
FLEET FEET TIMES

June 2004

The Editor's Bit

The longest day has passed, and the summer series is complete. There was good competition for overall top spot between Ritchie Nicholls and Scott Neyedli with young Ritchie coming out on top by almost one minute. Twenty-eight competitors completed all three races with impressive results from both the young and not so young.

Once again thanks go to the race organiser, with Andy Redman doing a great job, including the introduction of the buddy system. This seems to have worked very well and has attracted the interest of **triathlonscotland**.

It would be nice to report an incident free series but unfortunately in the first race Margaret Anderson came off her bike (but is making a speedy recovery), we had a flasher on the prom, and more than one person laughed at my umbrella.



FLEET FEET
TRIATHLETES

Fleet Feet Web Site
www.fleet-feet.com

The other event Fleet Feet held in June was the Kids Triathlon. Check out the results, all performances were mightily impressive. The future is looking bright for Fleet Feet and Scottish triathlon. Unfortunately we don't have any race reports for this edition of Fleet Feet Times, hopefully we'll have something to include in the next one.

The onus of our events is on fun, and safety is paramount, so please help out at future races by always paying attention to the marshals instructions, particularly when asked to dismount when crossing busy roads.

A potential concern with hosting as many races as Fleet Feet is getting volunteers and marshals. Thankfully we have had enough for recent races, but your continued support is necessary, and very much appreciated. I must say I have thoroughly enjoyed helping out at recent races, but my marshalling days may now be restricted. I have now been given the all clear to start training again, and if I can shed some lard I might even attempt a couple of races later in the year. I have been told to take it easy for the first couple of months, so if you see me plodding along please avoid the temptation to taunt me as I am easily led and don't want to blow another gasket.

And now a safety message. When cycling don't just focus on the road ahead, occasionally look skyward. It has been reported by Reuters that a bad-tempered buzzard had been dive-bombing cyclists in Devon. The buzzard attacked more than 20 riders, including competitors in a bike race who suffered head injuries and gouged helmets. It finally met its match after it swooped on a van and its reign of terror ended instantly. "It took on more than it could chew," said a spokeswoman for the Royal Society for the Protection of Birds.

Happy pecking,

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

Run/swim: Run/mountain bike session starting at Durriss car park at 6pm and followed by a swim at Knockburn lock.

Tuesday

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

Wednesday

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

Thursday

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

Swim Session: Leisure Centre 8.30pm - 10pm

Friday

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, 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:

21st Anniversary BBQ – August 7. Details to follow.

Standard Distance – September 12. 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.

Anyone for IronMan?



Letters page

Dear FFT Times,

I have been overwhelmed by the numerous messages of concern & support I have received since my cycling accident last Thursday (June 10th). I would like to thank everyone for their kind words; it makes it much easier to cope with the frustration of being plastered (take that any way you wish!). Thankfully none of the fractures are too serious so I hope to start mobilising pretty soon, but I will use it as an excuse for bad performance for a long time to come! Thank you also to the Splash & Dash crew for the beautiful flowers delivered to me by Carol the Coach, and thanks to Dave for the cartoons – Margaret

Dear FFT Times,

The Highland cross female is of moderate size, hardy with a long productive life and, when mated to a fast growing sire, produces a very saleable calf while keeping cow maintenance costs to a minimum – Andy Redman

Dear FFT Times,

Together with some friends we have decided to start a weight loss programme by going for bike rides every weekend. We pedal for about 10 km each weekend (it's not much but it's a start...). If you are interested you are welcome to join us. We always have a place for a new friend. Attached you will find a picture of our group - Dave Clark



SPORT PSYCHOLOGY: What is it, and can it help me improve as a triathlete? By Simon Houghton

Goal Setting in Sport

There are TWO types of goals that can be set in triathlons: PERFORMANCE and OUTCOME.

Type	Description and Example
Performance Goal	Referenced against one's own self-improvement: "Take less than 10 seconds on the transition to the bike"
Outcome Goal	Focuses on winning, or a place of finish: "My goal is to win the race"

Most goals that are set tend to be *outcome*, as opposed to *performance*, because we all want to win the match. However, by saying 'we want to win the race' is a difficult goal, because it is dependent on aspects out of our control: do we have control over how our opponents perform against us? Or over the weather or bad marshalling decisions?

Performance goals, on the other hand are based on things that **WE HAVE CONTROL OVER**. Our motivation, level of fitness, ability to carry out transitions and confidence levels can be controlled. By setting, and achieving your performance goals, you are ultimately more likely to achieve the outcome goal set (i.e. 'Winning the race') – by concentrating on the tasks, the result will follow.

Goal Setting Principles

- Set specific goals
- Set realistic but challenging goals
- Set both long- and short-term goals
- Set goals for practice and competition
- Write down your goals and record the progress
- Develop goal-achievement strategies – what will you do to attain your goal?
- Set performance goals as well as outcome goals
- Set individual and team goals
- Provide support for goals – congratulate your team mates when they achieve their goals, and be sympathetic if they struggle
- Provide for goal evaluation – make sure you are able to evaluate the goal's progress

Example Performance Goal

<i>Goal Description</i>	To take less than x seconds in each transition
<i>How will the goal be measured?</i>	On each race, I will note the time for each transition
<i>What level are you currently at?</i>	On a scale of 1 (poor) – 10 (excellent) – 6: although I perform well, I am still unable to do a perfect transition, and I worry about it as I enter the transition area
<i>What level do you need to get to?</i>	On a scale of 1 –10: 9.

<i>What do you need to do to achieve this goal – what is your goal strategy?</i>	<ul style="list-style-type: none"> • Develop my confidence levels – • Break down each part of the transition and practice each part of it • Develop an imagery script to mentally rehearse a successful transition so that the likelihood of carrying out a successful one will increase • Identify all the possible things that could go wrong – missing equipment, etc. so that I can be as prepared as possible • Work to control my anxiety level immediately prior to transitions • Work with the coach to assess my current technique • Review my transition performance after every game – can someone video the changeovers? Highlight 3 good and 3 improvements I can make
<i>When will you achieve this goal by?</i>	By 1 st September 2004

Task

1. Identify the areas that make up your performance as a triathlete
2. Identify areas that you feel you need to work on, and areas that would motivate you to improve
3. Assess yourself against these areas based on your current performance
4. Identify what level you feel you should be aiming for (in terms of improvement)
5. Develop a goal achievement strategy in order to improve your performance in the identified area
6. Decide how you will monitor and measure your performance (buddy or self-review, weekly or monthly)
7. Set yourself a deadline for improvement
8. Monitor and measure your performance

Use the proformas on the additional sheets to record your goals, and the progress you make against them – this is an extremely powerful tool, and will help you to identify where improvements lie in your game, and more importantly help you overcome these.

SIMON HOUGHTON is a sport psychologist, and member of BASES (British Association of Sport & Exercise Sciences). He works with a variety of athletes, but mainly in the sport of rugby, golf, tennis and triathlon. He can be contacted by email (simon.Houghton@yahoo.co.uk)

YOUR GOALS

NAME: _____

<i>Goal Description</i>	<i>How will the goal be measured?</i>	<i>What level are you currently at?(1-10)</i>	<i>What level do you need to get to?</i>	<i>What do you need to do to achieve this goal – what is your goal strategy?</i>	<i>When will you achieve this goal by?</i>

MONITORING YOUR PERFORMANCE

NAME: _____

<i>Goal</i>	<i>Target level</i>	<i>Description of situation (match, date, score etc.)</i>	<i>Performance level (1-10)</i>	<i>Good points?</i>



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Friday 20th, Saturday 21st and Sunday 22nd August 2004

The event is designed such that all athletes leave Dorset content with their personal achievement and mentally refreshed having soaked up the spectacular natural beauty of our surrounding area during their chosen challenge.

CYCLE Friday **75miles or 147miles** Approx. **RUN** Saturday **Half, One or Two**
Marathons Measured **SWIM** Sunday **5km or 10km** Measured

FULL Event Cycle 147m, Run Two Marathons and Swim 10k

HALF Event Cycle 75m, Run Marathon and Swim 5k

INDIVIDUAL Athlete Choose one or more of these challenges

TRIATHLETES Choose from the **Full or Half event**

TRIATHLETE Teams Consist of three members each one doing one discipline from the full or the half event.

Space for Sponsors Logo

If your company or club wish to sponsor the event please Contact Enduroman Ltd

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75 Weston Street

Portland

Dorset DT5 2DG

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(m) 0775 652 745

Results – Summer Series, Race 1

Name	Surname	Club	Event Time #1	Sex	Cat	O/A Posn #1	Cat Posn #1
Ritchie	Nicholls	n/a	0.46.59	m	16+	1	1
Scott	Neyedli	FFT	0.47.02	m	20+	2	1
Ian	Ramshaw	n/a	0.48.37	m	20+	3	2
Steve	Boyd	FFT	0.49.31	m	20+	4	3
Steven	McIntosh	Desside TCC	0.50.07	m	40+	5	1
Richard	Salmond	Perth RR	0.50.08	m	20+	6	4
Mike	Brock	Cosmics	0.50.26	m	20+	7	5
Stephen	Kentish	FFT	0.51.15	m	40+	8	2
Shaun	Harnden	n/a	0.51.30	m	20+	9	6
Carol	Mclaren	FFT	0.51.41	f	40+	10	1
Philip	Rhind	FFT	0.51.51	m	20+	11	7
Douglas	Wood	TPT	0.52.22	m	40+	12	3
Kevin	Adam	FFT	0.52.22	m	40+	13	4
Jake	Vellacott	TPT	0.52.48	m	40+	14	5
David	Anderson	FFT	0.53.17	m	14+	15	1
Gregory	Banks	FFT	0.53.32	m	20+	16	8
Bruce	McAdam	n/a	0.53.36	m	20+	17	9
David	Cant	n/a	0.54.11	m	20+	18	10
Steven	Barrett	TPT	0.54.32	m	20+	19	11
Gillian	Bitta	FFT	0.54.41	f	40+	20	2
Anna	McRobb	FFT	0.54.52	f	16+	21	1
Chris	Jessiman	n/a	0.55.41	m	20+	22	12
Richard	Burton	FFT	0.55.52	m	50+	23	1
Paul	Foy	FFT	0.55.54	m	40+	24	6
Michael	Beattie	FFT	0.55.55	m	20+	25	13
Kim	Ah-see	n/a	0.56.12	m	40+	26	7
Heather	Brodie	Deeside RR	0.56.14	f	40+	27	3
Rob	Fisher	FFT	0.56.30	m	20+	28	14
Alistair	MacFarlane	FFT	0.56.33	m	20+	29	15
Allan	Petrie	FFT	0.56.37	m	20+	30	16
Barry	Copeland	Lathallan Sch	0.57.10	m	40+	31	8
John	Bruce	Tri Buchan	0.59.38	m	40+	32	9
Stuart	Archer	n/a	0.59.55	m	20+	33	17
Donald	Thomson	TPT	0.59.55	m	40+	34	10
Fiona	Smith	FFT	1.00.19	f	20+	35	1
Helen	Bean	SnD	1.01.13	f	20+	36	2
Anne	Copeland	Lathallan Sch	1.01.17	f	40+	37	4
Graeme	Scott	n/a	1.01.40	m	20+	38	18
Jane	Ah-see	n/a	1.02.17	f	40+	39	5
James	O'Flynn	n/a	1.02.56	m	20+	40	19
Mary	McCallum	n/a	1.03.36	f	20+	41	3
Linda	Sim	SnD	1.03.40	f	40+	42	6

Julian	Little	TPT	1.04.27	m	40+	43	11
Martin	Frazer	Metro	1.05.28	m	20+	44	20
Peter	McNally	n/a	1.05.34	m	20+	45	21
Paul	Ferneyhough	n/a	1.06.26	m	20+	46	22
Fiona	Calder	n/a	1.06.44	f	20+	47	4
Dick	Bird	FFT	1.06.57	m	40+	48	12
Justin	Thomas	n/a	1.07.05	m	40+	49	13
Anne	Skitmore	TPT	1.07.34	f	40+	50	7
Loiuse	Fisher	FFT	1.07.50	f	20+	51	5
Mary	Birse	FFT	1.08.04	f	40+	52	8
Mhairi	Sheran	FFT	1.12.06	f	20+	53	6

Results - Summer Series, Race 2

Name	Surname	Club	Event O/A		Sex	Cat	Cat #2
			Time #2	Posn #2			
Ritchie	Nicholls	n/a	0.47.11	1	m	16+	1
Scott	Neyedli	FFT	0.48.04	2	m	20+	1
Steve	Boyd	FFT	0.49.39	3	m	20+	2
Richard	Salmond	Perth RR	0.50.47	4	m	20+	3
Dave	Whitcombe	FFT	0.51.53	5	m	40+	1
Stephen	Kentish	FFT	0.51.56	6	m	40+	2
Andrew	Leiper	SASC	0.52.52	7	m	20+	4
Carol	Mclaren	FFT	0.53.01	8	f	40+	1
Mike	Brock	Cosmics	0.53.19	9	m	20+	5
Kevin	Adam	FFT	0.53.42	10	m	40+	3
David	Anderson	FFT	0.53.46	11	m	14+	1
Doug	Guy	n/a	0.54.20	12	m	40+	4
Karl	Lebedis	n/a	0.54.37	13	m	20+	6
Bruce	McAdam	n/a	0.54.44	14	m	20+	7
Philip	Rhind	FFT	0.54.48	15	m	20+	8
Chris	Jessiman	n/a	0.55.09	16	m	20+	9
Douglas	Wood	TPT	0.55.40	17	m	40+	5
Gillian	Bitta	FFT	0.56.09	18	f	40+	2
Paul	Foy	FFT	0.56.27	19	m	40+	6
John	Mason	FFT	0.56.37	20	m	40+	7
Steven	Barrett	TPT	0.56.38	21	m	20+	10
Allan	Petrie	FFT	0.56.52	22	m	20+	11
Maggie	Whyte	n/a	0.56.59	23	f	20+	1
Murray	Bryce	TPT	0.57.04	24	m	50+	1
Richard	Burton	FFT	0.57.19	25	m	50+	2
Heather	Brodie	Deeside RR	0.57.47	26	f	40+	3
Alistair	MacFarlane	FFT	0.58.01	27	m	20+	12
Kim	Ah-see	n/a	0.58.30	28	m	40+	8
Barry	Copeland	Lathallan Sch	0.58.39	29	m	40+	9
Stuart	Archer	n/a	0.58.46	30	m	20+	13

Anna	McRobb	FFT	0.58.53	31	f	16+	1
Duncan	Quigley	n/a	0.58.57	32	m	16+	2
Fiona	Smith	FFT	1.00.08	33	f	20+	2
Paul	Bowman	n/a	1.00.13	34	m	20+	14
Donald	Thomson	TPT	1.00.30	35	m	40+	10
Jonathan	Simmons-Riach	n/a	1.01.48	36	m	20+	15
Rodrigo	Aspe	n/a	1.02.23	37	m	20+	16
David	McCarry	FFT	1.03.42	38	m	20+	17
Anne	Copeland	Lathallan Sch	1.03.51	39	f	40+	4
Linda	Sim	SnD	1.05.30	40	F	40+	5
Jane	Ah-see	n/a	1.05.30	41	f	40+	6
Michael	Ewen	n/a	1.05.48	42	m	20+	18
Catharine	Pitt	FFT	1.07.11	43	f	20+	3
Caroline	Beck	FFT	1.08.07	44	f	20+	4
Linda	Davis	n/a	1.08.34	45	f	20+	5
Mary	Birse	FFT	1.09.14	46	f	40+	7
Gillian	Piper	SnD	1.09.39	47	f	20+	6
Loiuse	Fisher	FFT	1.09.50	48	f	20+	7
Dick	Bird	FFT	1.10.03	49	m	40+	11
Mary	McCallum	n/a	1.10.11	50	f	20+	8

Results - Summer Series, Race 3

Name	Surname	Club	Event Time #3	O/A Posn #3	Sex	Cat	Cat Posn #3
Ritchie	Nicholls	n/a	1.05.34	1	m	16+	2
Scott	Neyedli	FFT	1.05.34	2	m	20+	1
Neil	Anderson	FFT	1.06.52	3	m	40+	1
Ian	Milne	FFT	1.08.32	4	m	50+	1
Steve	Boyd	FFT	1.09.09	5	m	20+	2
Nick	Bryan	Tayside FB	1.09.40	6	m	20+	3
Richard	Salmond	Perth RR	1.10.12	7	m	20+	4
Andrew	Leiper	SASC	1.11.12	8	m	20+	5
Steven	McIntosh	Desside TCC	1.11.20	9	m	40+	2
Mike	Brock	Cosmics	1.12.08	10	m	20+	6
David	Anderson	FFT	1.12.14	11	m	14+	1
Alun	Jones	TPT	1.12.46	12	m	20+	7
Philip	Rhind	FFT	1.13.04	13	m	20+	8
Stephen	Kentish	FFT	1.13.24	14	m	40+	3
Carol	Mclaren	FFT	1.13.29	15	f	40+	1
Bruce	McAdam	n/a	1.14.38	16	m	20+	9
Paul	Bowman	n/a	1.15.52	17	m	20+	10
Kevin	Adam	FFT	1.16.05	18	m	40+	4
Douglas	Wood	TPT	1.16.36	19	m	40+	5
John	Mason	FFT	1.16.54	20	m	40+	6
Chris	Jessiman	n/a	1.17.04	21	m	20+	11

Steven	Barrett	TPT	1.17.14	22	m	20+	12
Gillian	Bitta	FFT	1.17.44	23	f	40+	2
Jim	Craig	FFT	1.18.08	24	m	50+	2
Rob	Fisher	FFT	1.18.14	25	m	20+	13
Allan	Petrie	FFT	1.18.44	26	m	20+	14
Heather	Brodie	Deeside RR	1.19.05	27	f	40+	3
Richard	Burton	FFT	1.19.06	28	m	50+	3
Kim	Ah-see	n/a	1.20.24	29	m	40+	7
Colin	Reid	n/a	1.20.45	30	m	20+	15
Jonathan	Simmons-Riach	n/a	1.20.46	31	m	20+	16
Duncan	Quigley	n/a	1.21.04	32	m	16+	3
Colin	Sim	FFT	1.21.39	33	m	40+	8
Anna	McRobb	FFT	1.21.53	34	f	16+	1
Simon	Pearce	n/a	1.22.16	35	m	20+	17
Lynn	Robertson	n/a	1.22.27	36	f	20+	1
Fraser	Scott Riach	n/a	1.22.41	37	m	40+	9
Stuart	Archer	n/a	1.23.25	38	m	20+	18
Fiona	Smith	FFT	1.24.10	39	f	20+	2
Jim	MacTaggart	n/a	1.24.23	40	m	60+	1
John	Bruce	Tri Buchan	1.24.42	41	m	40+	10
Barry	Copeland	Lathallan Sch	1.24.43	42	m	40+	11
Neil	Robertson	FFT	1.24.57	43	m	60+	2
David	McCarry	FFT	1.24.59	44	m	20+	19
Michael	Beattie	FFT	1.25.01	45	m	20+	20
bill	Butterworth	n/a	1.25.33	46	m	20+	21
Donald	Thomson	TPT	1.25.41	47	m	40+	12
Anne	Copeland	Lathallan Sch	1.26.01	48	f	40+	4
Graeme	Scott	n/a	1.26.48	49	m	20+	22
Linda	Sim	SnD	1.28.34	50	F	40+	5
Julian	Little	TPT	1.28.34	51	m	40+	13
Bert	McIntosh	FFT	1.28.34	52	m	60+	3
Justin	Thomas	n/a	1.30.08	53	m	40+	14
James	O'Flynn	n/a	1.30.17	54	m	20+	23
Catharine	Pitt	FFT	1.31.05	55	f	20+	3
John	Allain	n/a	1.31.32	56	m	20+	24
Mary	Birse	FFT	1.32.32	57	f	40+	6
Kevin	Procter	Aberfeldy	1.32.33	58	m	40+	15
Paul	Ferneyhough	n/a	1.32.36	59	m	20+	25
Dick	Bird	FFT	1.33.13	60	m	40+	16
Loiuse	Fisher	FFT	1.35.13	61	f	20+	4
Fiona	Calder	n/a	1.35.17	62	f	20+	5
Anne	Skitmore	TPT	1.38.02	63	f	40+	7

Results - Summer Series, Overall

Name	Surname	Club	Sex	Cat	Event Time #1	Event Time #2	Event Time #3	Event Time #123	O/A #123	Cat #123
Ritchie	Nicholls	n/a	m	16+	0.46.59	0.47.11	1.05.34	2.39.44	1	1
Scott	Neyedli	FFT	m	20+	0.47.02	0.48.04	1.05.34	2.40.40	2	1
Steve	Boyd	FFT	m	20+	0.49.31	0.49.39	1.09.09	2.48.19	3	2
Mike	Brock	Cosmics	m	20+	0.50.26	0.53.19	1.12.08	2.55.53	4	3
Stephen	Kentish	FFT	m	40+	0.51.15	0.51.56	1.13.24	2.56.35	5	1
Carol	McLaren	FFT	f	40+	0.51.41	0.53.01	1.13.29	2.58.11	6	1
David	Anderson	FFT	m	14+	0.53.17	0.53.46	1.12.14	2.59.17	7	2
Philip	Rhind	FFT	m	20+	0.51.51	0.54.48	1.13.04	2.59.43	8	4
Kevin	Adam	FFT	m	40+	0.52.22	0.53.42	1.16.05	3.02.09	9	2
Bruce	McAdam	n/a	m	20+	0.53.36	0.54.44	1.14.38	3.02.58	10	5
Douglas	Wood	TPT	m	40+	0.52.22	0.55.40	1.16.36	3.04.38	11	3
Chris	Jessiman	n/a	m	20+	0.55.41	0.55.09	1.17.04	3.07.54	12	6
Steven	Barrett	TPT	m	20+	0.54.32	0.56.38	1.17.14	3.08.24	13	7
Gillian	Bitta	FFT	f	40+	0.54.41	0.56.09	1.17.44	3.08.34	14	2
Allan	Petrie	FFT	m	20+	0.56.37	0.56.52	1.18.44	3.12.13	15	8
Richard	Burton	FFT	m	50+	0.55.52	0.57.19	1.19.06	3.12.17	16	1
Heather	Brodie	Deeside RR	f	40+	0.56.14	0.57.47	1.19.05	3.13.06	17	3
Kim	Ah-see	n/a	m	40+	0.56.12	0.58.30	1.20.24	3.15.06	18	4
Anna	McRobb	FFT	f	16+	0.54.52	0.58.53	1.21.53	3.15.38	19	1
Barry	Copeland	Lathallan Sch	m	40+	0.57.10	0.58.39	1.24.43	3.20.32	20	5
Stuart	Archer	n/a	m	20+	0.59.55	0.58.46	1.23.25	3.22.06	21	9
Fiona	Smith	FFT	f	20+	1.00.19	1.00.08	1.24.10	3.24.37	22	1
Donald	Thomson	TPT	m	40+	0.59.55	1.00.30	1.25.41	3.26.06	23	6
Anne	Copeland	Lathallan Sch	f	40+	1.01.17	1.03.51	1.26.01	3.31.09	24	4
Linda	Sim	SnD	F	40+	1.03.40	1.05.30	1.28.34	3.37.44	25	5
Mary	Birse	FFT	f	40+	1.08.04	1.09.14	1.32.32	3.49.50	26	6
Dick	Bird	FFT	m	40+	1.06.57	1.10.03	1.33.13	3.50.13	27	7
Loiuse	Fisher	FFT	f	20+	1.07.50	1.09.50	1.35.13	3.52.53	28	2

Kids triathlon results

11-13 years (167m Swim, 2200m Cycle, 850m Run)

M	1	Duncan Reid	12.34	F	1	Kerry Prise	13.25
M	2	Luke Brown	13.03	F	2	Kirsty Wood	13.48
M	3	Richard Murdoch	14.03	F	3	Kirstie Howard	14.22
M	4	Matthew Grant	14.16	F	4	Kimberley Preston	14.43
M	5	Calum Veitch	14.21	F	5	Ashley Clark	15.27
M	6	Harris Jones	14.23	F	6	Karen Wood	16.52
M	7	Stewart Clark	16.42	F	7	Emily Speakman	18.05
M	8	Alan Whyte	16.48	F	8	Lauren Scott	18.14
M	9	Gawain Owen	17.20	F	9	Shari MacLean	18.48
M	10	Jarred MacLean	20.32	F	10	Jemma Scott	21.40

8-10 years (100m Swim, 1100m Cycle, 450m Run)

M	1	Sam Howard	8.11	F	1	Kate Murdoch	8.39
M	2	CAMERON HOWARD	8.14	F	2	Eilidh Prise	8.44
M	3	Fraser Reid	8.25	F	3	Charlotte Ross	9.15
M	4	Oliver Banks	8.38	F	4	Rachel Whitcombe	9.44
M	5	Stuart Niven	9.25	F	5	Naomi Shepherd	10.06
M	6	Tim Hull	9.34	F	6	Caroline Brooke	11.21
M	7	Craig Buchanan	9.42	F	7	Sophie Alexander	11.36
M	8	Keiren McDonald	10.03	F	8	Ginny Jones	11.53
M	9	Jake McKay	10.45	F	9	Caitlin MacLean	12.35
M	10	Thomas Whitcombe	11.23	F	10	Evanna Codona	13.08
M	11	Jack Speakman	12.57				
M	12	Craig Low	14.20				
M	13	Craig Sutherland	15.01				
M	14	Kieran Preston	16.28				

Under 8 17.5m swim/1100mbike/450m run

M	1	Ross Hull
F	2	Niamh Copeland
F	3	Bethany Sim


Results – Skene Sprint – June 13

Name	Surname	Club	Sex	Category	Overall Time	Swim Time	Trans 1	Cycle Time	Run Time + Trans 2
Ritchie	Nicholls	N/A	Male	Junior	1:14:25	0:10:28	0:01:03	0:46:09	0:16:45
Ian	Milne	Fleetfeet Triathletes	Male	Super Vet	1:16:01	0:10:17	0:00:54	0:44:37	0:20:13
Louisa	Edmonston	N/A	Female	Senior	1:16:12	0:10:42	0:00:51	0:44:57	0:19:42
Kyle	Smith	N/A	Male	Junior	1:17:47	0:09:38	0:00:28	0:48:10	0:19:31
Jim	McFarlane	RAFTA	Male	Senior	1:18:20	0:13:23	0:01:13	0:44:26	0:19:18
Iona	Robertson	Oxford Triathletes	Female	Senior	1:18:30	0:12:03	0:00:46	0:47:16	0:18:25
Jake	Vellacott	Three Peaks Triathletes	Male	Veteran	1:18:43	0:13:52	0:00:59	0:43:46	0:20:06
Micheal	Reaper	N/A	Male	Veteran	1:19:42	0:12:31	0:01:00	0:46:34	0:19:37
Neil	Wilson	N/A	Male	Veteran	1:20:13	0:12:11	0:01:04	0:47:15	0:19:43
Stephen	Kentish	Fleetfeet Triathletes	Male	Veteran	1:20:14	0:13:37	0:01:07	0:45:03	0:20:27
Kevin	Adam	Fleetfeet Triathletes	Male	Veteran	1:20:58	0:13:23	0:01:09	0:46:22	0:20:04
Philip	Rhind	Fleetfeet Triathletes	Male	Senior	1:21:27	0:11:52	0:00:54	0:48:23	0:20:18
Gregory	Banks	Fleetfeet Triathletes	Male	Senior	1:22:11	0:14:32	0:01:36	0:47:23	0:18:40
David	Armitage	Three Peaks Triathletes	Male	Super Vet	1:23:16	0:18:46	0:01:26	0:43:45	0:19:19
Douglas	Wood	Three Peaks Triathletes	Male	Veteran	1:23:41	0:15:11	0:01:03	0:48:29	0:18:58
Steven	Barrett	Three Peaks Triathletes	Male	Senior	1:23:52	0:14:25	0:00:56	0:48:56	0:19:35
Andy	Doggett	N/A	Male	Veteran	1:24:05	0:13:33	0:01:19	0:47:45	0:21:28
Alasdair	Fraser	N/A	Male	Senior	1:25:19	0:15:28	0:01:33	0:47:36	0:20:42
Lawrence	Howell	N/A	Male	Veteran	1:25:42	0:14:18	0:02:04	0:47:38	0:21:42
Richard	Burton	Fleetfeet Triathletes	Male	Super Vet	1:26:47	0:12:08	0:01:10	0:50:54	0:22:35
Colin	Reid	N/A	Male	Senior	1:26:54	0:14:09	0:01:22	0:49:44	0:21:39
Gillian	Bitta	Fleetfeet Triathletes	Female	Veteran	1:27:11	0:14:46	0:01:06	0:49:03	0:22:16
Rob	Fisher	N/A	Male	Senior	1:27:44	0:12:28	0:01:35	0:52:02	0:21:39
Andrew	Cochrane	N/A	Male	Senior	1:27:58	0:12:26	0:01:21	0:50:11	0:24:00
Anna Ruth	McRobb	Fleetfeet Triathletes	Female	Junior	1:28:25	0:10:40	0:00:45	0:53:58	0:23:02
Mike	Furneaux	N/A	Male	Veteran	1:28:28	0:16:29	0:02:20	0:46:31	0:23:08
Richard	Leslie	N/A	Male	Veteran	1:28:56	0:18:07	0:01:58	0:42:45	0:26:06
Colin	Gilmour	N/A	Male	Vintage	1:30:54	0:15:32	0:01:20	0:49:07	0:24:55
Ken	Thomson	Ming the Merciless	Male	Veteran	1:32:17	0:15:46	0:01:11	0:52:01	0:23:19
Sarah	Wylie	Moray Road Runners	Female	Senior	1:32:41	0:13:16	0:01:12	0:53:08	0:25:05
Adam	Wilson	N/A	Male	Junior	1:33:06	0:13:08	0:01:07	0:54:39	0:24:12
John	Hirst	N/A	Male	Veteran	1:33:58	0:16:09	0:02:30	0:53:23	0:21:56
Allan	Wilson	N/A	Male	Senior	1:33:59	0:16:01	0:02:14	0:51:46	0:23:58
Blake	Summers	Team Sloth	Male	Senior	1:34:07	0:11:59	0:02:11	0:56:42	0:23:15
Neil	Robertson	Fleetfeet Triathletes	Male	Vintage	1:34:13	0:18:15	0:01:43	0:51:01	0:23:14
Ross	Clark	Deeside Thistle	Male	Senior	1:34:43	0:12:58	0:01:34	0:54:02	0:26:09
Peter	Clark	Deeside Thistle	Male	Veteran	1:34:58	0:15:19	0:01:52	0:49:38	0:28:09
Helen	Bean	Splash 'n' Dash	Female	Senior	1:35:13	0:16:42	0:01:27	0:53:52	0:23:12
Mike	Davidson	Three Peaks Triathletes	Male	Veteran	1:35:23	0:13:20	0:02:14	0:54:33	0:25:16
Nicola	Rhind	Fleetfeet Triathletes	Female	Senior	1:35:23	0:16:00	0:01:18	0:55:12	0:22:53
Brian	Blagden	N/A	Male	Veteran	1:36:33	0:15:51	0:02:08	0:55:38	0:22:56
Graeme	Stott	N/A	Male	Senior	1:36:50	0:13:32	0:01:45	0:55:19	0:26:14
Bert	McIntosh	Fleetfeet Triathletes	Male	Vintage	1:38:59	0:20:34	0:01:24	0:50:54	0:26:07
Mitchell	Cordero	N/A	Male	Senior	1:39:46	0:13:25	0:02:03	0:57:58	0:26:20
Mike	Smith	N/A	Male	Super Vet	1:40:18	0:15:34	0:02:53	0:57:35	0:24:16
Kenny	Grant	N/A	Male	Veteran	1:40:37	0:18:33	0:02:14	0:53:07	0:26:43
Peter	McNally	N/A	Male	Senior	1:41:11	0:13:30	0:02:08	1:01:19	0:24:14
Dick	Bird	Fleetfeet Triathletes	Male	Veteran	1:41:24	0:18:27	0:01:53	0:53:38	0:27:26
Linda	Sim	Splash 'n' Dash	Female	Veteran	1:42:39	0:15:56	0:01:34	0:57:52	0:27:17
Bert	Philip	N/A	Male	Super Vet	1:46:53	0:13:55	0:01:52	0:56:50	0:34:16
Anne	Skitmore	Three Peaks Triathletes	Female	Veteran	1:49:14	0:14:59	0:02:25	1:04:23	0:27:27
Stuart	Tevendale	Three Peaks Triathletes	Male	Veteran	1:50:18	0:18:50	0:02:08	0:59:44	0:29:36
Mary	Birse	Fleetfeet Triathletes	Female	Veteran	1:51:55	0:16:31	0:01:21	1:08:43	0:25:20

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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



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Event Name	Location	Day	Date	Description	Contact
25 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	08-Jul-03		Anne Brown 01467 641587
Johnstone Tower Hill Run	Laurencekirk	Thu	10-Jul-03	3M HR + 700' climb	
Monikie Stand Tri+Scot.Ch.GP Ranking	Monikie Country Park, Angus	Sat	12-Jul-03	1500mS OW/40Kb/10KR	Tom McGrath 01382 370202. monikiepark@sol.co.uk
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	15-Jul-03		Anne Brown 01467 641587
Lomond Highland Games Tri.		Sat	19-Jul-03		Malcolm Minto 01389 758392. mminto_98@yahoo.com
Stromness Sprint Tri. Ranking	Orkney	Sun	20-Jul-03	S750m/B20K/R5K	Doris Leonard 01856 874876. race@orkneytriathlon.co.uk Date confirmed!
15 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	22-Jul-03		Anne Brown 01467 641587
Scotly Hill Race	Banchory Show	Sat	26-Jul-03	5M + Hill height. HR	01330 844090 June Barclay
Ballater 10m R Champ.	Ballater	Sun	27-Jul-03	10M R. Mr P Benzie	01339 755599. SnD picnic after?
Fyvie Castle	Battle re-enactment and Kids 1M run	Sun	27-Jul-03	1M OR	
Aberfeldy Sprint Tri. Ranking	Aberfeldy Recreation Centre	Sun	27-Jul-03	750mS/20KB/5K R	01887 820922. rwpearson@pkc.gov.uk
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	29-Jul-03		Anne Brown 01467 641587
Aboyne Highland Games HR	Aboyne	Sat	02-Aug-03		
Alford Sprint Ranking	Alford Acad.	Sun	03-Aug-03	S750m/B20K/R5K	Andy Miller 01467 628127. Reg. 11.00-12.00h
Performance Plus Dyce Half Marathon	Pitmedden Rd. playing fields, Dyce	Sun	03-Aug-03	200 Max. 13.1M R	Metro. Heather Tulloch 01224 210533 www.metro-aberdeen-rrc.co.uk
10 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	05-Aug-03		Anne Brown 01467 641587
Festival Duath.Scot Champ BTA Ranking	Holyrood Park, Edinburgh.	Sat	09-Aug-03	R5K/B20K/R5K	Bruce Kidd 0131 6574716. Bruce@Kidd65freeserve.co.uk
Haddington Half Marathon	Neilson Park, Haddington	Sat	09-Aug-03	13.1M R	01620 824023
Edzell Fun Run	Edzell Town Hall	Sat	09-Aug-03	4.2M R	
Amphibious Ancients Bathing Assoc.	Standard Tri. (OW) Dundee	Sun	10-Aug-03	S1500m OW/B40K/R10K	Joyce McIntosh 01382 775312
Wick Sprint Tri. Ranking	Wick	Sun	10-Aug-03	750mS/20KB/5K R	Katie Farmer 01955 604170 Reg. 10.30-11.30
5 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	12-Aug-03		Anne Brown 01467 641587
Aberfeldy R.C. Mid Distance & GP (OW)	and Scot. Long Distance Championship	Sat	16-Aug-03	3.8KS OW/180KB/42KR	01887 820922. rwpearson@pkc.gov.uk
Tap o' Noth Hill Race	Rhynie	Sat	16-Aug-03	6M + 1,220 Ft. climb. HR	01464 861387
Aberdeen Tri. Standard Ranking	Hazlehead, Aberdeen	Sun	17-Aug-03	S1500m/B40K/R10K	FFT - Kevin Adam www.fleet-feet.com
Great Stonehaven Bike Ride	Scout Hut, Stonehaven	Sun	17-Aug-03	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	17-Aug-03		Graham Eason 01573 460202
Lonach Gathering Hill Run	Bellabeg, Strathdon	Sat	23-Aug-03	4.5 M OR	001975 6 51233
Gullane Beach Standard & GP(OW) Ranking	Inc. World age group Qual, BritishSeries	Sat	23-Aug-03	S1.5K(OW)/B42K/R10K	John Whittaker 0131 4540900. Gullane@edinburghtri.org.uk Madeira 2004 Qualifier
Forfar Roadrunners 10K R	Market Muir, Forfar	Sun	24-Aug-03	10K R	Ron Milne 01307 468293
Orkney Standard (+TeamRelay) Ranking	Kirkwall	Sun	24-Aug-03	S1500m/B40K/R10K	Doris Leonard 01856 874876. race@orkneytriathlon.co.uk
Helensburgh Sprint Tri (Ranking)	Helensburgh. + Jr. Aquathon	Sun	24-Aug-03	Sprint = S750m/B20K/R5K	Malcolm Minto 01389 758392. mminto_98@yahoo.com
Nairn Triathlon 70 Max.	Individual or team entry	Sun	24-Aug-03	S500m/B18K/R6K	Val Springett, 3 Moss Side Dr., Nairn. IV12 5PN
Alford Bike Run and free kids event	Haughton Park, Alford	Sat	30-Aug-03	B27M	Phil Stratford 019755 63926 www.alfordbikerun.co.uk
Two Inches 10K	North Inch, Perth	Sun	24-Aug-03	10K R	01738 477900
Peterhead Tri. Sprint Ranking	Peterhead Acad.	Sun	31-Aug-03	S750m/B20K/R5K	Andy Miller 01467 628127. multisport@aberdeenshire.gov.uk
Moray Mara. / Half Mara./ 10K N Champ	Cooper Park Elgin/Gordonstoun/Lossie	Sun	31-Aug-03	Mar/Half Mar/10K11.00hR	01343 543736.SAF Mara. Nat Champ. Buses @ ? nicola.nash@moray.gov.uk
Dundee H.H. 10K	Hawkhill Harriers	Sun	31-Aug-03	10K R	01307 465274
Kirkwall Sprint Tri.		Sun	31-Aug-03		Karen Walker 01856 873628 kwalker@madasafish.com
SA Marathon Championships	An Aird Fort William	Sun	31-Aug-03		01343 543736
Charity Fun Team Duathlon	Fetteresso Forest Car Pk.(Swanley Rd)	Sat	06-Sep-03	Teams of 2. 8M MTB/OR	Carol McLaren 01569 763924 (E).
Annan Duathlon+Scot Champs Ranking	Everholme Sports Complex, Annan	Sat	06-Sep-03	£16Team R5K/B30K/R5K	Calum Graham 01461 207046 calumg@dumgal.gov.uk
Loch Leven Half Marathon	Kinross	Sat	06-Sep-03	13.1M R	01577 840519
Kinloss Sprint Tri.	Kinloss	Sun	07-Sep-03	S750m/B20K/R5K	James Lafferty 01309 691314 mail@jamesandanne-marie.freeserve.co.uk
Haddington Sprint Ranking	Haddington	Sun	07-Sep-03	S750m/B20K/R5K	Sue Broadway / Colin McKay 0131 6533003.
Grantown Try Tri Sprint	Grantown	Sun	07-Sep-03	300mS/14KB/4.5KR	Rebecca Bird 01479 872824. aprima.donna@virgin.net
Lomond Standard(OW)-Ranking & GP		Sun	07-Sep-03	S1500m OW/B40K/R10K	Malcolm Minto 01389 758392. mminto_98@yahoo.com
Aboyne Middle Distance-Half Ironman	Aboyne Loch				CANCELLED DUE NO ORGANISER & LOW NUMBERS
Great Scottish Run Half Mara. + Jr.	Glasgow Green (Scot. Champs.)	Sun	07-Sep-03	13.1M R	0141 2489909

Cairn William Hill Race	Monymusk Village Hall	Sat	13-Sep-03		01467 651532
Huntly Tri. Sprint & Standard-Ranking	Huntly Gordon Schools	Sun	14-Sep-03	* = 10.30h Standard	Andy Miller 01467 628127. Reg. 9-10Standard 11-12 Sprint
Peterhead 10K	Dales Park, Peterhead	Sun	14-Sep-03	10K R and CC	01779 475841
Aberfeldy Half Marathon	Aberfeldy Recreation Centre	Sun	14-Sep-03	13.1M R	01887 820922
Crichton Duathlon Ranking	Dumfries	Sun	14-Sep-03	R4M/B14M/R2M	Daz Wilson 01387 711045
Morven Hill Race	Groddie, North of Dinnet, by Aboyne.	Sat	20-Sep-03	5M + 2100 Ft. climb. HR	01339 885385 SAL Permit + Club entry. Prizes @ Loch Kinord Hotel 3pm.
Great North Run R	Newcastle	Sun	21-Sep-03	13.1M	Entries closed 18/9. www.greatrun.org
Capital City Challenge/SA 10K Champs	Meadowbank, Edinburgh	Sun	21-Sep-03	10K R & 1.5K Fun	0131 5297794
Buckie 10K and Fun Run	Buckie Community High School	Sun	21-Sep-03	10K R and CC	07967 635722
Bennachie' Duathlon	Back of Bennachie car park, Oyne B9002	Sun	21-Sep-03	5K OR/37K B/3K OR +BBQ	3 Peaks Tri's. Reg. 09.00-10.00h. Donald Thomson 01651 806230. dthomson@ifb.co.uk
East Kilbride Duathlon		Sun	21-Sep-03		Cameron Ferguson 0141 881 2932 CANCELLED?
Eyemouth Sprint Tri Ranking	Eyemouth	Sun	21-Sep-03		Ian Learmonth 01890 750557. FAX 01890 751734
Bert's Micro Tri. + BBQ	Morven View, Crathes	Sun	28-Sep-03	OR	Bert McIntosh 01330 844633 / Mary Birse
Bruce Bollock Buster Mini Mt. Tri.	Lochore Meadows, Fife	Sun	28-Sep-03	C4.5K/MtB12K/R4.5K HR	Clive Waghorn 01383 872215 chw@globalnet.co.uk
Balmedie Beach Bash	Balmedie Country Park	Sun	28-Sep-03	R	
Loch Ness Marathon (Charity) & 5K R	Near Fort Augustus - Inverness	Sun	28-Sep-03	Individual/Teams 26.2M R	0131 5240360 lochnessmarathon@scottishcommunityfoundation.com Pasta Party.
Dyke 10K R	Dyke, near Forres	Sun	28-Sep-03	10K R and CC	01309 676853 douglas_cowie@hotmail.com
Proms 3K Series 1 of 6. R	North of Beach Ballroom, Aberdeen	Fri	03-Oct-03	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
Bennachie Hill Race & Jr. relay	Back o Bennachie, Oyne. Aberdeenshire	Sun	05-Oct-03	R8mHR	01467 672342 subsea@virgin.net www.gariochr.freeuk.com
Reebok CC Series (1) Scotland	Falkirk (See National + International tab)	Sat	18-Oct-03		01242 528548 www.ActiveEurope.com
Stirling Duathlon & AGM Ranking	Stirling	Sun	19-Oct-03	R5K/B30K/R5K	Alan Findlay 01786 465260
Off Beat Bikes Sprint Triathlon	Lochaber Leisure Centre, Fort William	Sun	19-Oct-03	400mS/10M B/3.5M R OR	Damian Forster 01397 704008. Reg 9-9.45 Info@offbeatbikes.co.uk
Angus Biathlons/Duathlons Series 1	Monikie Country Park (Incl'g Jr. Cat.)	Sun	02-Nov-03	Reg 9.30 - 4K OR / 20K B	johnbremner@btinternet.com 01241 876674 www.eventfull.biz/duathlon.html
Dundee 10M R Champ.	Templeton Woods, Dundee	Sun	02-Nov-03	Reg./Change@ Univ.10MR	01307 818053 d.kempton@tiscali.co.uk Entry on day at Univ. if allowed.
Hydrasun CC Races	Balgownie, Aberdeen	Sun	02-Nov-03	13.1M R	01224 485850
Lochaber Half Marathon R	An Aird, Fort William	Sun	02-Nov-03	26.2M R	01855 841276 Dugie MacDonald
Proms 3K Series 2 of 6. R	North of Beach Ballroom, Aberdeen	Fri	07-Nov-03	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
Aberdeenshire / MTM Ltd CC Series (1)	Haddo House Country Park, Methlick	Sun	08-Nov-03	Men 10K @13.30h CC	Race administration 01467 628283 alastairsimpson@hotmail.com
Glen Clova Hotel Half Marathon	Glen Clova Hotel, Angus Max 300	Sat	08-Nov-03	Full length 13.1 M R	www.forfarroadrunners.com/Clova/Entry_Form/Clova_Entry_From.htm
Methlick Duathlon	Methlick Bowling Club Reg 09.15h	Sun	09-Nov-03	5K OR/18K B/3K OR	3 Peaks Triathletes. Reg. 09.00 - Donald Thomson 01651 806230. dthomson@ifb.co.uk
Aberdeen AAC 6M	Bridge of Don	Sun	09-Nov-03	6M R	Members / Guests? 01224 314703
King's Aquathon Swim / Run	Kings College, Aberdeen	Sat	15-Nov-03	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	15-Nov-03	3.5 M + 650' Climb HR	01224 326541 CANCELLED !
Railway Relay	Dinnet, Deeside	Sat	15-Nov-03	Teams= 12.8Km OR	Reg. 12.00h.
Fraserburgh Half Marathon	James Ramsay Park, Fraserburgh	Sun	16-Nov-03	13.1M CC	01346 510311
Gauldry Gallup	Gauldry, Fife	Sat	22-Nov-03		01337 830306 frank@scanbs.co.uk
Round the Castles Series #1	Crathes Castle, Deeside	Sun	23-Nov-03	M=13.15h W=13.55h 6MCC	01224 636299 The Running Shop runningshop@talk21.com
SA North District CC Champs.	Elgin	Sat	29-Nov-03		0131 4767321
Gordon Way Run		Sun	30-Nov-03	OR	
Proms 3K Series 3 of 6. R	North of Beach Ballroom, Aberdeen	Fri	05-Dec-03	3K R	Metro. Jackie Stewart. Jackie.Stewart@cnrinternational.com
Angus Biathlons/Duathlons Series 2	Monikie Country Park (Incl'g Jr. Cat.)	Sun	07-Dec-03	Reg 9.30 4KOR/20KB/4KOR	johnbremner@btinternet.com 01241 876674 www.eventfull.biz/duathlon.html
RAF Lossiemouth / ASDA Turkey Trot	North 10M Champs.	Sun	14-Dec-03	10M R	01343 812121 x 7633 dboygreen@hotmail.com
Aberdeen AAC Skol 6	Hazelhead Park, Aberdeen. Reg 08.45h	Sun	14-Dec-03	Reg.@ Parking @ café. 6M	01224 208525 neil.murdock@btopenworld.com
Banchory Fun Run	Banchory - George VI Park, Guide Hut	Fri	26-Dec-03	Reg 10.30h 3.5M R	Banchory & Stone. A. Club. No times or prizes but soup and juice after.
Fun Run (Handicap)	Stonehaven Beach Pavilion (Green Hut)	Sun	28-Dec-03	Guess time for prize. 5K R	J Robson, 22 Riverside Dr., Stonehaven. AB39 2GP.
Beach Bum Race	Aberdeen Beach @ Fittie end of beach	Sun	28-Dec-03	Beach 4M OR + 58 barriers	Ewen Rennie. Bring & get a present
Peterhead to Fraserburgh Beach Run	Peterhead Golf Club Car Park	Sun	28-Dec-03	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	S=Swim	B = Bike C = Canoe +£2 OD = Pay extra £2 on the day.