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# FLEET FEET TIMES

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*May 2004*

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## The Editor's Bit



I would like to start by giving a big thank you to Ian Park for organising the Deeside Duathlon/Triathlon. It is a testament to how well the event was run that it went almost without a hitch; good job Ian. This race can almost guarantee good weather, and this year was no exception. If anything it was a little too hot, especially for the competitors, but a nice day out for the marshals.

Some very good times were returned with Simon Dark completing the triathlon in less than four and a half hours, and Dave Howard winning the duathlon. We had over 50 finishers and only a handful of unfortunates who failed to make it to the end.

The sun may have been beating down, but I was prepared and had a hat with me. Luckily for a fellow follicle challenged marshal, I had a spare hat as well; otherwise we could have had a nasty red head incident. This leads me nicely on to a top tip about training or racing in the sun. If you are not too keen on applying sun block, or wearing a mask, there is an alternative. Try hippopotamus sweat. Apparently it acts as a natural sunscreen as well as having antibiotic properties. Not only that, but hippo sweat is red (bit odd?) but gradually turns brown giving a nice matt finish. Like all good things in life, there is a downside. Finding a hippo armpit may not be that easy, and presumably the smell would be worse than a triathletes shorts.

This is a busy time of year with Fleet Feet races. The first of the summer series takes place June 10 followed shortly thereafter by the Kids Triathlon. This year the Kids race will in fact be a duathlon as the swimming pool at Mackie Academy may not be available. As ever the organisers will be looking for marshals, please help out by volunteering your services as soon as possible.

We have a new section in this edition of Fleet Feet Times. Simon Houghton, a leading sports psychologist has kindly offered to provide us with some top tips on how to get the most out of ourselves. This month is a brief introduction to sports psychology. The clever messing with the head stuff will follow. Mental state can play a big part in triathlon, and anything that gives us the edge over the opposition is well worth considering.

Hopefully we'll have another new section next month. It has been suggested that Fleet Feet Times includes a letters page. So, put quill to papyrus, or send me an e-mail on any topic relating to the club, training, racing, thanking race organisers etc and we will do our best to print.

Happy chirography,

*Bish*

# 2004 COMMITTEE

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

## TRAINING SESSIONS

### Monday

Circuit Training: Green Hut 7pm - run followed by circuits. Will continue until June 14 and will restart September 5.

Run/swim: It has been proposed that from June 21 there will be a run/mountain bike session starting at Durriss car park at 6pm and followed by a swim at Knockburn lock. Please watch out for further details.

### 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:

**Kids Triathlon.** June 20. This year's Kids race will be a duathlon on Sunday 20th June at 12:30 at the Mackie Academy.

**Summer Series** – June 10, June 24 and July 1. The first two races will be Novice/short distance but in the more traditional manner of swim/bike/run. The 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.

A message from Andy, race organiser. This year we have introduced a 'Novice Buddy' scheme for the first two Novice races - the intent is for relatively experienced triathletes (especially those who have done the FFT series before) to be on hand before the race briefing to take groups of Novices round the transition and pool area to show them where to put their bike, shoes and change of clothes etc.

If you wish to be shown around, please indicate on the entry form box and turn up around 6.00 - 6.15 pm at the indoor swimming pool for registration after which we will attempt to assign you to a 'Buddy'

Anyone willing to act as a Buddy, please drop Andy Redman an e-mail at [andy.redman5@virgin.net](mailto:andy.redman5@virgin.net). Those who have already answered the call – thank you very much - please can you arrange to be at the pool as near to 6.00 as you can.

As you will see, the third race is a Ranking Sprint, which is hoped will offer some good progression for athletes doing their first race series.

Please distribute this amongst clubs and put up on notice boards where you feel there may be an interest. Please also note that entries are to be sent to Gary Gutteridge as on the entry form.

As usual, we depend on volunteer marshals for these events, so please come forward if you haven't already, should you be able to give us a hand.

**21<sup>st</sup> Anniversary BBQ** – August 7. Details to follow.

**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.

## FFT SUMMER SERIES 2004



**Race 1 - Stonehaven Novice Triathlon** ~ 10/06/04  
400m swim; 8 mile cycle; 3 mile run

**Race 2 - Stonehaven Novice Triathlon** ~ 24/06/04  
400m swim; 8 mile cycle; 3 mile run

**Race 3 - Stonehaven Sprint Ranking Triathlon** ~ 01/07/04  
750m swim; 20k cycle; 5k run

[www.fleet-feet.com](http://www.fleet-feet.com)

The Fleet Feet Triathletes Summer 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. Please indicate on the form below if you would appreciate some advice / assistance from a 'Novice Buddy'. The swims will be held in Stonehavens 50m outdoor pool and take place before the cycle and run stages. Helmets must be worn during the cycle stage and your cycle must be in a road worthy condition, otherwise you will be barred from competing. Race maps and other details are on the FFT Web site. Registration at Stonehaven Leisure Centre at 6:00pm onwards for each race. Briefing at 6:45pm. All races start at 7:00pm.

**Entry Fees**      Normal Entry closes the Saturday midnight prior to each race.

	Junior (16-19 yrs inclusive)	Senior STA / BTA Member	Senior Non Member
Race 1 Only	£4	£9	£11
Race 2 Only	£4	£9	£11
Race 3 Only	£4	£9	£11
All 3 races on 1 entry form	£10	£21	£23

There will be a surcharge of £3 for entries received after each Saturday night.

Entries to: Gary Gutteridge, 46 Bernham Avenue, Stonehaven, Scotland, AB39 2WD

E-Mail: [ggutteridge@oceaneering.com](mailto:ggutteridge@oceaneering.com) Telephone: (W) 01224 797207 (H) 01569 765234

**Race maps, details & results will be posted on [www.fleet-feet.com](http://www.fleet-feet.com) and emailed to everyone providing an email address. Check website for late breaking news. Cheques Payable to 'FFT'.**

### Entry Form

Events (please tick as appropriate and add £ fee enclosed)					1st Triathlon?
RACE 1	RACE 2	RACE 3	All 3 RACES	Fee Paid £	Novice Buddy Assistance?

**Please complete all boxes as accurately as possible. (minutes & seconds)**

Swim time ( 400m )		Cycle time ( 8 miles )			Run time ( 3 miles )			
Swim time ( 750m )		Cycle time ( 20k )			Run time ( 5k / 3 miles )			
<b>CATEGORY – PLEASE TICK BOX Note Category is based on age at 31/12/04</b>								
MALE	FEMALE	JUNIOR 16-19yrs	Senior 20-39yrs	Veteran 40-49yrs	Supervet 50-59yrs	Vintage 60+yrs		

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**E Mail Address:..** \_\_\_\_\_

(PLEASE PRINT VERY VERY CLEARLY IN CAPITALS)

**Club:** \_\_\_\_\_ **STA / BTA No** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Post Code:** \_\_\_\_\_

**Day Tel No:** \_\_\_\_\_ **Eve Tel No:** \_\_\_\_\_ **Mob No** \_\_\_\_\_

DECLARATION: I am medically fit to participate 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:** \_\_\_\_\_

## **“NEVER SAY NEVER” RAF KINLOSS SPRINT – 2<sup>ND</sup> MAY 2004 By Linda Sim**

On 30<sup>th</sup> April 2004 Linda, Colin and Bethany set off to Lossiemouth for a weekend break to Silver Sands Caravan Park. On Saturday Philip, Nicola and Findlay Rhind joined us. Not content to just sit back and relax for the weekend we found that there just happened to be a sprint triathlon at RAF Kinloss on the Sunday. Colin drew the short straw and volunteered to baby-sit Findlay and Bethany whilst Philip, Nicola and I signed up for the triathlon.

We arrived on a dry cool day with quite a breeze blowing to a somewhat small field of competitors. We looked at the sheet for heats and lane numbers etc and to my surprise it was revealed that I was the only female vet taking part. “I could win a prize here” I said, eyes widening. “Don’t forget you could get a puncture said a cautious Colin and Richard Burton practically in unison!

The swim was probably not my best. I actually felt a little disorientated in the pool because no sooner I was in the water we were off! The bottom of the pool was plain blue, which made me swim all squint (or it could have been the wines the night before!). However, the swim finished and I went to transition for my bike. I needed my jacket as it was very cool and at last I was ready for the off. The outward journey was relatively good, however, on the return to Kinloss it was extremely windy. At this point I regretted buying a slightly bigger jacket as it acted like a big sail! Anyway, all that was in my mind at this point was “don’t run over a nail!!!”

Finally the run was underway with the strange feeling in the legs and wonderment in the head as to “can I make it.” Thankfully the answer was “yes” and I crossed the line.

To my great joy I won 1<sup>st</sup> Female Veteran with a time of 1 hour 30 minutes. Not only a PB but a course record for a female vet as this happened to be the first ever RAF Kinloss sprint triathlon! We will overlook the fact that out of a field of 26 I was second last. For me it was an opportunity to take part in a most enjoyable sprint triathlon with the added bonus of winning a prize. So, never say never! I never thought I would win a prize let alone FIRST!!!! It was also the first ever race I have taken part in where I was actually the oldest lady to compete! Who says getting old has to be depressing?

Finally, I would like to say it was a well organised event on a good course. Perhaps Fleet Feet members could note this date in your diaries for next year and support the event. However, I don’t want to see any female vets taking part as I will be there to defend my record! For all the folks reading this who are too apprehensive about trying a sprint (or short for that matter), have a go. You might even win a prize!

### Results

Ian Milne	1:05:13	Philip Rhind	1:14:29
Richard Burton	1:14:46	Nicola Rhind	1:22:34
Linda Sim	1:30:16		

Editor’s note: A fantastic performance by Linda. Which just goes to prove, if you don’t enter, you won’t win. So, leave procrastination to the indecisive, get those entry forms in now!

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

Sport psychology means many different things to many people, but one definition I use is that it is a discipline that looks to identify, and then maintain, the correct mental state for a particular sport. After assessing the athlete and the demands of the sport, the correct mental state is maintained by correctly utilising a number of different psychological skills to address issues such as concentration, anxiety, motivation and self-confidence.

Sport psychology is practised in many different ways, and a particularly good philosophy that I teach my clients is the cognitive-behavioural approach. It is important to realise that your cognitions (or thoughts) influence your behaviour, and vice versa. For example, if you have a bad transition in a race, and your thoughts are full of 'My transition was terrible, I'm way off my target time', you are unlikely to be feeling positive. As a result, your body language may suggest that you are annoyed, defeated even, and this will affect your behaviour. How? You may not feel like continuing to give your all. It works the other way too. If you are performing to your plan, and you are doing well, you will be feeling confident, and your cognitions will be one of positive, rather than negative. Okay, so these examples are a bit simplistic, but I hope you understand the principle.

Many of my clients who I work with come to me with a particular problem. They then want **me** to fix it. Well, it doesn't normally work like this. Change normally comes from within, and it is the cognitions and behaviour changes that affect the mental performance of the athlete. But before you can **change** cognitions and behaviours, you need to be **aware** of them first.

One way to start educating athletes in to understanding more about themselves, is to get them to carry out a **performance profile**.

Essentially, a performance profile is a tool that enables the client to participate in the understanding and development of their issue, rather than being prescribed the solution, in much the same way as a doctor would prescribe for a patient. As a result of this method, athletes tend to be more motivated to carry out the tasks, with a view to resolving the problem they feel they have.

So, a performance profile asks: "*What are the fundamental qualities or characteristics of an elite triathlete?*"







These characteristics can be psychological, physiological, technical or tactical, and the aim is to develop a list of key attributes that the athlete can aim to improve on. The steps to take are as follows:

1. Agree on areas to focus on – physiological, technical, psychological etc.
2. Brainstorm the constructs (the wider the better!), then refine the ones you have listed
3. Assess yourselves on the constructs (0= *not at all*, 10= *very much*) **as you perceive yourself now**
4. Assess yourselves on the constructs **as you would ideally wish to be**
5. Identify the areas that you require work on

See below for a performance profile with example attributes that may appear in a triathlete's assessment – the important thing is that the attributes are meaningful, and that the athlete agrees with them – in other words, if you don't think determination is an important part of being a triathlete, don't include it – this is YOUR performance profile, and nobody else's!

Example Performance Profile for an Elite Triathlete:

DATE: 31<sup>st</sup> May 2004

	1.....2.....3.....4.....5.....6.....7.....8.....9.....10	
<b>Goal Setting</b>		/10
<b>Attitude</b>		/10
<b>Confidence</b>		/10
<b>Mental toughness</b>		/10
<b>Lifestyle Balance</b>		/10
<b>Determination</b>		/10

At the end of this activity, you should have a list of attributes, with the score as you are currently, and the score you should be aiming for. The scores should be reviewed, and a plan put in place for the lowest three to four areas you have identified. In the next article, I will discuss Goal setting, so that you can put into action the appropriate plan to work on the attributes you identified earlier.

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](mailto:simon.Houghton@yahoo.co.uk))

## Results - 2004 Deeside Duathlon

Name	Race No.	Race	Cat	O/A Pos'n	Cat Pos'n	Bike Split Time	Run Split Time	Bike Split Time	Total Split Check
Dave Howard	65	Duathlon	MV40	1	1	1.23.12	1.09.21	0.36.42	3.09.15
Alastair Hubbard	33	Duathlon	MS	2	1	1.24.41	1.08.55	0.36.58	3.10.34
Keith Robertson	52	Duathlon	MS	3	2	1.25.21	1.09.02	0.36.47	3.11.10
Diana Mcpherson	34	Duathlon	FS	4	1	1.26.45	1.12.01	0.35.42	3.14.28
Rainer Goldbeck	64	Duathlon	MV40	5	2	1.20.45	1.20.03	0.34.50	3.15.38
Garry MacInnes	62	Duathlon	MS	6	3	1.26.52	1.11.19	0.40.06	3.18.17
Ian Ramshaw	46	Duathlon	MS	7	4	1.24.51		3.47.09	5.12.00
Jeff Cowie	42	Duathlon	MS	8	5	1.28.55	1.15.42	0.38.08	3.22.45
Derek Phillips	30	Duathlon	MV40	9	3	1.28.53	1.15.22	0.38.32	3.22.47
Jake Vellacott	12	Duathlon	MV40	10	4	1.23.25	1.21.19	0.38.27	3.23.11
Bruce Bicknall	48	Duathlon	MV40	11	5	1.25.52	1.20.49	0.38.13	3.24.54
Andy Redman	32	Duathlon	MV40	12	6	1.29.49	1.15.22	0.39.50	3.25.01
Duncan Allen	58	Duathlon	MV40	13	7	1.28.35	1.16.14	0.40.34	3.25.23
Gregory Banks	13	Duathlon	MS	14	6	1.33.08	1.10.25	0.43.20	3.26.53
Stephen Walton	60	Duathlon	MV50	15	1	1.26.55	1.21.06	0.39.23	3.27.24
Andrew Patience	59	Duathlon	MS	16	7	1.27.19	1.19.35	0.41.47	3.28.41
Ian Sinclair	36	Duathlon	MV40	17	8	1.29.05	1.22.27	0.38.18	3.29.50
Rina Zijgers	18	Duathlon	FS	18	2	1.34.44	1.16.03	0.39.41	3.30.28
Margaret Anderson	54	Duathlon	FV40	19	1	1.31.05	1.20.41	0.40.39	3.32.25
Andrew Kerr	16	Duathlon	MS	20	8	1.29.21	1.20.54	0.42.36	3.32.51
Steven Barrett	39	Duathlon	MS	21	9	1.33.38	1.19.59	0.42.05	3.35.42
Eric Whyte	43	Duathlon	MV40	22	9	1.35.49	1.17.47	0.43.47	3.37.23
Michael Beattie	11	Duathlon	MS	23	10	1.36.33	1.22.25	0.40.05	3.39.03
Peter Ferguson	61	Duathlon	MV50	24	2	1.29.20	1.24.04	0.45.39	3.39.03
Katy Boocock	49	Duathlon	FV40	25	2	1.32.28	1.28.29	0.39.32	3.40.29
Linda Bethell	31	Duathlon	FV40	26	3	1.35.27	1.23.36	0.42.13	3.41.16
Paul Kefford	45	Duathlon	MS	27	11	1.27.05	1.34.37	0.43.27	3.45.09
Liz Chellingsworth	17	Duathlon	FS	28	3	1.37.33	1.27.41	0.44.13	3.49.27
Rob Shaw	35	Duathlon	MS	29	12	1.34.09	1.30.58	0.44.34	3.49.41
Bert McIntosh	47	Duathlon	MV60	30	1	1.28.53	1.42.19	0.39.19	3.50.31
Fiona Duncan	41	Duathlon	FS	31	4	1.35.08	1.33.06	0.42.37	3.50.51
Paul Ritchie	10	Duathlon	MS	32	13	1.34.41	1.27.46	0.49.39	3.52.06
Colin Sim	44	Duathlon	MV40	33	10	1.33.21	1.36.58	0.43.01	3.53.20
Richard Burton	55	Duathlon	MV50	34	3	1.37.07	1.33.57	0.42.43	3.53.47
Karen Davidson	51	Duathlon	FS	35	5	1.32.48	1.43.41	0.41.15	3.57.44
Colin Reid	50	Duathlon	MS	36	14	1.39.50	1.30.36	0.52.40	4.03.06
Blair McKay	15	Duathlon	MV50	37	4	1.35.20	1.43.19	0.47.14	4.05.53
Fiona Smith	26	Duathlon	FS	38	6	1.42.00	1.36.45	0.49.59	4.08.44
Mike Smith	29	Duathlon	MV50	39	5	1.51.08	1.25.56	0.52.28	4.09.32
Thomas Flynn	14	Duathlon	MV40	40	11	1.42.13	1.42.41	0.47.27	4.12.21
Helen Mackie	28	Duathlon	FV40	41	4	1.51.08	1.28.59	0.52.22	4.12.29
John Allan	56	Duathlon	MS	42	15	1.47.52	1.33.10	0.52.12	4.13.14
Elaine Stewart	27	Duathlon	FV40	43	5	1.49.27	1.35.37	0.48.33	4.13.37


## Results - 2004 Deeside Triathlon

<b>Name</b>	<b>Race No.</b>	<b>Race</b>	<b>Cat</b>	<b>O/A Pos'n</b>	<b>Cat Pos'n</b>	<b>Bike Split Time</b>	<b>Run Split Time</b>	<b>Canoe</b>	<b>Total Split Check</b>
Simon Dark	9	Triathlon	MS	1	1	1.26.35	1.13.52	1.46.02	4.26.29
Richard Lang	5	Triathlon	MS	2	2	1.30.17	1.12.21	1.51.50	4.34.28
Nelly Shand	23	Triathlon	MS	3	3	1.22.38	1.14.13	2.23.45	5.00.36
Alan Strachan	8	Triathlon	MV40	4	1	1.26.28	1.25.09	2.23.44	5.15.21
Colin Williams	2	Triathlon	MS	5	4	1.35.42	1.30.33	2.12.49	5.19.04
Olaf Ellefsen	21	Triathlon	MV60	6	1	1.26.04	1.21.43	2.31.26	5.19.13
Mike Brown	19	Triathlon	MS	7	5	1.40.37	1.47.32	2.12.21	5.40.30
Greg Manning	4	Triathlon	MV50	8	1	1.38.53	1.38.03	2.31.51	5.48.47
Ian Edwards	1	Triathlon	MV40	9	2	1.38.26	1.35.45	2.37.20	5.51.31
Colin Calder	20	Triathlon	MS	10	6	1.38.42	1.50.22	2.13.20	5.42.24
Susie McKay	6	Triathlon	FV50	11	1	1.37.55	1.24.12	2.56.06	5.58.13
Donald Thomson	7	Triathlon	MV40	12	3	1.41.00	1.58.46	2.29.32	6.09.18

## 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



Michael Levack BSc (hons) Physiotherapy  
Phone: 01 569 766307  
Mobile: 07709438610  
Levackmichael@hotmail.com

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### Physiotherapy Clinic



Chartered physiotherapist Michael Levack, running Levack Physiotherapy is now working from the Mackie Academy rugby club pavilion.

Diagnosing and treating conditions such as:

- Sports injuries - acute and chronic
- Back and neck problems
- Joint pain
- Arthritic changes
- Muscular tension
- Stroke rehabilitation

The treatments offered include:

- Massage
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Initial Assessment	£20	(£5 discount with valid fleet feet membership)
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## NEW summer products



### TERROOC™ 330

Trail running shoe with high levels of comfort and performance. Ideal for hard surface tracks and trails and some road use if required.

**TRAIL** April 2004  
Best Trail Running Shoe



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and pace per mile.  
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Event Name	Location	Day	Date	Cost	Description	Contact
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colty 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 ? <b>NOTE NEW START POINT</b>
irling Sprint (Ranking) + Try Tri + Kids	Stirling (Includes Novice event)	Sun	06-Jun-04		Sprint 750mS/20KB/5KR	John Smith 01786 833297 <a href="mailto:john.r.smith@sun.com">john.r.smith@sun.com</a> <b>ENTRY FULL</b>
uropean Champs Trial & Open	H Glentress, nr Peebles	Sun	06-Jun-04			0131 4478846 <a href="mailto:rimorris@aol.co.uk">rimorris@aol.co.uk</a>
0 HTT Netherley/Durriss/Slug	(Deeside Thistle Cycling Club)	Tues	08-Jun-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
fetro 4M & 2M Fun Run, Aberdeen	R Beach Ballroom, Lower Beach Prom.	Wed	09-Jun-04	£3 Aff/ £5	4M and 2M R	01224 790706 <a href="http://www.metro-aberdeen-rrc.co.uk">www.metro-aberdeen-rrc.co.uk</a>
FT Summer Novice Tri. Series 1	Stonehaven Leisure Centre	Thu	10-Jun-04		S400m/B8M/R3M	Gary Gutteridge 01569 765234 <a href="mailto:ggutteridge@oceanearing.com">ggutteridge@oceanearing.com</a> <a href="http://www.fleet-feet.com">www.fleet-feet.com</a>
umbarton Polaroid 10K	R Dumbarton Academy	Thu	10-Jun-04		10K R	01389 714455 <a href="mailto:gemben@blueyonder.co.uk">gemben@blueyonder.co.uk</a> <a href="http://www.polaroid10k.com">www.polaroid10k.com</a>
railbuster Mountain Bike Duathlon	Aberfoyle	Sat	12-Jun-04		4KR/12KMB/4KR	Phillip Barlow 0141 8121063 <a href="mailto:philip@3bracing.co.uk">philip@3bracing.co.uk</a>
ilas Tulaichen Uphill Race	HR Dalmunzie Hotel, Glenshee	Sat	12-Jun-04			01506 412322 <a href="mailto:martinhyman@clara.co.uk">martinhyman@clara.co.uk</a>
kene Sprint Tri (Ranking) + Novice	Westhill	Sun	13-Jun-04	£18/£13/£10/£5 (U20)	Sprint S750m/B21K/R5K	Andrew Miller 01467 628127 FAX 01888 563156. <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a>
yr Sprint Ranking & GP Ranking	Ayr	Sun	13-Jun-04	Enter by 11/6	Spr OW750mS/20KB/5KR	John Strawhorn 01290 550079. <a href="mailto:strawhorns@aol.com">strawhorns@aol.com</a> <a href="http://www.avrodynamic.co.uk">www.avrodynamic.co.uk</a>
yntegra Edinburgh Marathon	R Holyrood Park, Edinburgh	Sun	13-Jun-04	£27/£29 ballot	26.2 M R	0901 0201 600 (£0.50 / min) <a href="http://www.edinburgh-marathon.co.uk">www.edinburgh-marathon.co.uk</a>
ml Hill Climb Cairn Monearn	(Deeside Thistle Cycling Club)	Tues	15-Jun-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
he Running Shop BEACH 10K	R Aberdeen beach	Tues	15-Jun-04	£1 Aff / £3	10 K R + Fun Run	The Running Shop 01224 636299 <a href="http://runningshop@btopenworld.com">runningshop@btopenworld.com</a>
ighland Cross Charity Duathlon	Morvich (Kintail) to Beauly	Sat	19-Jun-04		20M OR / 30M B	01463 792811. By invitation only.
ot National Duath Champ Ranking	Edinburgh. + Sprint Tri + Schools+Nurses	Sat	19-Jun-04	£20Aff/ £21	5KR/20KB/5KR	Bruce Kidd 0131 6574716 <a href="mailto:bruce@kidd65.freemove.co.uk">bruce@kidd65.freemove.co.uk</a> <a href="http://www.edinburghcyclingcoop.net">www.edinburghcyclingcoop.net</a>
iet 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.) <a href="http://www.ekhalfmarathon.co.uk">www.ekhalfmarathon.co.uk</a>
FT Kids Duathlon Age up to 16	Mackie Academy, Stoneh'n.	Sun	20-Jun-04	£1 OD	S/B/R varies with age	Gavin Calder 01224 868931 <a href="mailto:gavin@gcalder.fsnet.co.uk">gavin@gcalder.fsnet.co.uk</a> <a href="http://www.fleet-feet.com">www.fleet-feet.com</a>
FT Summer Novice Tri. Series 2	Stonehaven Leisure Centre	Thu	24-Jun-04		S400m/B8M/R3M	FFT - Gary Gutteridge 01569 765234 <a href="mailto:ggutteridge@oceanearing.com">ggutteridge@oceanearing.com</a> <a href="http://www.fleet-feet.com">www.fleet-feet.com</a>
ruce 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. <a href="mailto:gag.milnathort@ic24.net">gag.milnathort@ic24.net</a>
than Challenge Max 300. + Teams	The Meadows Sports Centre, Ellon	Sun	27-Jun-04	£9	7m CC charity race. CC	Bill Kenny 01771 613697 <a href="http://www.ythanchallenge.org.uk">www.ythanchallenge.org.uk</a>
airig Ghru Hill Race	Police Station, Braemar	Sun	27-Jun-04	£7/£9 Pre-entry	Marathon +. HR	01339 755599 <a href="mailto:phil@pbenzie.freemove.co.uk">phil@pbenzie.freemove.co.uk</a>
wo Stadium 5K	R Aberdeen Prom.	Sun	27-Jun-04			01224 633609
rbroath Sporting Club Gala Day 10K R	Seaton Park, Arbroath	Sun	27-Jun-04		10K R	01241 874820 L. Barnett
iso 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 <a href="mailto:aylawson@compuserve.com">aylawson@compuserve.com</a>
0 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	29-Jun-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
FT Summer Series 3 Sprint Ranking	Stonehaven Leisure Centre	Thu	01-Jul-04		S750m/B20K/R5K	FFT - Gary Gutteridge 01569 765234 <a href="mailto:ggutteridge@oceanearing.com">ggutteridge@oceanearing.com</a> <a href="http://www.fleet-feet.com">www.fleet-feet.com</a>
orrieyairack Chal. Team / Duathlon	Aviemore	Sat	03-Jul-04		17MOR/ B26M or B=40M	Paul Corrigan 01479 861285. <a href="mailto:paul.c@badaguish.org">paul.c@badaguish.org</a>
untly Kids Tri.	Gordon Schools Huntly Pool	Sat	03-Jul-04	£5	For distances see contact	Andrew Miller 01467 628127 FAX 01888 563156. <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a>
tonehaven 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 <a href="http://www.stonehavenhalfmarathon.com">www.stonehavenhalfmarathon.com</a>
reat Inverurie Bike Ride	Kellands Park, Inverurie	Sun	04-Jul-04		25M B	Sandy Lindsay, Mackie Academy. 01467 681330 <a href="http://www.gibr.co.uk">www.gibr.co.uk</a>
ollow the Herring 10K	R Portsoy, by Banff	Sun	04-Jul-04		10K R + 2K Fun run	Mike Seed 01261 813383 <a href="mailto:mikeseed@aberdeenshire.gov.uk">mikeseed@aberdeenshire.gov.uk</a>
0 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	06-Jul-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
fetro Hazelhead relays	Aberdeen	Thu	08-Jul-04	Teams of 3. 2.5M CC		<a href="http://www.metro-aberdeen-rrc.co.uk">www.metro-aberdeen-rrc.co.uk</a>
ohnstone Tower Hill Run	Laurencekirk	Thu	08-Jul-04		3M HR + 700' climb	
onikie Stand Tri. Ranking +GP Ranking	Monikie Country Park, Angus	Sat	10-Jul-04		1500mS OW/40KB/10KR	Tom McGrath 01382 370202. <a href="mailto:monikiepark@so.co.uk">monikiepark@so.co.uk</a>
mphibious Ancients Bathing Assoc.	Standard Tri. (OW) Dundee	Sun	11-Jul-04		S1500m OW/B40K/R10K	Joyce McIntosh 01382 775312
5 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	13-Jul-04			Anne Brown 01467 641587
omond Highland Games Tri.		Sat	17-Jul-04		For distances see contact	Malcolm Minto 01389 758392. <a href="mailto:mminto_98@yahoo.com">mminto_98@yahoo.com</a>
romness Sprint Tri. Ranking	Orkney	Sun	18-Jul-04		S750m/B20K/R5K	Trisha Sinclair 01856 870746.
0 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	20-Jul-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
colty Hill Race	Banchory Show	Sat	24-Jul-04		5M + Hill height. HR	01330 844090 June Barclay
allater 10m R Champ.	Ballater	Sun	25-Jul-04	£6Aff./£8	10M R. Mr P Benzie	01339 755599. SnD picnic after?
ylvie Castle	Battle re-enactment and Kids 1M run	Sun	25-Jul-04		1M OR	
anff Sprint Tri.	Banff	Sun	25-Jul-04		750mS/21KB/5K R	Andrew Miller 01467 628127 FAX 01888 563156. <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a>
ortobello Ranking OWater Sprint + GP	Portobello	Sun	25-Jul-04		Spr OW 750mS/20KB/5KR	Stuart Young 0131 4673393 <a href="mailto:stuartyoung@blueyonder.co.uk">stuartyoung@blueyonder.co.uk</a>

5 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	27-Jul-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
Aberfeldy Sprint Tri.	<b>Ranking</b> Aberfeldy Recreation Centre	Sun	01-Aug-04		750mS/20KB/5K R	Richard Pearson 01887 820922. <a href="mailto:rwpearson@pkc.gov.uk">rwpearson@pkc.gov.uk</a>
Alford Short Tri. + Teams	Alford Acad.	Sun	01-Aug-04	£15/£10/£5 (U20)	S400m/B12K/R3K	Andrew Miller 01467 628127 FAX 01888 563156. <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a>
Performance Plus Dyce Half Marathon	Pitmedden Rd. playing fields, Dyce	Sun	01-Aug-04	£8Aff./£10 / £12 OD	200 Max. 13.1M R	01224 790706 <a href="http://www.metro-aberdeen-rrc.co.uk">www.metro-aberdeen-rrc.co.uk</a>
World Trophy Trial + Vets Uphill	Glenmore Lodge, Aviemore	Sun	01-Aug-04			01506 670184 <a href="mailto:markdj242@hotmail.com">markdj242@hotmail.com</a>
0 TT Garlogie	(Deeside Thistle Cycling Club)	Tues	03-Aug-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
Aboyne Highland Games	<b>HR</b> 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	
Glasgow Strathendrick Duathlon	<b>Ranking</b> Strathendrick	Sun	08-Aug-04		R5K/B30K/R5K	<a href="mailto:brian.skinner@ntlworld.com">brian.skinner@ntlworld.com</a>
Vick Sprint Tri.	Wick	Sun	08-Aug-04	£12	750mS/20KB/5K R	Katie Farmer 01955 604170
0 TT Garlogie	<b>Novices</b> (Deeside Thistle Cycling Club)	Tues	10-Aug-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
Inverurie Kids Aquathon	Inverurie Swimming Centre	Tues	10-Aug-04		For distances see contact	Andrew Miller 01467 628127 FAX 01888 563156. <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a>
Cap o' Noth Hill Race	Rhynie	Sat	14-Aug-04		6M + 1,220 Ft. climb. <b>HR</b>	01464 861387
Gullane Beach Standard & GP	<b>Ranking</b> Gullane	Sat	14-Aug-04		S1.5K(OW)/B42K/R10K	Deborah Mouat 0131 5388113. <a href="mailto:Gullane@edinburghtri.org.uk">Gullane@edinburghtri.org.uk</a>
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. <a href="mailto:derekrstewart@lineone.net">derekrstewart@lineone.net</a>
Kelso Sprint Tri.	Kelso	Sun	15-Aug-04			Graham Eason 01573 460202
0 TT Garlogie	<b>Outward</b> (Deeside Thistle Cycling Club)	Tues	17-Aug-04			Anne Brown 01467 641587 <a href="mailto:AnnePRBrown@aol.com">AnnePRBrown@aol.com</a>
Aberfeldy Middle Dist & (GP <b>Ranking</b> )	and Scot. Long Distance Championship	Sat	21-Aug-04		OW 1.2MS/56MB/13.1MR	Richard Pearson 01887 820922. <a href="mailto:rwpearson@pkc.gov.uk">rwpearson@pkc.gov.uk</a>
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. <a href="mailto:dthomson@ifb.co.uk">dthomson@ifb.co.uk</a>
Forfar Roadrunners 10K	<b>R</b> Market Muir, Forfar	Sun	22-Aug-04	£7/£9 Pre-entry	10K R	Ron Milne 01307 468293 <a href="http://www.forfarradrunners.com">www.forfarradrunners.com</a>
Helensburgh Sprint Tri (Ranking) & Aqua	Helensburgh. + Jr. Aquathon	Sun	22-Aug-04		Sprint = S750m/B20K/R5K	Malcolm Minto 01389 758392. <a href="mailto:mminto_98@yahoo.com">mminto_98@yahoo.com</a>
Fairn Triathlon	<b>70 Max.</b> Individual or team entry	Sun	22-Aug-04	£8 (Incl. Buffet)	S500m/B18K/R6K	Val Springett, 3 Moss Side Dr., Nairn. IV12 5PN
Four Inches 10K	North Inch, Perth	Sun	22-Aug-04		10K R	01738 477900
Monach 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	<b>Ranking</b> Edinburgh	Sat	28-Aug-04			Bruce Kidd 0131 6574716 <a href="mailto:bruce@kidd65.freeserve.co.uk">bruce@kidd65.freeserve.co.uk</a> <a href="http://www.edinburghracingcoop.co.uk">www.edinburghracingcoop.co.uk</a>
Peterhead Tri. Sprint	<b>Ranking</b> Peterhead Acad.	Sun	29-Aug-04	£18/£13/£5 (U20)	S750m/B20K/R5K	Andrew Miller 01467 628127 FAX 01888 563156. <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a>
Foray 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 @ ? <a href="mailto:nicola.nash@moray.gov.uk">nicola.nash@moray.gov.uk</a> <a href="http://www.moraymarathon.co.uk">www.moraymarathon.co.uk</a>
Bundee H.H. 10K	Hawkhill Harriers	Sun	29-Aug-04		10K R	01307 465274
A 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). <a href="mailto:carol.coach@tesco.net">carol.coach@tesco.net</a>
Annandale Duathlon	<b>Ranking</b> Everholme Sports Complex, Annan	Sat	04-Sep-04	£11Aff./£12 ?	£16Team? R5K/B30K/R5K	Calum Graham 01461 207046
Loch Leven Half Marathon	Kinross	Sat	04-Sep-04	£7Aff	13.1M R	01577 840519
Ben Nevis Race	<b>H</b> New Town Park, Fort William	Sat	04-Sep-04	£8/£10 pre by 31/7		01397 706133 <a href="mailto:mcphersons1@btconnect.com">mcphersons1@btconnect.com</a> <a href="http://www.bennevisrace.com">www.bennevisrace.com</a>
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 <a href="http://www.alfordbikerun.co.uk">www.alfordbikerun.co.uk</a>
Haddington Sprint & Standard	Haddington	Sun	05-Sep-04		Sprint S750m/B20K/R5K	Sue Broadway 0131 6533003. <a href="mailto:sue@eastlothian.gov.uk">sue@eastlothian.gov.uk</a>
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. <a href="mailto:aprima.donna@virgin.net">aprima.donna@virgin.net</a>
Peterhead 10K	Dales Park, Peterhead	Sun	05-Sep-04		10K R and CC	01779 475841
Comond Standard & GP both	<b>Ranking</b>	Sun	05-Sep-04		S1500m OW/B40K/R10K	Malcolm Minto 01389 758392. <a href="mailto:mminto_98@yahoo.com">mminto_98@yahoo.com</a>
Great Scottish Run Half Mara. + Jr.	Glasgow Green (Scot. Champs.)	Sun	05-Sep-04	£17.50Aff/£19.5?	13.1M R	0141 2489909
Fairn William Hill Race	Monymusk Village Hall	Sat	11-Sep-04			01467 651532
FT Standard & GP	<b>Ranking</b> Knockburn Loch, by Banchory	Sun	12-Sep-04		S1500m O.W./B40K/R10K	Steve Boyd 01224-862835 (H) <a href="mailto:steve.boyd4@virgin.net">steve.boyd4@virgin.net</a> <a href="http://www.fleet-feet.com">www.fleet-feet.com</a> + BBQ
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
Forven Hill Race	Groddie, North of Dinnet, by Aboyne.	Sat	18-Sep-04	£3.00/£5.00	5M + 2100 Ft. climb. <b>HR</b>	01339 885385 SAL Permit + Club entry. Prizes @ Loch Kinord Hotel 3pm. <a href="mailto:m60_jam@hotmail.com">m60_jam@hotmail.com</a>
Uckie 10K and Fun Run	Buckie Community High School	Sun	19-Sep-04		10K R and CC	07967 635722
Eyemouth Sprint Tri	<b>Ranking</b> Eyemouth	Sun	19-Sep-04			Ian Learmonth 01890 750557. FAX 01890 751734 <a href="mailto:henrygray@bslt4.fsnet.co.uk">henrygray@bslt4.fsnet.co.uk</a>
Ruce Bollock Buster Mini Mt. Tri.	Lochore Meadows, Fife	Sun	26-Sep-04	£6/£8	C4.5K/MtB12K/R4.5K HR	Clive Waghorn 01383 872215 <a href="mailto:chw@globalnet.co.uk">chw@globalnet.co.uk</a>
Dyke 10K	<b>R</b> Dyke, near Forres	Sun	26-Sep-04		10K R and CC	01309 676853 <a href="mailto:douglas_cowie@hotmail.com">douglas_cowie@hotmail.com</a> <a href="http://www.forresharriers.fsnet.co.uk">www.forresharriers.fsnet.co.uk</a>

Great North Run	R	Newcastle	Sun	26-Sep-04		13.1M	<a href="http://www.greatrun.org">www.greatrun.org</a>
3Koms 3K	Series 1 of 6. R	North of Beach Ballroom, Aberdeen	Fri	01-Oct-04	£1	3K R	Metro. Duncan Wood 01224 868546. <a href="mailto:jackie.stewart@cnrinternational.com">jackie.stewart@cnrinternational.com</a>
Bennachie Hill Race & Jr. relay		Back o Bennachie, Oyne. Aberdeenshire	Sun	03-Oct-04	£5Aff/£7Pre-entry	R8mHR	01467 672342 <a href="mailto:subsea@virgin.net">subsea@virgin.net</a> <a href="http://www.gariochrr.freeuk.com">www.gariochrr.freeuk.com</a>
Jointly Tri. Sprint & Standard-Ranking		Huntly Gordon Schools	Sun	03-Oct-04	£18/£13/£5 (U20)	S1500m O.W./B37K/R10K	Andrew Miller 01467 628127 <a href="mailto:leisureland@aberdeenshire.gov.uk">leisureland@aberdeenshire.gov.uk</a> Max of 80 in Standard.
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 <a href="http://www.lochnessmarathon.com">http://www.lochnessmarathon.com</a> Pasta Party.
Leobok CC Series (1) Scotland		Falkirk (See National + International tab)	Sat	16-Oct-04			01242 528548 <a href="http://www.ActiveEurope.com">www.ActiveEurope.com</a>
Stirling Duathlon	Ranking	Stirling	Sun	17-Oct-04		R5K/B20K/R5K	John Smith 01786 833297 <a href="mailto:andrewgturnbull@hotmail.com">andrewgturnbull@hotmail.com</a> <a href="http://www.stirling-tri.demon.co.uk">www.stirling-tri.demon.co.uk</a>
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. <a href="mailto:Info@offbeatbikes.co.uk">Info@offbeatbikes.co.uk</a>
Methlick Duathlon		Methlick Bowling Club	Sun	31-Oct-04	£8	5K OR/18K B/3K OR	3 Peaks Triathletes. Donald Thomson 01651 806230. <a href="mailto:dthomson@ifb.co.uk">dthomson@ifb.co.uk</a>
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
3Koms 3K	Series 2 of 6. R	North of Beach Ballroom, Aberdeen	Fri	05-Nov-04	£1	3K R	Metro. Duncan Wood 01224 868546. <a href="mailto:jackie.stewart@cnrinternational.com">jackie.stewart@cnrinternational.com</a>
Glenn Clova Hotel Half Marathon		Glen Clova Hotel, Angus Max 300	Sat	06-Nov-04	£8 Aff./£10	Full length 13.1 M R	<a href="http://www.forfarroadrunners.com/Clova/Entry_Form/Clova_Entry_Form.htm">www.forfarroadrunners.com/Clova/Entry_Form/Clova_Entry_Form.htm</a>
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	<a href="mailto:johnbremner@btinternet.com">johnbremner@btinternet.com</a> 01241 876674 <a href="http://www.eventfull.biz/duathlon.html">www.eventfull.biz/duathlon.html</a>
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 <a href="mailto:alastairsimpson@hotmail.com">alastairsimpson@hotmail.com</a>
Aberdeen AAC 6M		Bridge of Don	Sun	07-Nov-04		6M R	<a href="#">Members / Guests?</a> 01224 314703
Dundee 10M R Champ.		Templeton Woods, Dundee	Sun	07-Nov-04	£9 Pre	Reg./Change@ Univ.10MR	01307 818053 <a href="mailto:d.kempton@tiscali.co.uk">d.kempton@tiscali.co.uk</a> Entry on day at Univ. if allowed.
King's Aquathlon Swim / Run		Kings College, Aberdeen	Sat	13-Nov-04		S400m/R5K or S800m/R10K	<a href="http://www.fleet-feet.com/odds_and_sods/Kings_winteraquathon_entry03.pdf">www.fleet-feet.com/odds_and_sods/Kings_winteraquathon_entry03.pdf</a>
Elrick 8's Relays		Tyrebagger, Aberdeen - Sculpture Park	Sat	13-Nov-04		3.5 M + 650' Climb HR	01224 326541 <b>CANCELLED!</b>
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 <a href="mailto:frank@scanbs.co.uk">frank@scanbs.co.uk</a>
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 <a href="http://runningshop@talk21.com">runningshop@talk21.com</a>
A North District CC Champs.		Elgin	Sat	27-Nov-04			0131 4767321
Gordon Way Run			Sun	28-Nov-04		OR	
3Koms 3K	Series 3 of 6. R	North of Beach Ballroom, Aberdeen	Fri	03-Dec-04	£1	3K R	Metro. Duncan Wood 01224 868546. <a href="mailto:jackie.stewart@cnrinternational.com">jackie.stewart@cnrinternational.com</a>
Angus Biathlons/Duathlons Series 2		Monikie Country Park (Incl'g Jr. Cat.)	Sun	05-Dec-04	£8/£30Aff Ser.+£2 OD	4KOR/20KB/4KOR	<a href="mailto:johnbremner@btinternet.com">johnbremner@btinternet.com</a> 01241 876674 <a href="http://www.eventfull.biz/duathlon.html">www.eventfull.biz/duathlon.html</a>
RAF Lossiemouth / ASDA Turkey Trot		North 10M Champs.	Sun	12-Dec-04	£6/£8 Pre	10M R	01343 812121 x 7633 <a href="mailto:dboygreen@hotmail.com">dboygreen@hotmail.com</a>
Aberdeen AAC Skol 6		Hazelhead Park, Aberdeen.	Sun	12-Dec-04	£3 Aff/£5	Reg.@ Parking @ café. 6M	01224 208525 <a href="mailto:neil.murdock@btopenworld.com">neil.murdock@btopenworld.com</a>
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.
<b>NOTES: 1. ?=Date not verified</b>		<b>2. CC= Cross Country. R= Road Run</b>		<b>OR= Off Road Run</b>	<b>HR=Hill Race</b>	<b>S=Swim</b>	<b>B = Bike C = Canoe +£2 OD = Pay extra £2 on the day.</b>