun	30-May-04		S1500m/B40K/R10K	Trisha Sinclair 01856 870746
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	01-Jun-04			Anne Brown 01467 641587 AnnePRBrown@aol.com
Glas Tulaichen Uphill Race	HR Dalmunzie Hotel, Glenshee	Sat	07-Jun-03			01506 412322 martinhyman@clara.co.uk
Scolty Hill Run & Junior Race	HR Scolty Forest Car Park, by Banchory	Sun	06-Jun-04		4.5M + 900' climb. HR	Deeside Runners. Pat Donald TEL 013398-83697 ? NOTE NEW START POINT
Stirling Sprint (Ranking) + Try Tri + Kids	Stirling (Includes Novice event)	Sun	06-Jun-04		Sprint 750mS/20KB/5KR	John Smith 01786 833297 john.r.smith@sun.com
European Champs Trial & Open	H Glentress, nr Peebles	Sun	06-Jun-04			0131 4478846 rimorris@aol.co.uk
20 HTT Netherley/Durris/Slug	(Deeside Thistle Cycling Club)	Tues	08-Jun-04			Anne Brown 01467 641587 AnnePRBrown@aol.com
Metro 4M & 2M Fun Run, Aberdeen	R Beach Ballroom, Lower Beach Prom.	Wed	09-Jun-04	£3 Aff/ £5	4M and 2M R	01224 790706 www.metro-aberdeen-rrc.co.uk
FFT Summer Novice Tri. Series 1	Stonehaven Leisure Centre	Thu	10-Jun-04		S400m/B8M/R3M	Gary Gutteridge 01569 765234 ggutteridge@oceanearing.com www.fleet-feet.com
Dumbarton Polaroid 10K	R Dumbarton Academy	Thu	10-Jun-04		10K R	01389 714455 gemben@blueyonder.co.uk www.polaroid10K.com
Trailbuster Mountain Bike Duathlon	Aberfoyle	Sat	12-Jun-04		4KR/12KMB/4KR	Phillip Barlow 0141 8121063 philip@3bracing.co.uk
Glas Tulaichen Uphill Race	HR Dalmunzie Hotel, Glenshee	Sat	12-Jun-04			01506 412322 martinhyman@clara.co.uk
Skene Sprint Tri (Ranking) + Mini Tri	Westhill	Sun	13-Jun-04	£18/£13/£10/£5	Sprint S750m/B20K/R5K	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Ayr Sprint Ranking & GP Ranking	Ayr	Sun	13-Jun-04	Enter by 11/6	Spr OW750mS/20KB/5KR	John Strawhorn 01290 550079. strawhorns@aol.com www.ayrodynamic.co.uk
Syntegra Edinburgh Marathon	R Holyrood Park, Edinburgh	Sun	13-Jun-04	£27/£29 ballot	26.2 M R	0901 0201 600 (£0.50 / min) www.edinburghmarathon.co.uk
1 ml Hill Climb	Cairn Monearn (Deeside Thistle Cycling Club)	Tues	15-Jun-04			Anne Brown 01467 641587 AnnePRBrown@aol.com
The Running Shop BEACH 10K	R Aberdeen beach	Tues	15-Jun-04	£1 Aff / £3	10 K R + Fun Run	The Running Shop 01224 636299 runningshop@bopenworld.com
Highland Cross Charity Duathlon	Morvich (Kintail) to Beauly	Sat	19-Jun-04		20M OR / 30M B	01463 792811. By invitation only.
Scot National Duath Champ Ranking	Edinburgh. + Sprint Tri+ Schools+Nurses	Sat	19-Jun-04	£20Aff/ £21	5KR/20KB/5KR	Bruce Kidd 0131 6574716 bruce@kidd65.freeserve.co.uk www.edinburghcyclingcoop.net
Diet Coke East Kilbride Half Marathon	John Wright SC, East Kilbride	Sun	20-Jun-04	£12 Aff / £14 pre 30/5	13.1M R and 10K Fun Run	01698 476118 (SA Half Mara. Champ.) www.ekhalfmarathon.co.uk
FFT Kids Tri. / Duathlon Age up to 16	Mackie Academy, Stoneh'n.	Sun	20-Jun-04		S/B/R varies with age	Gavin Calder 01224 868931 gavin@galder.fsnet.co.uk www.fleet-feet.com
FFT Summer Novice Tri. Series 2	Stonehaven Leisure Centre	Thu	24-Jun-04		S400m/B8M/R3M	FFT - Gary Gutteridge 01569 765234 ggutteridge@oceanearing.com www.fleet-feet.com
Bruce Sprint, Scot. Champ & GP Ranking	Lochore Meadows Country Park, Fife	Sun	27-Jun-04	£18 Aff/£23	Spr.=750mS OW/20KB/5K R	Ann Malcolm 01577 865269. gag.milnathort@ic24.net
Ythan Challenge	Max 300. + Teams The Meadows Sports Centre, Ellon	Sun	27-Jun-04	£9	7m CC charity race. CC	Bill Kenny 01771 613697 www.ythanchallenge.org.uk
Lairig Ghru Hill Race	Police Station, Braemar	Sun	27-Jun-04	£7/£9 Pre-entry	Marathon + . HR	01339 755599 phil@pbenzie.freeserve.co.uk
Two Stadium 5K	R Aberdeen Prom.	Sun	27-Jun-04			01224 633609

Arbroath Sporting Club Gala Day 10K R	Seaton Park, Arbroath	Sun	27-Jun-04	10K R	01241 874820 L. Barnett
Tiso 7 Hills Run (Race & Challenge)	Edinburgh	Sun	27-Jun-04	£6/£8 Pre-entry	14MR + 2.200' ascent. HR 013832 732613 Challenge starts 09.45h. Race 10.15h aylawson@compuserve.com
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	29-Jun-04		Anne Brown 01467 641587 AnnePRBrown@aol.com
FFT Summer Series 3 Sprint Ranking	Stonehaven Leisure Centre	Thu	01-Jul-04	S750m/B20K/R5K	FFT - Gary Gutteridge 01569 765234 ggutteridge@oceanering.com www.fleet-feet.com
Corrieyairack Chal. Team / Duathlon	Aviemore	Sat	03-Jul-04	17MOR/ B26M or B=40M	Paul Corrigan 01479 861285. paul.c@badaguish.org
Stonehaven Half Mara +3K/1K Fun Runs	Mineral Well Park, Stonehaven	Sun	04-Jul-04	£9 Aff/£11 pre	13.1M R and 3K Fun Run Splash n Dash. M Birse 01569 767380 www.stonehavenhalfmarathon.com
Great Inverurie Bike Ride	Kellands Park, Inverurie	Sun	04-Jul-04	25M B	Sandy Lindsay, Mackie Academy. 01467 681330 www.gibr.co.uk
Huntly Kids Tri.	Gordon Schools Huntly Pool	Sun	04-Jul-04	£5	For distances see contact Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Follow the Herring 10K R	Portsoy, by Banff	Sun	04-Jul-04	10K R + 2K Fun run	Mike Seed 01261 813383 mikeseed@aberdeenshire.gov.uk
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	06-Jul-04		Anne Brown 01467 641587 AnnePRBrown@aol.com
Metro Hazelhead relays	Aberdeen	Thu	08-Jul-04	Teams of 3. 2.5M CC	www.metro-aberdeen-rrc.co.uk
Johnstone Tower Hill Run	Laurencekirk	Thu	08-Jul-04	3M HR + 700' climb	
Monkie Stand Tri. Ranking + GP Ranking	Monkie Country Park, Angus	Sat	10-Jul-04	1500mS OW/40KB/10KR	Tom McGrath 01382 370202. monkiepark@sol.co.uk
Amphibious Ancients Bathing Assoc.	Standard Tri. (OW) Dundee	Sun	11-Jul-04	S1500m OW/B40K/R10K	Joyce McIntosh 01382 775312
25 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	13-Jul-04		Anne Brown 01467 641587
Lomond Highland Games Tri.		Sat	17-Jul-04	For distances see contact	Malcolm Minto 01389 758392. mminto_98@yahoo.com
Stromness Sprint Tri. Ranking	Orkney	Sun	18-Jul-04	S750m/B20K/R5K	Trisha Sinclair 01856 870746.
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	20-Jul-04		Anne Brown 01467 641587 AnnePRBrown@aol.com
Scolty Hill Race	Banchory Show	Sat	24-Jul-04	5M + Hill height. HR	01330 844090 June Barclay
Ballater 10m R Champ.	Ballater	Sun	25-Jul-04	£6Aff./£8	10M R. Mr P Benzie 01339 755599. SnD picnic after?
Fyvie Castle	Battle re-enactment and Kids 1M run	Sun	25-Jul-04	1M OR	
Banff Sprint Tri.	Banff	Sun	25-Jul-04	750mS/20KB/5K R	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Portobello Ranking OWater Sprint + GP	Portobello	Sun	25-Jul-04	Spr OW 750mS/20KB/5KR	Stuart Young 0131 4673393 stuartyoung@blueyonder.co.uk
15 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	27-Jul-04		Anne Brown 01467 641587 AnnePRBrown@aol.com
Aberfeldy Sprint Tri. Ranking	Aberfeldy Recreation Centre	Sun	01-Aug-04	750mS/20KB/5K R	Richard Pearson 01887 820922. rwpearson@pkc.gov.uk
Alford Short Tri	Alford Acad.	Sun	01-Aug-04	£15/£10/£5 ?	For distances see contact Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Performance Plus Dyce Half Marathon	Pitmedden Rd. playing fields, Dyce	Sun	01-Aug-04	£8Aff./£10	200 Max. 13.1M R 01224 790706 www.metro-aberdeen-rrc.co.uk
World Trophy Trial + Vets Uphill	Glenmore Lodge, Aviemore	Sun	01-Aug-04		01506 670184 markdj242@hotmail.com
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	03-Aug-04		Anne Brown 01467 641587 AnnePRBrown@aol.com
Aboyne Highland Games HR	Aboyne	Sat	07-Aug-04		
Haddington Half Marathon	Neilson Park, Haddington	Sat	07-Aug-04	13.1M R	01620 824023
Edzell Fun Run	Edzell Town Hall	Sat	07-Aug-04	£3	4.2M R
Erskine Duathlon Ranking	Erskine Swimming Pool, Glasgow	Sun	08-Aug-04	R5K/B30K/R5K	Brian.skinner@donaldsons.co.uk
Wick Sprint Tri.	Wick	Sun	08-Aug-04	£12	750mS/20KB/5K R Katie Farmer 01955 604170
10 TT Garlogie Novices	(Deeside Thistle Cycling Club)	Tues	10-Aug-04		Anne Brown 01467 641587 AnnePRBrown@aol.com
Inverurie Kids Aquathon	Inverurie Swimming Centre	Sun	10-Aug-04	For distances see contact	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Tap o' Noth Hill Race	Rhynie	Sat	14-Aug-04	6M + 1,220 Ft. climb. HR	01464 861387
Gullane Beach Standard & GP Ranking	Gullane	Sat	14-Aug-04	S1.5K(OW)/B42K/R10K	Deborah Mouat 0131 5388113. Gullane@edinburghtri.org.uk
Great Stonehaven Bike Ride	Scout Hut, Stonehaven	Sun	15-Aug-04	11M B or 25M B	Charity ride in aid of the Blind + 10% PARCS. Mary Lindsay 763440. derekstewart@lineone.net
Kelso Sprint Tri.	Kelso	Sun	15-Aug-04		Graham Eason 01573 460202
5 TT Garlogie Outward	(Deeside Thistle Cycling Club)	Tues	17-Aug-04		Anne Brown 01467 641587 AnnePRBrown@aol.com
Aberfeldy Middle Dist & (GP Ranking)	and Scot. Long Distance Championship	Sat	21-Aug-04	OW 1.2MS/56MB/13.1MR	Richard Pearson 01887 820922. rwpearson@pkc.gov.uk
Bennachie' Duathlon + Novice	Back of Bennachie car park, Oyne B9002	Sun	22-Aug-04	£10Aff/£12 Pre	5K OR/37K B/3K OR +BBQ 3 Peaks Tri's. Donald Thomson 01651 806230. dthomson@ifb.co.uk
Forfar Roadrunners 10K R	Market Muir, Forfar	Sun	22-Aug-04	£7/£9 Pre-entry	10K R Ron Milne 01307 468293 www.forfarroadrunners.com
Helensburgh Sprint Tri (Ranking) & Aqua	Helensburgh. + Jr. Aquathon	Sun	22-Aug-04	Sprint = S750m/B20K/R5K	Malcolm Minto 01389 758392. mminto_98@yahoo.com
Nairn Triathlon 70 Max.	Individual or team entry	Sun	22-Aug-04	£8 (Incl. Buffet)	S500m/B18K/R6K Val Springett, 3 Moss Side Dr., Nairn. IV12 5PN
Two Inches 10K	North Inch, Perth	Sun	22-Aug-04	10K R	01738 477900
Lonach Gathering Hill Run	Bellabeg, Strathdon	Sat	28-Aug-04	Race Entry Incl.	4.5 M OR 001975 6 51233
The Scottish Tri. Champs. The Firth of Forth Tri. Standard & GP Ranking	Edinburgh	Sat	28-Aug-04		Bruce Kidd 0131 6574716 bruce@kidd65.freeserve.co.uk www.edinburghracingcoop.co.uk

Peterhead Tri. Sprint	Ranking	Peterhead Acad.	Sun	29-Aug-04	£18/£13/£5 ?	S750m/B20K/R5K	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Moray Mara. / Half Mara./ 10K N Champ		Cooper Park Elgin/Gordonstoun/Lossie	Sun	29-Aug-04	£9/£9/£6 Aff.	Mar/Half Mar/10K11.00hR	01343 543736. Buses @ ? nicola.nash@moray.gov.uk www.moraymarathon.co.uk
Dundee H.H. 10K		Hawhill Harriers	Sun	29-Aug-04		10K R	01307 465274
SA Marathon Championships		An Aird Fort William	Sun	29-Aug-04			01343 543736
Charity Fun Team Duathlon		Fetteresso Forest Car Pk.(Swanley Rd)	Sat	04-Sep-04	£5 adults/£2.50Jr	Teams of 2. 8M MTB/OR	Carol McLaren 01569 763924 (E). carol.coach@tesco.net
Annan Duathlon	Ranking	Everholme Sports Complex, Annan	Sat	04-Sep-04	£11Aff./£12 ?	£16Team? R5K/B30K/R5K	Calum Graham 01461 207046
Loch Duath Half Marathon		Kinross	Sat	04-Sep-04	£7Aff	13.1M R	01577 840519
Ben Nevis Race	H	New Town Park, Fort William	Sat	04-Sep-04	£8/£10 pre by 31/7		01397 706133 mcpersons1@btconnect.com www.bennevissrace.com
Alford Bike Run and free kids event		Haughton Park, Alford	Sun	05-Sep-04	£5. For Charity	Please pre-register. B27M	Phil Stratford 019755 63926 www.alfordbikerun.co.uk
Haddington Sprint & Standard		Haddington	Sun	05-Sep-04		Sprint S750m/B20K/R5K	Sue Broadway 0131 6533003. sue@eastlothian.gov.uk
Grantown Try Tri Sprint		Grantown on Spey.(Teams of 3 = £10.50)	Sun	05-Sep-04	£6Aff/£7 Team£10	300mS/14.5KB/4.2KR	Rebecca Bird 01479 872824. aprima.donna@virgin.net
Peterhead 10K		Dales Park, Peterhead	Sun	05-Sep-04		10K R and CC	01779 475841
Lomond Standard & GP both	Ranking		Sun	05-Sep-04		S1500m OW/B40K/R10K	Malcolm Minto 01389 758392. mminto_98@yahoo.com
Great Scottish Run Half Mara. + Jr.		Glasgow Green (Scot. Champs.)	Sun	05-Sep-04	£17.50Aff/£19.5?	13.1M R	0141 2489909
Cairn William Hill Race		Monymusk Village Hall	Sat	11-Sep-04			01467 651532
FFT Standard & GP	Ranking	Knockburn Loch, by Banchory	Sat	11-Sep-04		S1500m O.W./B40K/R10K	Steve Boyd 01224-862835 (H) steve.boyd4@virgin.net www.fleet-feet.com + BBQ
Huntly Tri. Sprint & Standard	Ranking	Huntly Gordon Schools	Sun	12-Sep-04	£18/£13/£5	* = 10.30h Standard	Andrew Miller 01467 628127 leisureland@aberdeenshire.gov.uk Reg. 9-10Standard 11-12 Sprint
Capital City Challenge/SA 10K Champs		Meadowbank, Edinburgh	Sun	12-Sep-04		10K R & 1.5K Fun	0131 5297990
Aberfeldy Half Marathon		Aberfeldy Recreation Centre	Sun	12-Sep-04	£6.50Aff/£8.50Pre	13.1M R	01887 820922
Morven Hill Race		Groddie, North of Dinnet, by Aboyne.	Sat	18-Sep-04	£3.00/£5.00	5M + 2100 Ft. climb. HR	01339 885385 SAL Permit + Club entry. Prizes @ Loch Kinord Hotel 3pm. m60_jam@hotmail.com
Buckie 10K and Fun Run		Buckie Community High School	Sun	19-Sep-04		10K R and CC	07967 635722
Eyemouth Sprint Tri	Ranking	Eyemouth	Sun	19-Sep-04			Ian Learmonth 01890 750557. FAX 01890 751734 henrygray@bslt4.fsnet.co.uk
Bruce Bollock Buster Mini Mt. Tri.		Lochore Meadows, Fife	Sun	26-Sep-04	£6/£8	C4.5K/MtB12K/R4.5K HR	Clive Waghorn 01383 872215 chw@globalnet.co.uk
Balmedie Beach Bash		Balmedie Country Park	Sun	26-Sep-04		R	
Dyke 10K	R	Dyke, near Forres	Sun	26-Sep-04		10K R and CC	01309 676853 douglas_cowie@hotmail.com www.forresharriers.fsnet.co.uk
Great North Run	R	Newcastle	Sun	26-Sep-04		13.1M	www.greatrun.org
Proms 3K	Series 1 of 6. R	North of Beach Ballroom, Aberdeen	Fri	01-Oct-04	£1	3K R	Metro. Duncan Wood 01224 868546. jackie.stewart@cnrinternational.com
Bennachie Hill Race & Jr. relay		Back o Bennachie, Oyne, Aberdeenshire	Sun	03-Oct-04	£5Aff/£7Pre-entry	R8mHR	01467 672342 subsea@virgin.net www.gariochr.freeuk.com
Loch Ness Mara. (Charity) +10K + 5K R		Near Fort Augustus - Inverness	Sun	03-Oct-04	£29Aff/£31 by 1/5	26.2M R	Malcolm Sutherland. 0131 524 0360 http://www.lochnessmarathon.com Pasta Party.
Reebok CC Series (1) Scotland		Falkirk (See National + International tab)	Sat	16-Oct-04			01242 528548 www.ActiveEurope.com
Stirling Duathlon	Ranking	Stirling	Sun	17-Oct-04		R5K/B20K/R5K	John Smith 01786 833297 drewgturnbull@hotmail.com www.stirling-tri.demon.co.uk
Off Beat Bikes Sprint Triathlon		Lochaber Leisure Centre, Fort William	Sun	17-Oct-04	£13/£26 Team	400mS/10M B/3.5M R OR	Damian Forster 01397 704008. Info@offbeatbikes.co.uk
Methlick Duathlon		Methlick Bowling Club	Sun	31-Oct-04	£8	5K OR/18K B/3K OR	3 Peaks Triathletes. Donald Thomson 01651 806230. dthomson@ifb.co.uk
Hydrasun CC Races		Balgownie, Aberdeen	Sun	31-Oct-04		13.1M R	01224 485850
Lochaber Half Marathon	R	An Aird, Fort William	Sun	31-Oct-04	5&10K=£4.2K=£2	26.2M R	01855 841276 Dugie MacDonald
Proms 3K	Series 2 of 6. R	North of Beach Ballroom, Aberdeen	Fri	05-Nov-04	£1	3K R	Metro. Duncan Wood 01224 868546. jackie.stewart@cnrinternational.com
Glen Clova Hotel Half Marathon		Glen Clova Hotel, Angus Max 300	Sat	06-Nov-04	£8 Aff./£10	Full length 13.1 M R	www.forfarroadrunners.com/Clova/Entry_Form/Clova_Entry_From.htm
Angus Biathlons/Duathlons Series 1		Monikie Country Park (Incl'g Jr. Cat.)	Sun	07-Nov-04	£8/£30Aff Ser.+£2 OD	4K OR / 20K B	johnbremner@btinternet.com 01241 876674 www.eventfull.biz/duathlon.html
Aberdeenshire / MTM Ltd CC Series (1)		Haddo House Country Park, Methlick	Sun	07-Nov-04	£4 Aff/£6	Men 10K @13.30h CC	Race administration 01467 628283 alastairsimpson@hotmail.com
Aberdeen AAC 6M		Bridge of Don	Sun	07-Nov-04		6M R	Members / Guests? 01224 314703
Dundee 10M R Champ.		Templeton Woods, Dundee	Sun	07-Nov-04	£9 Pre	Reg./Change@ Univ.10MR	01307 818053 d.kempton@tiscali.co.uk Entry on day at Univ. if allowed.
King's Aquathon Swim / Run		Kings College, Aberdeen	Sat	13-Nov-04		S400m/R5K or S800m/R10K	www.fleet-feet.com/odds_and_sods/Kings_winteraquathon_entry03.pdf
Elrick 8's Relays		Tyrebagger, Aberdeen - Sculpture Park	Sat	13-Nov-04		3.5 M + 650' Climb HR	01224 326541 CANCELLED !
Railway Relay		Dinnet, Deeside	Sat	13-Nov-04		Teams= 12.8Km OR	
Fraserburgh Half Marathon		James Ramsay Park, Fraserburgh	Sun	14-Nov-04	£6Aff/£8	13.1M CC	01346 510311
Gauldry Gallup		Gauldry, Fife	Sat	20-Nov-04			01337 830306 frank@scanbs.co.uk
Round the Castles	Series #1	Crathes Castle, Deeside	Sun	21-Nov-04	£4/£9 ADVseries	M=13.15h W=13.55h 6MCC	01224 636299 The Running Shop runningshop@talk21.com
SA North District CC Champs.		Elgin	Sat	27-Nov-04			0131 4767321
Gordon Way Run			Sun	28-Nov-04		OR	
Proms 3K	Series 3 of 6. R	North of Beach Ballroom, Aberdeen	Fri	03-Dec-04	£1	3K R	Metro. Duncan Wood 01224 868546. jackie.stewart@cnrinternational.com

Angus Biathlons/Duathlons Series 2	Monikie Country Park (Incl'g Jr. Cat.)	Sun	05-Dec-04	£8/£30Aff Ser.+£2 OD	4KOR/20KB/4KOR	johnbremner@btinternet.com 01241 876674 www.eventfull.biz/duathlon.html
RAF Lossiemouth / ASDA Turkey Trot	North 10M Champs.	Sun	12-Dec-04	£6/£8 Pre	10M R	01343 812121 x 7633 dboygreen@hotmail.com
Aberdeen AAC Skol 6	Hazelhead Park, Aberdeen.	Sun	12-Dec-04	£3 Aff/£5	Reg.@ Parking @ café. 6M	01224 208525 neil.murdock@btopenworld.com
Banchory Fun Run	Banchory - George VI Park, Guide Hut	Sun	26-Dec-04	£1.00	3.5M R	Banchory & Stone. A. Club. No times or prizes but soup and juice after.
White Cow Wood Runs 10K and 5K	by Mintlaw	Sun	26-Dec-04	£5	10K & 5K	Tri - Buchan (£5 entry donated Seaman's Mission)
Fun Run (Handicap)	Stonehaven Beach Pavilion (Green Hut)	Sun	26-Dec-04	£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	Sun	26-Dec-04	Min. £3 gift + 20p	Beach 4M OR + 58 barriers	Ewen Rennie. Bring & get a present
Peterhead to Fraserburgh Beach Run	Peterhead Golf Club Car Park	Sun	26-Dec-04		App 16m OR	S Hastie 01779 479927 or I Duguid 01779 478553. 9.15 for 9.30 start.
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.

11-3-04