
FLEET FEET TIMES

February 2004

The Editor's Bit



**FLEET FEET
TRIATHLETES**

*Fleet Feet Web Site
www.fleet-feet.com*

The magnificent 60! The first of the winter series races took place on February 29. Despite it being a bright and sunny day the cycle section had to be cancelled due to icy patches on the road. A big thank you should go to the organisers, particularly Gary and Paul, who quickly rearranged the heats allowing everyone to have a trouble free race. Also a big thanks to the 60 hardy competitors that completed the course for their understanding regarding the change in format. Safety has to be paramount. Falling off the bike once is one time too many. A full report of the race will be given in the next edition of Fleet Feet Times. Don't forget, the next race is March 28.

Our winter series may have just begun, but one down the road has been completed. The Monikie Duathlon series was well attended by members of Fleet Feet. The women did particular well with Margaret Anderson not just content with being first

Lady Veteran but also scooping the overall Ladies trophy. In the Super Veteran category Ann Tough took top honours. There were other very good performances by Fleet Feet with Bruce Bricknell, Ian Sinclair, Philip Rhind, Bert McIntosh, Tom Flynn, Neil Robertson, Mary Birse and Nicola Rhind (listed as S&D) all completing the series. Well done everyone – and apologies to those I may have missed out.

Thanks to Paul Kefford for his race report. Competitor reports are always interesting; please continue to send them in. It would also be good to get a view from a different perspective. So, if you have marshalled a race, been a willing (or even unwilling) spectator or know of a friend whose Auntie had a second cousin twice removed who once thought about entering a race then please send in your stories.

As well as planning your race season it is just as important to plan your training. For those of you looking for a social weekend combined with a good workout away from the normal routes Bruce Bricknell is organising a training weekend in Aberfeldy. It is scheduled for April 16 to 18 with accommodation at the Aberfeldy Bunkhouse. Aberfeldy is a great venue for training and is regularly used by clubs such as Stirling Tri, Ayrodynamic and **triathlionscotland** for squad weekends. Further details can be found on page 7.

As for me, it looks like I will be out of action for a while longer. Since I have stopped training I am averaging a weight gain of one kilo per month. If this continues then by my reckoning on the 22nd June 2025 I will be the heaviest person ever recorded in the United Kingdom. At this time I may consider a comeback. In the supersized category. I'm not sure about an open water event though. I may need to contact Dunlop to get a wet suit made.

Happy Racing

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.

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 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.

Fleet Feet training weekend – April 16-18. Staying at “The Bunkhouse”, Glassie Farm, Aberfeldy.

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.

An Irish jig from Great Run

After organising the Great BUPA Ireland Run for 4 years in the west of Ireland, this popular 10KM run was moved last year to the beautiful Phoenix Park in Dublin.

What a combination it proved to be! A televised mass participation 10KM run, at the most scenic location in this ancient and vibrant city. Dublin is itself one of Europe's favourite destinations, renowned for its hospitality and "the craic". This year we've taken a positive step towards making it even more appealing to both Dubliners and visitors. The 2004 run will be held on SATURDAY, April 3rd

This of course means that you can do the run, watch the RTE TV programme later in the day and then enjoy a Saturday night out in Dublin, with all that this City has to offer. Even we as organisers understand that Sunday races aren't ideal when they interfere with Saturday socialising, but on this occasion the enclosed, private roads of the Phoenix Park ensure a safe run without having to worry about traffic issues. The rest of the weekend is free to further enjoy yourself. Come and see for yourself why the Ireland Rugby matches are so popular with the fans of the other five nations. If you live outside Ireland, getting to Dublin has never been easier, budget price flights are available from all over the UK, and the city caters for every level of accommodation, from B&B to 5 Star hotels.

If you're tempted to have a Spring outing; or even put the finishing touches to your London Marathon preparations; then follow the various links below to set the wheels in motion.

Register on line: <http://www.greatrun.org/events/registration.asp?id=6>

FFT WINTER SERIES 2004

Race 1 - Stonehaven Novice Triathlon ~ 29/02/04
 3 mile run; 8 mile cycle; 400m swim
Sorry if you missed it, tri the next one!

Race 2 - Stonehaven Novice Triathlon ~ 28/03/04
 3 mile run; 8 mile cycle; 400m swim

Race 3 - Aboyne Ranking Duathlon ~ 25/04/04
 5K run; 30K cycle; 5K run



www.fleet-feet.com

The Fleet Feet Triathletes Winter Series is open to all athletes of all fitness levels and abilities. Novice athletes who wish to try out the sport for the first time are particularly welcome for all 3 races. The swims will be held indoors and take place after the run and cycle stages. Cycle helmets are compulsory. Race maps and other details will be sent out upon receipt of entry form. Registration is 10:00, with 11:00 start for each race. Check website for late breaking news and results.

Entry Fees Normal Entry closes the Monday midnight prior to each race. £3.00 surcharge fee for late entries

	Junior (16-19 yrs inclusive)	Senior STA / BTA Member	Senior Non Member
Race 1 Only	£4	£8	£10
Race 2 Only	£4	£8	£10
Race 3 Only	£4	£8	£13
All 3 Races on 1 form	£10	£20	£29

Entries to: Gary Gutteridge, 46 Bernham Avenue, Stonehaven, Scotland, AB39 2WD
 E-Mail: ggutteridge@oceanengineering.com Telephone: (W) 01224 797207 (H) 01569 765234
Cheques Payable to 'FFT' : Please send two 9" x 6" SAE'S for race instructions and results

NOTE -- No SAE's required if email address included, as all instructions will be sent electronically
Please note details & results will be posted on www.fleet-feet.com and emailed to everyone providing a legible email address.

Entry Form

Events (please tick)

RACE 1	RACE 2	RACE 3	All 3 RACES	Fee Paid £
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Please complete **all** boxes as accurately as possible. (minutes & seconds)

Run time (3 miles)	Cycle time (8 miles)	Swim time (400m)
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CATEGORY – PLEASE TICK BOXES

MALE	FEMALE	Junior 16-19 yrs	Senior 20-39 yrs	Veteran 40-49 yrs	Supervet 50-59 yrs	Vintage 60+yrs
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Name: _____ Date of Birth: _____
 Address: _____
 Club: _____ Post Code: _____
 Email Address: .. _____ STA/BTA/ No.: _____
(PLEASE PRINT VERY CLEARLY)

DECLARATION: I am medically fit to run in the above race and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objection to the information contained on this application being entered on a computer for the purpose of race administration only.

Signed: _____

The Vitruvian –September 2003 by Paul Kefford

I first heard about the Vitruvian through my brother, Andrew, as it is reasonably local to him and is organised, by Ian Hamilton and Mark Shaw, two people that support the running club that both Andrew and I are members of. Mark, also kindly donated energy gels and powder while Andrew and I were training for the Marathon des Sables in Morocco last year.

For some reason, maybe it was the need to have something lined up after Morocco or possibly an over confidence during our 'tapering', but we both decided that it was about time that we stepped up to a middle distance triathlon. Anyway, how hard can a 1.2 mile swim, 56 mile bike and a 13.1 mile run be? It can't be that hard as it's over in a few hours! Hmmm.

I travelled down from Aberdeen on the day before the race so we could head down to the race HQ and register in plenty of time. The registration went more smoothly than expected and we were informed that the bike route had to be cut short due to road works and now it would only be 50 miles. Shame really, I was hoping that they might shorten the final leg instead!

After a drive round the bike route to check it out, we soon retired to our campsite and set up our tents then headed off in search of food in the nearby town of Rutland. It was either for last minute 'carbo loading', or more realistically, a chance to eat far too much food and being able to put it down to being an athlete. Following our fair share of Chinese food we then headed off for a couple of pints of Guinness to help us sleep. All too soon the alarms, yes - we were very paranoid that we might miss the start of the race so we set several, went off, we stuck our heads out of the tent to be greeted by darkness. Had we set our alarms too early, could we get back into our sleeping bags for a couple more hours ? Unfortunately not. We were up at the right time and had to start stuffing some food down us and head for the start of the race.

I think that we were all hoping that once we got to the transition area that the sun would be up and that we would be basking in the early more sun while going through our last minute preparations, alas no. Along with down jackets and woolly hats we put on our head torches, an item that a lot of other people had forgotten so soon we became the pretty popular in the transition area. Once each of our transition areas we sorted it was now time to put on our wetsuits and head down to the waters edge. We were reminded again that this was a non-drafting event and to enjoy ourselves. We were also informed that the swim course had been altered due to the low water levels in the reservoir. Instead of one large out and back loop, the swim would consist of a smaller loop followed by a small run before repeating the loop.

The whole field edged into the water. The first people into the water were the quick swimmers and those that desperately needed to prove they weren't dehydrated. Last minute instruction were being shouted from the shore, and an accidental tap on top of the air horn and we were off.

The start was its usual mess, and a different experience to what I'm used to up here in Scotland. A couple of hundred people splashing around in close proximity of each other, all aiming for the racing line around the first buoy in order to save valuable seconds off of their finishing time. I managed to find some clear water just on the outside of the field and managed to settle into a nice rhythm and before I knew it, it was time to jump out. Running after swim is always funny but knowing that you had to get back into the water and do it again didn't seem quite so appealing. As we ran past the spectators everyone was shouting and cheering you on which gave a welcome boost and I decided to reward their cheering with an athletic dive back into the water. The dive looked good until I had to stand straight back up and refit my goggles and remove the pond weed from my mouth. Apart from that, it was a text book dive.

I emerged from the swim in a time that I was quite happy with, especially as I seemed to take more of a zigzag route in the water, and headed to T1. The support was great as I jogged up to my bike. I was forewarned that the first lap of the bike would be hilly but was quietly confident that the hills wouldn't pose too much of an obstacle but I settled down into a nice relaxed position and started to enjoy the fact that I was passing a good number of people in front of me.

After completing the first lap we headed back down towards T1 and to the feed station. As I entered the feed station I saw my brother only a couple of minutes in front of me. It was at this point that I knew I had made good time on the bike, as he would've come out of the water quite a few minutes up on me. We headed back out onto the main road, thankfully the junction was well marshaled and we were able to pull straight out onto the main road without having to slow down. We now started two smaller laps; at the end of each lap was a nice climb just to sap a bit more energy out of your legs.

I settled back into a comfortable pace, eating and drinking frequently, and finished the bike comfortably, knowing that I only had a half marathon to go. As I came into the transition Andrew was just leaving, so overall I was feeling pleased by the bike leg. A few helpful words from the commentator pointing out that I was gaining on my younger brother spurred me on. After changing my shoes I headed out onto the run and past the feed station that was being manned by our little sister, Angela, who had come along to watch but had been press ganged into helping once they realised whose sister she was, and even rewarded her efforts by giving her a T-shirt.

The run was a two lap affair and the support along the route was fantastic. Whether we were running past race marshals, supporters of other competitors or even members of the general public who couldn't figure out what was going on, everyone clapped, cheered and offered moral support. All of the feed stops on the run course were manned by members of Formula 1, my first claim running club from Nottingham, so I received additional support and regular updates on where my brother was, and the usual cheer of 'go on Andy's brother'. The other great thing about this course was, that as it was an out and back two lap course, so we kept passing people we knew, albeit going in the other direction, but this gave you a spring in the step and helped you pick the pace up, well until you had passed them. The hardest part came somewhere during the second lap of the run. Up to this point I felt pretty comfortable, but now it was more a case of trying to grind out the last few miles in a somewhat slower fashion.

After just over 5:30 hours the finish line was in sight. I could hear the cheers of the spectators and I could also hear my name being called out over the PA system and some reference to my brother and I completing the MdS. A big boost! After running down the finishing shoot and "high fiving" all of the Formula 1 members who had already finished I crossed the finish line, elated.

This was the first time that the Vitruvian had been run and the first time that I had competed in a middle distance triathlon, and definitely a success in both areas. To me a successful triathlon, is a race that allows me to compete where I only have to think about racing and nothing else, and this race did that. The race was well organised, well marshaled and well supported. I don't think that, as a competitor, you can ever ask for more than that, well that and maybe a PB.

The cream on the cake came when I received the results through the post. Not only did they confirm that I did beat my brother on the bike by a few good minutes, they finished the results page with this line:

"Remember...you're not a half anything...you're a Vitruvian..." A nice end to a good day out!

Editor's note: Paul did not list his times, so I got them from the interweb

Andrew Kefford – swim 41:20 bike 2:47:40 run 1:51:26 Total 5:20:26

Paul Kefford - swim 48:28 bike 2:42:34 run 2:08:12 Total 5:39:14 – and first Fleet Fleeter!

FFT Training Weekend 16-18 April 2004

Location

We will be staying at "The Bunkhouse", Glassie Farm, Aberfeldy, which is a couple of miles outside Aberfeldy with stunning views South over the Tay valley to inspire us whilst we train/socialise!

For details of how to find it try their website; www.Thebunkhouse.co.uk , the map reference is 854510 (OS Sheet 52) or give me a call on the numbers below...

We are welcome after 18:00 hrs on the Friday evening (its about 2 hours from Aberdeen), although I plan to be there a little before this to open-up etc. We should vacate the place by 15:00 hrs on the Sunday to allow cleaning etc.

The bunkhouse sleeps 24 in four rooms. We have the whole place, and will organise sleeping arrangements once we know who's coming! Bring a sleeping bag and towel, for those that need to hire a duvet, this can be arranged - but we need to let them know in advance.

Self-catering is planned and we will provide communal tea/coffee/fruit/bread etc included in the price (I estimate that £25 should cover the accommodation/communal charges but will finalise this figure on the weekend – a bargain by any standards!). The carry-out curry proved popular for the Saturday night at Grantown last year, subject to demand we may repeat this year? So you just need to bring what you want for breakfast and lunch for two days plus training snacks etc.

Training Plans

Training will be as much or as little as you fancy, but to give you some ideas we will have a pool session (provisionally booked for 0900 – 1000 on Saturday morning), and some of us plan to try the ½ Ironman cycle route on the Sunday morning. For the real masochists we also plan a 'brick' session (bike/run) on Saturday afternoon...

More Information

For more information please contact me on any of the following;

Work Tel: 01224 882861

Home Tel: 01224 312576

Mobile: 07799 415224

E'mail: Bruce.Bricknell@Shell.com

Monikie Duathlon Winter Series by John Bremner (race organiser)

The fourth and final round of the Angus Bike Chain/ SG Baker Winter Duathlon Series took place on Sunday 15 February, having been postponed from the previous week due to snow and ice on exposed parts of the course which would have made the cycle section dangerous for the 95 registered competitors.

On the day 67 athletes took part in the 4km run, 40km cycle and second 4 km run, in almost perfect spring-like conditions. Due to the postponement, two series contenders, Jason Smith of Escape Route Cycles and Stuart MacGregor, Glasgow Couriers/ Bennett Developments were unable to take part. This left the series leader James Ouchterlony of the host club with a bit of breathing space to his next rival, veteran Tim May, Edinburgh Road Club.

From the whistle, James was in no mood to take it easy and set the pace on the run, but a slow transition saw him start the bike section in second place behind Alan Findlay, Stirling Tri Club. Tim May left it difficult for himself with a run time almost three minutes down on Ouchterlony, and after the 25 hilly miles on the bike, James returned to transition in first place and had increased his lead over Tim, the second athlete in, to 3 minutes 30, and all on a cyclo cross bike with knobbly tyres.

Third rider in, super veteran Howard Horsfall, Fairport Triathlon Club caught Tim May on the run to finish second on the day behind Ouchterlony, with May third. First Lady rider to finish was Wendy Duigan, Tayside Fire Brigade, followed by ladies series leader Margaret Anderson, Fleet Feet Triathletes.

Series Results:

Overall - James Ouchterlony, Runner-up - Tim May

Veteran: Tim May, Super Veteran - Howard Horsfall

Ladies: Overall - Margaret Anderson

Senior: Caroline Stewart

Veteran: Margaret Anderson

Super Veteran: Ann Tough

The duathlon dates for 2004/2005 are 7 November, 5 December 2004, 9 January and 6 February 2005.

Never trust a seagull

Are you ready for the London Triathlon 2004? Well, you'd better watch out for the fish.

It has recently been reported that a Piranha has been found in the river Thames. Although native to the Amazon River it is believed this one arrived courtesy of a Seagull. Now, Alfred Hitchcock was a bit dubious about seagulls, and it would appear with good reason. It is bad enough being chased by something the size of an albatross down at the seafront, but seagulls strategically placing hungry fish in the waterways of Britain really is taking things too far.



The little chap on the left is a Piranha. Apparently these fish can grow to an amazing 10 pounds. Their razor sharp teeth are usually hidden beneath their lip – when feeding they curl their lips back fully exposing their teeth. No need for us to worry though. The Piranha is a warm water fish and is unlikely to visit Scotland. Not even in the summer.

Calling all paddlers, a request from The Cancer Challenge Team

We are organising a 24-hour canoe polo world record attempt to raise money for three cancer charities and would be grateful if you could forward the following information to your club members. We need over 400 paddlers to take part!

This is your chance to take part in a 24-hour record attempt for the longest canoe polo match with the greatest number of players. There will be two teams of five players with rolling substitutions so that the game does not stop. The idea is that people play for 30 minutes and are then subbed off for a rest. The event will be held at Hatfield Water Park near Doncaster, Yorkshire and will take place on 28th-30th May 2004 starting at 6pm. Once the final whistle has blown on the Saturday night a well earned after event party will start.

It doesn't matter if you can't play polo or are not a super-fast polo player, there will be a chance to learn the basics on the day and if you state your ability when signing up, you'll be playing against people with a similar ability.

We hope to raise over £10,000 for cancer charities so competitors must raise a minimum sponsorship to take part, £5 for juniors and £10 for adults. There will also be raffles, a guess-the-score competition, merchandise sales and collections on the day of the event.

We decided to organise the event after Ruth Holdway, one of the organisers of the event, was diagnosed with Hodgkin's Disease, a form of lymphatic cancer. Ruth is a twenty three year old graduate of the University of York, and a fanatical canoeist. She has begun an intense program of chemotherapy at University Hospital North Staffordshire. But unable to work full time or paddle, Ruth has decided to throw her efforts into fund raising and increasing awareness to young people that cancer can strike anyone at anytime.

By holding this event we hope to raise as much money as possible for our chosen charities. The three charities, *Cancer Research UK*, (reg. charity no. 1089464) *Cancer Bacup* (reg. charity no. 1019719) and the *North Staffs Chemotherapy Unit* (reg. charity no. 1054889) have been chosen because of their help and support they have given Ruth since she was diagnosed with Hodgkin's Disease. All the funds raised will be divided amongst the charities as follows:

Cancer Research UK: 60%

Cancer Bacup: 20%

North Staffs Chemotherapy Unit: 20%

All the information is available on our website www.cancerchallenge.org.uk where you can sign up to play and print off sponsor forms.

Or you can contact Ruth at ruth@cancerchallenge.org.uk or (07815768360) for more information.

We hope this will be a great event and that you'll join us on the day.
Many thanks

The Cancer Challenge Team

Advertisements

Linda Duncan and Rosemary A Clark & Associates
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

MORE PAIN.... MORE GAIN!



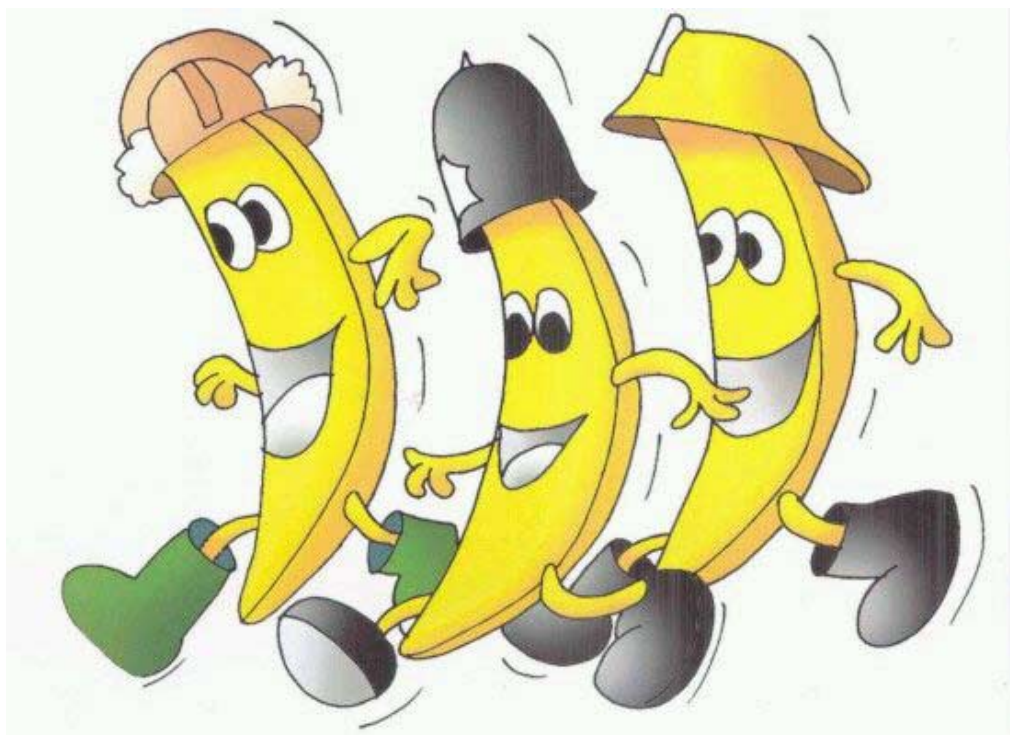
Join Alastair Campbell in the London Triathlon 2004 and help raise life-saving funds for Leukaemia Research. Enter as an individual or a relay team over the sprint or olympic distance.

Contact John Hooper for further details



T: 020 7269 9096
E: jhooper@lrf.org.uk
W: www.lrf.org.uk

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Event Name	Location	Day	Date	Time	Cost	Description	Contact
Proms 3K Series 6 of 6. R	North of Beach Ballroom, Aberdeen	Fri	05-Mar-04	13.00h	£1	3K R	Metro, Jackie Stewart. Jackie.Stewart@cnrinternational.com
SA National Masters CC Champs.	Cupar, Fife	Sat	06-Mar-04				0131 4767321
Off Beat Duathlon	Fort William	Sat	06-Mar-04			7K R / 15K B / 7K R	Damian Forster 01397 704008. Info@offbeatbikes.co.uk
Arbroath Smokie Ladies 10M R	Arbroath Sports Centre	Sun	07-Mar-04	11.00h		Sexist 10M R	01674 672985 ruairidh@campb18.freeserve.co.uk
Nairn 10 K and Fun Run	Nairn	Sun	07-Mar-04	14.00h		10K R	01667 452208 nairnroadrunners@supanet.com
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 inverness.half@grebes.fsnet.co.uk 01463 221971
Swimathon	Portlethen	Thu	18-Mar-04	19.00h	£7.50	5000m swim	
Bruce Winter Series Series 3 of 3	Lochgelly High School, Lochgelly, Fife	Sun	21-Mar-04	12.00h +	£7/£14 series	4KR/19KB/400 mS	01383 823484 michael.robinson15@virgin.net
22nd Alloa Half Marathon	Lornshill Acad., Alloa	Sun	21-Mar-04	11.00h		13.1M R	01259 720220 s_mcallister@btconnect.com
FFT Winter Mini Tri. Series 2	Stonehaven Leisure Centre.	Sun	28-Mar-04	11.00h	£20/£29 series	3M R/ 8M B/400mS	FFT - Gary Gutteridge 01569 765234 ggutteridge@oceanearing.com www.fleet-feet.com
Moray Road Runners 10K	Cooper Park, Elgin	Sun	28-Mar-04	14.00h	£5/£7 Pre by24/3	10K R	01343 549379 carol.lawrie1@bopenworld.com
Crichton Duathlon	Dumfries	Sun	28-Mar-04			4M R / 14M B / 2M R	CANCELLED due STA levies dampening enthusiasm. Think again STA. See www.TriDaz.co.uk
AAC Club Half Marathon	Bridge of Dee, Aberdeen	Sun	28-Mar-04			13.1M R	01224 314703
Stirling Kids Aquathon	Stirling	Sun	28-Mar-04				John Smith 01786 833297 john.r.smith@sun.com
RAF Lossie Duathlon Ranking +Novice	Lossiemouth Community Centre	Sun	04-Apr-04	10.30h	£12 Aff / £17	5KR/30KB/5KR	james.mcfarlane2@ntlworld.com 01343 870038. www.rafri.org.uk/scotland/races.htm
Tartan Day 10K (Runners in Kilts) R	Fettercairn, Aberdeenshire	Sun	04-Apr-04	13.20h	£8Aff/£10	Max. 250 10K R	quentin@travelflash.co.uk www.born2run.co.uk
East Fife Tri. Sprint (Ranking) & Mini Tri	Scot. Univ. Champ. Cupar Sports Centre	Sun	04-Apr-04	09.30h	£15 Aff / £20/£5 Jr	Sprint 750mS/20KB/5KR	Andy Tero 01382 621295 (H) 01382 622341 (W) andytero@freenet.co.uk Mini 400mS/11KB/3KR
Howes of Bucksburn 2M	Howes Road, Northfield, Aberdeen	Tue	06-Apr-04	19.00h	£2 Aff/£4	Down hill then up. 2M R	01224 740998 Jackie Stewart. Deferred from New Year.
Neways Speyside Way Race 50K	Ballindalloch to Spey Bay	Sun	11-Apr-04	11.00h	£15Aff/£17+£1 OD	50K (Appr 15K R + 35K OR)	Don Ritchie 01343 813398 idritchie@zetnet.co.uk
Flora London Marathon & UK Champs.	London	Sun	18-Apr-04			26.2M R	
Clachnaben Hill Race	South of Strachan @ Greendams	Sun	18-Apr-04	11.00h		10.5M + 3,500 Ft. climb HR	01224 323728 SAL Permit. Grid Ref. NO646903
Mar Orienteering Club	Sluie Woods, east of Kincardine o Neil	Sun	18-Apr-04	10.30h-			013398 81203
FFT Winter Duathlon Ranking Series 3	Aboyne Community Centre	Sun	25-Apr-04	11.00h	£20/£29 series	5K R/ 30K B/ 5K R	Gary Gutteridge 01569 765234 ggutteridge@oceanearing.com www.fleet-feet.com
Ayr Duathlon (STA Series) Ranking	Ayr	Sun	25-Apr-04		£12 Aff/£16	5KR/30KB/5KR	Alastair Stewart 01292 317223 alastair.i.stewart@gsk.com www.ayrodynamic.co.uk
Craibstone Estate Charity 10KR	Aberdeen	Sun	25-Apr-04	11.30h		5K Ladies@10.30h, 2K@10	012224 711086 Samantha Pendrey.
Lochaber Mara. (Scot. Vets Champs.)	An Aird, Fort William. (Team Strides)	Sun	25-Apr-04	12.00h	£13/£15 Pre	26.2M R	01855 841276 Dugie MacDonald dugie@lochaberac.fsnet.co.uk
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	27-Apr-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Proms # 1	Aberdeen Beach (North)	Thu	29-Apr-04	M19.30h	£12Aff/Series	Ladies = 18.30h. 3K R	Jim Stark 01569 764675 (H). Ladies 19.00h start.
Edinburgh to N. Berwick	Meadowbank Stadium, Edinburgh	Sat	01-May-04			22M R	01620 895593
King's Aquathon (Swim/Run)	Kings College, Aberdeen (Max = 60)	Sat	01-May-04	14.00h	£5/£4 students	S400/R5K or S800m/R10K	Barbara Loester 01224 272636. b.e.loester@abdn.ac.uk
Kinloss Sprint Tri.	RAF Kinloss swimming pool	Sun	02-May-04	14.00h	£12 Aff/£14	S750m/B20K/R5K	Jim McFarlane 01343 870038. james.mcfarlane2@ntlworld.com www.rafri.org.uk
Wick Mini Tri.	Wick	Sun	02-May-04				Katie Farmer 01955 604170
12 CTT Garlogie/Dunecht/Echt	(Deeside Thistle Cycling Club)	Tues	04-May-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Proms # 2	Stonehaven Swimming Pool	Thu	06-May-04	M19.30h	£3.50Aff/£4.50	3K R	Jim Stark 01569 764675 (H). BBQ after?
BUPA Great Caledonian Run	Balmoral Castle, Deeside	Sat	08-May-04	14.50h?	£14 ?	9.6k R/OR	0191 4020016. Entry limit 1500. www.onrunning.com
FFT Deeside Tri. / Duathlon	Games Park, Braemar - Aberdeen	Sun	09-May-04	?		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	11.00h	£7/£9 Pre entry	10K R	01356 622135
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	M19.30h	£3.50Aff/£4.50	Ladies = 18.30h. 3K R	Jim Stark 76764675 (H). Ladies 19.00h start.
Longside 10K R	Davidson Park, Longside, by Peterhead	Sat	15-May-04	15.00h	£5 Aff/£7	10K R	John Bruce 01779 821644 johnb@longside94.fsnet.co.uk
Forres Harriers 10K (N. Champs.) R	Ben Romach Distillery, Forres	Sat	15-May-04	14.30h	£4/£6+£1 on day?	10K R	01343 542065 Register @Town Hall hamish@elgin.win.uk.net
Turriff Tri. Sprint (Ranking) & Novice	Turriff Leisure Centre.	Sun	16-May-04	11.30h	£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	(Deeside Thistle Cycling Club)	Tues	18-May-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Stornoway Half Marathon	Stornoway, Isle of Lewis	Sat	22-May-04	10.00h	£8/£10 Pre-entry	13.1M R	01851 705806 roderick.gillies@scottishwater.co.uk
City of Aberdeen Baker Hughes 10K	Beach Boulevard / Links Road. & Fun	Sun	23-May-04	10.00h	£8Aff/£10 pre.1/5	10K R	01224 522076 or 01538 703111 www.activeeurope.com
Inverurie Kids Tri.	Inverurie Swimming Centre	Sun	23-May-04	10.30h	£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	09.00h	£11.50 Aff/£13.50	500mS/14MMtB/4MR	Kyle Dodds 01631 566800 kyle@atlantisleisure.co.uk
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	25-May-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Midlothian Kids Aquathon <u>Ranking</u>		Sat	29-May-04				Jacqueline Meekison. 0131 5578031 minkymeek@hotmail.com
Midlothian Sprint <u>Ranking</u>		Sun	30-May-04			Sprint 750S/20KB/5KR	Theresa Fitzpatrick 07855 940534 young.fitzy@btinternet.com
Orkney Standard <u>Ranking</u>	Kirkwall	Sun	30-May-04			S1500m/B40K/R10K	Trisha Sinclair 01856 870746
20 HTT Netherley/Durris/Slug	(Deeside Thistle Cycling Club)	Tues	01-Jun-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Dumbarton 10K R	Dumbarton Academy	Thu	03-Jun-04	19.30h		10K R	01389 712000 www.polaroid10K.com
Glas Tulachan Uphill Race HR	Dalmunzie Hotel, Glenshee	Sat	07-Jun-03	14.00h			01506 412322 martinhyman@clara.co.uk
Scolty Hill Run & Junior Race HR	Scolty Forest Car Park, by Banchory	Sun	06-Jun-04	14.00h		4.5M + 900' climb. HR	Deeside Runners. Pat Donald TEL 013398-83697 ? NOTE NEW START POINT
Dunfermline Half Marathon (E. Champ.)	Pittencrieff Park, Dunfermline	Sun	06-Jun-04		£12/£14 Pre-entry	13.1M R	01383 314200 0870 1232003 admin@dunfermline-half.co.uk
Stirling Sprint (Ranking) + Try Tri + Kids	Stirling (Includes Novice event)	Sun	06-Jun-04	08.30-11		Sprint 750mS/20KB/5KR	John Smith 01786 833297 john.r.smith@sun.com
10 TT Garlogie	(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	19.30h	£3 Aff/ £5	4M and 2M R	01224 740998 or Heather Tulloch 01224 210533
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
Trailbuster Mountain Bike Duathlon	Aberfoyle	Sat	12-Jun-04			4KR/12KMB/4KR	Phillip Barlow 0141 8121063 philip@3bracing.co.uk
Skene Sprint Tri (Ranking) + Mini Tri	Westhill	Sun	13-Jun-04	11.30h	£18/£13/£10/£5	Sprint S750m/B20K/R5K	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
Ayr Sprint <u>Ranking</u> & GP <u>Ranking</u>	Ayr	Sun	13-Jun-04			Spr OW750mS/20KB/5KR	John Strawhorn 01290 550079. strawhorns@aol.com www.ayrodynamic.co.uk
Diet Coke East Kilbride Half Marathon	John Wright SC, East Kilbride	Sun	13-Jun-04	09.30h	£12 Aff / £15	13.1M R	01698 476118 (SA Half Mara. Champ.) www.ekhalfmarathon.co.uk
Syntegra Edinburgh Marathon R	Holyrood Park, Edinburgh	Sun	13-Jun-04		£27/£29 ballot	26.2 M R	0901 0201 600 www.edinburgh-marathon.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	Aberdeen beach	Tues	15-Jun-04	19.00h	£1 Aff / £3	10 K	The Running Shop 01224 636299 runningshop@talk21.com
Highland Cross Charity Duathlon	Morvich (Kintail) to Beauly	Sat	19-Jun-04	11.00h		20M OR / 30M B	01463 792811. By invitation only.
Scot National Duath Champ <u>Ranking</u>	Edinburgh. + Sprint Tri + Schools+Nurses	Sat	19-Jun-04	09.30h	£20Aff/£21	5KR/20KB/5KR	Bruce Kidd 0131 6574716 bruce@kidd65.freeserve.co.uk www.edinburghcyclingcoop.net
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@gcalder.fsnet.co.uk www.fleet-feet.com
Tiso 7 Hills Run (Race & Challenge)	Edinburgh	Sun	20-Jun-04	09.45h-	£5/£7 Pre-entry	14MR + 2.200' ascent. HR	0131 5540804 Challenge starts 09.45h, Race 10.15h aylawson@compuserve.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 <u>Ranking</u>	Lochore Meadows Country Park, Fife	Sun	27-Jun-04	09.00h	£18 Aff/£23	Spr.=750mS OW/20KB/5K R	Ann Malcolm 01577 865269. gag.milnathort@ic24.net
Ythan Challenge Max 200.	The Meadows Sports Centre, Ellon	Sun	27-Jun-04	11.00h	£8.	7m CC charity race. CC	Bill Kenny 01771 613697 info@ythanchallenge.org.uk
Lairig Ghru Hill Race	Police Station, Braemar	Sun	27-Jun-04	10.00h	£7/£9 Pre-entry	Marathon + . HR	01339 755599 phil@benzie.freeserve.co.uk
Follow the Herring	Portsoy, by Banff	Sun	27-Jun-04	10.30h	£6Aff.?	10K R + 2K Fun run	Mike Seed 01261 813383
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	11.00h		10K R	01241 874820 L. Barnett
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	29-Jun-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
FFT Summer Series 3 Sprint <u>Ranking</u>	Stonehaven Leisure Centre	Thu	01-Jul-04	?		S750m/B20K/R5K	FFT - Gary Gutteridge 01569 765234 ggutteridge@oceanearing.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	11.15h	£9 Aff./£11	13.1M R and 3K Fun Run	M Birse - Splash n Dash - 01569 767380. peter.littlefield@stoltoffshore.com
Great Inverurie Bike Ride	Kellands Park, Inverurie	Sun	04-Jul-04			25M B	Sandy Lindsay, Mackie Academy. www.gibr.co.uk
Huntly Kids Tri.	Gordon Schools Huntly Pool	Sun	04-Jul-04	10.30h	£5	For distances see contact	Andrew Miller 01467 628127 FAX 01888 563156. leisureland@aberdeenshire.gov.uk
25 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	06-Jul-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Johnstone Tower Hill Run	Laurencekirk	Thu	08-Jul-04	19.00h		3M HR + 700' climb	
Monikie Stand Tri. <u>Ranking</u> +GP <u>Ranking</u>	Monikie Country Park, Angus	Sat	10-Jul-04			1500mS OW/40KB/10KR	Tom McGrath 01382 370202. monikiepark@sol.co.uk
Amphibious Ancients Bathing Assoc.	Standard Tri. (OW) Dundee	Sun	11-Jul-04			S1500m OW/B40K/R10K	Joyce McIntosh 01382 775312
10 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. <u>Ranking</u>	Orkney	Sun	18-Jul-04			S750m/B20K/R5K	Trisha Sinclair 01856 870746.
15 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	12.00h	£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
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	27-Jul-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Aboyne Highland Games HR	Aboyne	Sat	31-Jul-04	16.00h			
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	12.30h	£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	10.00h	£8Aff./£10	200 Max. 13.1M R	Metro. Heather Tulloch 01224 210533 www.metro-aberdeen-rrc.co.uk
10 TT Garlogie Novices	(Deeside Thistle Cycling Club)	Tues	03-Aug-04				Anne Brown 01467 641587 AnnePRBrown@aol.com
Festival Duath.Scot Champ BTA Ranking	Holyrood Park, Edinburgh.	Sat	07-Aug-04	9.00h	£8 aff / £9 + charity	R5K/B20K/R5K	Bruce Kidd 0131 6574716. Bruce@Kidd65freeserve.co.uk
Haddington Half Marathon	Neilson Park, Haddington	Sat	07-Aug-04	14.00h		13.1M R	01620 824023
Edzell Fun Run	Edzell Town Hall	Sat	07-Aug-04	10.00h	£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	12.00h	£12	750mS/20KB/5K R	Katie Farmer 01955 604170
5 TT Garlogie Outward	(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	14.00h		6M + 1,220 Ft. climb. HR	01464 861387
Gullane Beach Standard & GP(OW) Ranking	Gullane	Sat	14-Aug-04			S1.5K(OW)/B42K/R10K	Deborah Mouat 0131 5388113. Gullane@edinburghtri.org.uk
Aberdeen Tri. Standard Ranking	Hazlehead, Aberdeen	Sun	15-Aug-04	10.00h		S1500m/B40K/R10K	FFT - Kevin Adam www.fleet-feet.com
Great Stonehaven Bike Ride	Scout Hut, Stonehaven	Sun	15-Aug-04	12.00h		11M B or 25M B	Charity ride in aid of the Blind + 10% PARCS. Mary Lindsay 763440. derekrstewart@lineone.net
Kelso Sprint Tri.	Kelso	Sun	15-Aug-04				Graham Eason 01573 460202
Lonach Gathering Hill Run	Bellabeg, Strathdon	Sat	21-Aug-04	15.30h	Race Entry Incl.	4.5 M OR	001975 6 51233
Aberfeldy Long Distance & 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	10.30h	£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	11.00h	£7/£9 Pre-entry	10K R	Ron Milne 01307 468293
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
The Scottish Standard Tri. Champs. The Firth of Forth Tri. & GP Ranking	Edinburgh	Sat	28-Aug-04				Bruce Kidd 0131 6574716 bruce@kidd65.freeserve.co.uk
Peterhead Tri. Sprint Ranking	Peterhead Acad.	Sun	29-Aug-04	11.30h	£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	09.00h	£9/£9/£6 Aff.	Mar/Half Mar/10K11.00hR	01343 543736.SAF Mara. Nat Champ. Buses @ ? nicola.nash@moray.gov.uk
Dundee H.H. 10K	Hawkhill Harriers	Sun	29-Aug-04			10K R	01307 465274
SA Marathon Championships	An Aird Fort William	Sun	29-Aug-04	09.00h			01343 543736
Charity Fun Team Duathlon	Fetteresso Forest Car Pk.(Swanley Rd)	Sat	04-Sep-04	11.00h	£5 adults/£2.50Jr	Teams of 2. 8M MTB/OR	Carol McL.aren 01569 763924 (E).
Annan Duathlon Ranking	Everholme Sports Complex, Annan	Sat	04-Sep-04	13.00h	£11Aff./£12 ?	£16Team? R5K/B30K/R5K	Calum Graham 01461 207046
Loch Leven Half Marathon	Kinross	Sat	04-Sep-04	13.00h	£7Aff	13.1M R	01577 840519
Alford Bike Run and free kids event	Haughton Park, Alford	Sun	05-Sep-04	09.00h	£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	11.00h	£6Aff/£7 Team£10	300mS/14.5KB/4.2KR	Rebecca Bird 01479 872824. aprinda.donna@virgin.net
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	10.00h	£17.50Aff/£19.5?	13.1M R	0141 2489909
Cairn William Hill Race	Monymusk Village Hall	Sat	11-Sep-04	15.00h			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	12.30h*	£18/£13/£5	* = 10.30h Standard	Andrew Miller 01467 628127 leisureland@aberdeenshire.gov.uk Reg. 9-10Standard 11-12 Sprint
Peterhead 10K	Dales Park, Peterhead	Sun	12-Sep-04	14.00h	Pre £5/£7 or +£1	10K R and CC	01779 475841
Aberfeldy Half Marathon	Aberfeldy Recreation Centre	Sun	12-Sep-04	13.00h	£6.50Aff/£8.50Pre	13.1M R	01887 820922
Crichton Duathlon Ranking	Dumfries	Sun	12-Sep-04			R4M/B14M/R2M	CANCELLED due STA levies dampening enthusiasm. Think again STA. See www.TriDaz.co.uk
Morven Hill Race	Groddie, North of Dinnet, by Aboyne.	Sat	18-Sep-04	13.00h	£3.50/£5.50	5M + 2100 Ft. climb. HR	01339 885385 SAL Permit + Club entry. Prizes @ Loch Kinord Hotel 3pm.
Great North Run R	Newcastle	Sun	19-Sep-04			13.1M	www.greatrun.org
Capital City Challenge/SA 10K Champs	Meadowbank, Edinburgh	Sun	19-Sep-04	09.45h		10K R & 1.5K Fun	0131 5297794

Buckie 10K and Fun Run	Buckie Community High School	Sun	19-Sep-04	14.00h		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	
Loch Ness Marathon (Charity) & 5K R	Near Fort Augustus - Inverness	Sun	26-Sep-04	10.00h	£23Aff/£25 Pre	Individual/Teams 26.2M R	0131 5240360 lochnessmarathon@scottishcommunityfoundation.com Pasta Party.
Dyke 10K R	Dyke, near Forres	Sun	26-Sep-04	14.30h		10K R and CC	01309 676853 douglas_cowie@hotmail.com
Proms 3K Series 1 of 6. R	North of Beach Ballroom, Aberdeen	Fri	01-Oct-04	13.00h	£1	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
Bennachie Hill Race & Jr. relay	Back o Bennachie, Oyne, Aberdeenshire	Sun	03-Oct-04	14.00h	£5Aff/£7Pre-entry	R8mHR	01467 672342 subsea@virgin.net www.gariochr.freeuk.com
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	10.00h-		R5K/B20K/R5K	John Smith 01786 833297 andrewgturnbull@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	10.15h	£8	5K OR/18K B/3K OR	3 Peaks Triathletes. Donald Thomson 01651 806230. dthomson@ifb.co.uk
Dundee 10M R Champ.	Templeton Woods, Dundee	Sun	31-Oct-04	10.30h	£9 Pre	Reg./Change@ Univ.10MR	01307 818053 d.kempton@tiscali.co.uk Entry on day at Univ. if allowed.
Hydrasun CC Races	Balgownie, Aberdeen	Sun	31-Oct-04	12.15h		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	13.00h	£1	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
Glen Clova Hotel Half Marathon	Glen Clova Hotel, Angus Max 300	Sat	06-Nov-04	12.00h	£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	11.00h	£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	11.30h +	£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
King's Aquathon Swim / Run	Kings College, Aberdeen	Sat	13-Nov-04	14.00h		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	11.00h		3.5 M + 650' Climb HR	01224 326541 CANCELLED !
Railway Relay	Dinnet, Deeside	Sat	13-Nov-04	13.00h		Teams= 12.8Km OR	
Fraserburgh Half Marathon	James Ramsay Park, Fraserburgh	Sun	14-Nov-04	11.00h	£6Aff/£8	13.1M CC	01346 510311
Gauldry Gallup	Gauldry, Fife	Sat	20-Nov-04	13.00h			01337 830306 frank@scanbs.co.uk
Round the Castles Series #1	Crathes Castle, Deeside	Sun	21-Nov-04	12.30h +	£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	12.00h			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	13.00h	£1	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
Angus Biathlons/Duathlons Series 2	Monikie Country Park (Incl'g Jr. Cat.)	Sun	05-Dec-04	11.00h	£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	12.30h	£6/£8 Pre	10M R	01343 812121 x 7633 dboygreen@hotmail.com
Aberdeen AAC Skol 6	Hazelhead Park, Aberdeen.	Sun	12-Dec-04	10.00h	£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	11.00h	£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	11.00h	£5	10K & 5K	Tri - Buchan (£5 entry donated Seaman's Mission)
Fun Run (Handicap)	Stonehaven Beach Pavilion (Green Hut)	Sun	26-Dec-04	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	Sun	26-Dec-04	10.00h	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	9.15h		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.