



The Metro Mouthpiece

The newsletter for Metro Aberdeen Running Club members

Issue 1 June 2007

www.metroaberdeen.co.uk

Issue Number 1

Welcome to Issue Number 1 of the "New Look" Metro Mouthpiece newsletter and hello from your new editor Richard Thomson. Firstly I would like to apologise for the lateness of this issue, I was aiming to get it out in March but several factors (read excuses) have meant that it's ran a "wee bit" late. I will be endeavouring to get back on schedule with the next edition which is due out in August, so get those articles, race reports, jokes, funny stories, pictures and results to me at rthomson@talktalk.net for inclusion as soon as possible.

As you may know, former editor Kevin Tulloch thought it was a good idea for someone else to have a shot at taking on the dubious honour of editing this "award winning" publication and I thought why not? This is a work in progress and it will change in appearance and layout regularly as I refine it over the months/years so please bear with me. Some of you will know me and some of you won't so here's a photo of me.



So here it is AT LAST - Issue 1 - in all it's factually incorrect, slanderous, badly researched and even more badly written glory.



The original Metro committee liked to party hard

New Features

Inside you will find some new features, most notably **TWO** chances to win **BIG** (i.e. £10 Run-4-It vouchers) with our best article, photo etc and Cr@p Caption Competition - remember that the decision on who wins is 100% down to me..... therefore totally biased. Look out for the voucher icon to see if you've won. As there is obviously no current competition winner, I have awarded one to a race report with a touch of *Italiano lingua* and the other to a work of creative brilliance.

There is also a chance to get to know some other club members in the Meet the Members pages, the guinea pigs for this first issue are Metro stalwart and club secretary Kevin Tulloch and current ladies captain Susan Grayson.

There is also a fixtures section in which I will try to list upcoming local and not so local races. Feel free to submit any that you feel I may miss e.g. If you ran, plan to run an obscure race, a race abroad or even in the Broch.

In future I will also be hoping to add a list of Metro members results - again any additions are welcome. For the moment please visit www.born2run.co.uk for up to date and comprehensive race results and fixtures.

Finally I would like to once again thank Kevin Tulloch for his years of Metro Mouthpiece editing - hopefully I can live up to his "award winning" standards.

Cheers,
Richard

Advice for Members

■ If you're chased by a dog when walking, jogging, or bicycling, stop, turn toward the dog, point, and firmly say "No!" or "Go home!" Repeat as needed.
"This is effective even for dogs that do not speak English."

Cr@p Caption Competition

Here's your chance to win BIG (i.e. a £10 Run-4-it voucher). For this edition, all you have to do is simply come up with a "witty" caption to go with the photograph below

Have as many attempts as you like and Email entries titled "Metro Cr@p Caption Competition" to rthomson@talktalk.net



Letter to the Editor

Sir

I would like to express my joy upon hearing that the traditional Metro pastime of 'Pot Hunting' is still alive and well and in fact positively flourishing amongst the 'fairer' sex. During a recent social evening in a well known city centre establishment, one of our female members was still beaming from her first team 'Turkey Trot' success. Having acquired a taste for the limelight she had been actively reviewing races and associated finish times throughout Scotland. She enthralled her audience by proclaiming her recent performance would have given her a top 3 finishing position in the 10k and potentially an outright win in the half marathon!! She was of course referring to the internationally renowned Campbeltown races on the Mull of Kintyre. When accused of seeking out obscure races she reinforced the 'Pot Hunter' label by explaining that she would, of course, be there for other matters and the opportunity to race would be purely coincidental!!!

Vive le Pot Hunter!!
SloCoach

Thank you

Billy Allen Trophy

Just a note to thank you for the Billy Allen trophy nomination of which I am simply not worthy. Last year all I did for the club was stand around like a Diddy (Professional) at a few races and finish third last in the Arran Goatfell hill race. However, thank you very much.

Douglas Proudfoot

Firenze Marathon

26 November 2006



Ali Hughes

Right, before my memories of the Florence marathon become a distant haze, it is only fair to share with you all what a super event it is.

I suppose there are a few of you out there who have yet to decide which autumn/winter marathon to enter later in the year (Amsterdam, Inverness, Elgin, New York, Luton, Florence???)...so hopefully this will help to ease the decision process!

The Florence marathon starts at the Piazzale Michelangelo, a terrace at the top of a hill with a terrific panoramic view of the city. The starter gun is fired at 9am, although I suggest getting up the hill as early as possible to absorb the atmosphere. Hot sweet tea, water and carb-loaded buns are served up from early on. There are buses organized to transport the runners from the city centre up to the start point.

The first two kilometers of the race are fairly flat, then a light downhill begins lasting until Porta Romana, and from this point the route is pretty much flat- what more could you ask for in a marathon (apart from it all being "lightly downhill" I suppose)?! The roads are fairly straight, although very narrow at times, and at 11 km you enter the historical town centre where you run past some wonderful spots of Florence such as Palazzo Pitti, Ponte Vecchio and the Corridoio Vasariano- amazing architecture!

After going across the famous San Niccolo Bridge, you run along the Arno embankment for about 3km before reaching the north-east part of the town where you go back towards the city's main sporting area, passing by the new athletics ground "Luigi Ridolfi". At this stage, the race is half-finished, and you are headed back to the historical centre. At this point you will be running occasionally on the ancient stone pavements which are lovely to look at, but difficult to run on! After 27 km, you reach the SS. Annunziata Square- housing even more amazing sights and statues. At the 30th km, you enter Florence's answer to Central Park/Hyde Park/Memorial Park... called 'Cascine Park', which is the second home for many Italian runners,- and is 7km long. After that, it's back to the centre, and time to prepare yourself for the final 3 km's which are arguably the most beautiful as well as the toughest (in fact, I can't remember much about them to be honest)! There is a light uphill slog in the final part of the road, but the encouraging crowds are out in force at this point, and before you know it, you are reaching the sacred finish which is within the impressive Santa Croce Square. And then it's all over... CONGRATULAZIONI, FINITO! After my parents had scraped me off the ground and with the sun splitting the sky, we found a lovely outdoor bistro about a mile from the finish to sit back and enjoy some delicious vino and pasta whilst watching the rest of the runners tackle their final mile.



Ali gives the pre race thumbs up, blissfully unaware that she'd accidentally entered the "perky auld mannie" race

So, after that fairly detailed summary of the route, it just leaves me say that I thoroughly enjoyed my experience in Florence, and I would thoroughly recommend this race to you guys. If you do decide it's the one for you... you may wish to consider the following issues...

It's 'spectator-friendly'- friends/family/other halves will not struggle to fill their time whilst you are slogging your way round 26.2 miles. There are various designated spots where spectators can view the runners, and there is constant activity near and around the finish line.

Don't ever rely on Air France to get you anywhere on time- I was due to get into Florence airport at 5pm on the Saturday evening, and had planned to go straight to the registration point to pick up my running number and race pack, although due to 'delays', I did not arrive in Florence until 11pm having had no proper dinner, and the registration point closed at 8pm! Thankfully my folks were already in Florence, and after receiving a panicked phone call from Miss Distressed, they headed to the registration point and were able to persuade the organizers to release my number after explaining the situation! Phew!

Take your sunscreen- Don't be fooled by thinking that the end of November will provide a cooler climate in which to run! The sun shone brightly all day, there were no clouds to intervene and no breeze to cool you down- relentless, great for topping up the tan though

Continues over....

....Cont

Take time to enjoy the sights- it's a truly stunning city, so if you can, make a long weekend of it.

Take time to savour the food and sample the vino- The Italians are the experts in this field, therefore it is only polite to enjoy what they offer! There are loads of autentico Italiano Ristorantes lining the narrow streets, all sporting fantastic menus that won't break the bank.

Upon finishing, the medal you receive is a beauty!

Some potentially useful phrases:

Where's the nearest bus stop?: *Dov'è la fermata di autobus piu vicina ?*

Hello, Yellow Pages... Where can I get a taxi? *Ciao, Yellow Pages...? Dove posso prendere un taxi?*

What is the price of a full body massage? *Qual è il prezzo massaggio corpo?*

No! I don't want any water... I'd like Chianti instead of water! *No! Io non voglio acqua, voglio Chianti al posto di acqua!*

Is there a "rowie shope" near here? *C'è una "rowie shop" qui vicino?*

I would like some plasters please. *Per favore, averi bisogno di cerotti.*

Can you help me? Please?? *Mi puo' aiutare? Per favore??*



An unscrupulous local tries to steal Ali's watch and foil blanket

Luxor Marathon

22k / 10k / 5k - 16 Feb 2007

Wendy Cruickshank

The day started with a 5 am early morning call. I'd been told by the race organisers that the race started at 7 am, but the actual start time was 7.30 am. You can't book a taxi in Luxor so after breakfast it was out into the street to find a taxi and haggle over the price of the 30 - 40 minute drive to Hatchesput Temple where the race started and finished. The taxi driver in his gallibeyah and turban could probably take the rest of the week off with what he charged, but I didn't want to miss the start of the race. It was still not a certainty that I'd get to the start line as although the driver must have been about 60, he raced everything on the road, drove down the middle of the road and overtook on blind bends at every opportunity. I think he was high on the petrol fumes that filled the car.

The setting for the race is pretty dramatic with Hatchepsut Temple carved out of the mountain as the backdrop for the start and finish. It looks out over the Nile and is fantastic to see in the early morning sunshine. Although Hatchepsut was a queen who ruled over Egypt she is buried in the Valley of the Kings as she was regarded as a great ruler and warrior.



The runners for all the races lined up together and the in-line skaters headed off first followed by the rest of the field a minute later at 7.30 am. Everyone dashed off on the down hill start and the kids in the 5 K race ran around your feet and in and out of everyone laughing and chasing each other. After only 500 metres the kids were already taking short cuts so weren't taking the race very seriously. The route for the 22 K race was 2 loops and the marathon 4 loops. Not very inspiring, but at least you knew what was ahead of you after the first loop. The course undulated through a couple of rural Egyptian villages where women and men were working in the fields. Cows were tied up outside the houses, and kids lined the streets and cheered you on. Their enthusiasm got the better of them and they would join you and run alongside shouting and laughing. I don't think they are used to seeing women running about in shorts and I don't think running is a popular sport in Egypt. At about 3K from the end there was a shout from behind me of "Come on Metro quine" It was a Fifer who is living in Cairo and recognised the world famous Metro t-shirt. It's a small world!

The heat was not a big factor for the 10K and 22K runners, but it would have been for the marathon runners as it got significantly hotter about 9 am. My time was a poor 1 hr 44 min, and winning was totally unexpected. If any of the Metro ladies are looking to win a race, Luxor has to be high on their list! The prize was a medal and t-shirt. I wouldn't go out of my way to run the race again, but combined with a weekend of sight-seeing in Luxor it was a great experience.

Luton Marathon

3 December 2006

Neil Jackson

It was on about the 6th or 7th Berliner Pilsner, in the shadow of the Brandenburg Gate, that Rob Hamilton and myself decided that we weren't happy with our times an hour or so earlier at the Berlin marathon (conditions more like Bahamas than Berlin...but you know all about excuses...) and suggested "1 more marathon" before the end of the year. In the cold light of day the following morning our enthusiasm for another 26.2 miles hadn't waned and we set about choosing an event.

After a quick look at the calendar on the Runners World website it was obvious that there aren't too many marathons within easy access later in the year (we needed to allow ourselves some time to recover then regain the fitness), the one name that stood out was Luton...not exactly World Marathon Majors but easy to get to and the right time of year to get ourselves back in shape. After 3 weeks of serious recovery (and lots of boozing) the training started again, and at the beginning of December we boarded Easy Jet and headed to Luton.

With the marathon being low key, in comparison to the years previous two (London & Berlin), there was no registration the day before therefore Rob and I decided to go to Kennilworth Road to see Luton Town take on the then Championship leaders Preston North End. We must have been lucky charms for lowly Luton as they recorded their first win in 2 months as they eased to a 2-0 victory.



Neil and Rob relieved some pre-race tension with a visit to Kennilworth Road to watch Luton Town

The race started at 10am so no need to get up too early as there wasn't going to be the jockeying for position like we were used to at the start. A short taxi ride took us to Lea Manor sports centre where we grabbed a seat and waited with the masses (the other 600 or so marathon runners and 50 relay teams).

The race itself is a 3-Lap affair of roughly 8.7miles per lap and if you were to believe the website there was nothing more than a "brae" to contend with but in reality come the 3rd lap these inclines were more like the Stoney Half Marathon!!!

I started off at my target pace of 6:25 min/miles (hoping for 2:50) and maintained that comfortably through the first two laps (through halfway in 1:24:30 – right on target) but at the start of the third lap the short sharp climb out of the finish area really sapped my energy, I knew the next mile was downhill and I should be able to recover. Unfortunately I never really got my second wind and miles 19-22 were a real slog, they were in the most exposed part of the route with the worst of the inclines. With 4 miles to go the course leveled out and I started to feel better (all in the head) and put a final push for the end, although not managing to get much under 6:45 miling, I crossed the line delighted with 2:53:41 and 15th place.

I headed back to the sports centre after watching the last of the sub 3hr runners coming home before I got too cold. It wasn't long until Rob came through the door beaming for ear to ear, he had taken an impressive 9mins off his PB and met his target of cracking 3:30 (3:29:54). We also met Gavin Reid who wasn't as thrilled with 3:10, nevertheless our efforts secured a well deserved 5th place for Metro in the team event.

After the prize giving we got a taxi back to the hotel for a couple of pints and to plot our afternoon's re-hydration. After a quick scrub up we boarded a train for London, a better bet after spending Saturday pm in Luton!

The Nags Head in Covent Garden was our pub of choice and the pace that was set was far more impressive than either of us had achieved hours earlier. Rob's brother met us at 6pm by which time we had suitably topped up our liquid levels and we headed to a Waggamama for some sustenance, and of course some more beers!!

Another couple of pubs and it was time to get the train back to Luton as we had an early 7am flight. Neither of us recalls too much about that train journey other than me being left onboard as we departed Luton Parkway station with Rob looking on bemused from the platform!! Fortunately Luton Central station was only a couple of minutes away so a quick taxi back to the hotel for 1 more beer which was ordered, but not finished, and it was lights out for 10:30pm.

The alarm at 5am wasn't as bad as expected, we boarded the flight with medals on and I was back at work by 9am (true contractor).

If you have the misfortune of not achieving your goal at an Autumn marathon and fancy "one more" before the end of the year I would look further afield than Luton, it isn't the best of courses, unless you like running through shopping precincts and carparks, the weather in December's "unpredictable" and it certainly isn't the most glamorous of towns BUT it worked for us.

Meet the Girlies

Name:

Susan Grayson

Age:

39

Occupation:

Products Co-ordinator



Sue at the 2007 London Marathon

How long have you been running and what triggered your interest?:

Since 2003 - desperation to lose weight triggered my interest and hatred of gyms and aerobic type classes as I have no co-ordination!!!

Why did you join Metro and how long have you been a member of the club?:

I joined Metro in 2004 I think because I had started to improve at running and was really enjoying taking part in races but wanted to get faster.

What's the best thing about being a member of Metro?:

The best thing is the friendships that you make and the support and advice you get from other members and not forgetting the first class coaching from Jackie!

Any secrets/scandals/embarrassing stories about any fellow club member/s?:

Lots! On the minibus back up from Livingston Relays the girls were enlightening each other to their various ridiculous and embarrassing toilet stop stories whilst on long runs!! Ingrid won the most embarrassing story which I cannot reveal the details of as it's just too nasty!

Personal bests

5k: 23:20; 10K: 45:30; Half Marathon: 1:37; Marathon: 3:57; Other: I can eat a Starbucks Muffin in 30 seconds flat (with a coffee of course)!

Most memorable/favourite race:

Cape Wrath Marathon Relay

Most uplifting running experience:

Finishing the Loch Ness Marathon - at 25.5 Miles whilst feeling rubbish and struggling through the rain - a surprise group of Metro runners had secretly turned up at Loch Ness to cheer Janet McRoberts and myself on - Alan Brown ran the last half mile with me to the entrance to the stadium - the feeling of pain just seemed to disappear and seeing them there was like a mirage in the desert!!! My best running moment ever!

Most depressing running experience:

Baker Hughes 10K every year - for some reason that race just never goes well for me!

Funniest running experience:

Quite a few but one that stands out was being bitten on the bum by a dog at Countesswells Forest whilst on a Sunday morning run.

Any other interests:

You are joking - I barely have time to run - other interests have to be children and of course husband!!

Any advice for a new runner/member?:

Don't overtrain - never run two hard sessions in a row and don't be afraid to take rest days - you will avoid injury that way.

Any regrets?:

Yes - having to give up Starbucks Muffins as it's amazing how quickly they fill up your jeans till you can't get the zip up!!

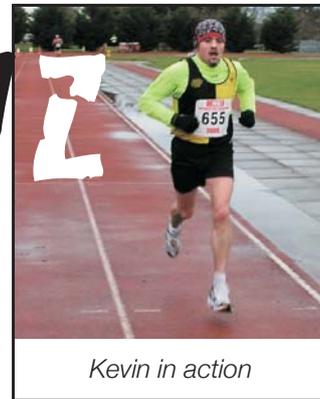
Meet the Boyz

Name: Kevin Tulloch

Age: 43

Occupation:

Employed full time as Metro Aberdeen Running Club Secretary but work on the side part time doing a bit of quality control stuff for Acergy, a subsea construction company.



Kevin in action

How long have you been running and what triggered your interest?:

Ran my first race, the Aberdeen milk marathon in 1983 primarily to impress a girl who thought that some TV presenter was great because he had done a marathon and due to a couple of football related injuries I was starting to lard up a bit so running was the easy option?... isn't it !

Why did you join Metro and how long have you been a member of the club?:

I was press ganged into the club during a drinking binge on Market street in 1990, I was out for pint one night and woke up the next morning with a sore **** wearing a Metro vest. Seriously I was scunnered with the treatment of road runners at AAAC so when, either Peter or Jackie mentioned to me one night at AAAC training that there was a new club forming I was all for it.

What's the best thing about being a member of Metro?:

I just enjoy the whole club experience whether it be out running with friends, going to races or trying to help and advise newer, less experienced runners to get the best out of themselves, and the crack on a Tuesday night is great.

Any secrets/scandals/embarrassing stories about any fellow club member/s?:

Peter Jennings legendary directional skills come to mind, he once got lost coming out of a car park in Bridge of Don, there are others that are not suitable for print (you know who you are) but a few pints have been known to loosen my tongue

Personal bests

5k: 16:02; 10K: 33:41; Half Marathon: 1:13:26; Marathon: 2:42:19; 100k: 8:23:32

Most memorable/favourite race:

All the ones that I have had good times at, I really enjoy the Moray marathon, maybe something to do with the malt whisky prizes. If I have to pick one then it has to be the Toronto Marathon in 2004, 5 of us from the club went. I had a decent run and was pretty much on my own for the last 6 miles, I remember running along a deserted highway through the middle of Toronto with the crowds cheering and thinking there must be some well known runner or celeb catching me, when I looked back there was nobody and I realised they were all cheering for me. Great city, excellent race and an all round good trip.

Most uplifting running experience:

The first time I ran for Scotland in the Celtic plate 100k international road race, 32 laps of Herriot Watt Uni in the pissing rain, whenever I felt like I couldn't go on any more I looked down at the Scotland vest and that inspired me to complete the event. The help and support I got from my wife Heather, Jackie and Peter ensured that all I had to do was concentrate on running.

Most depressing running experience:

Having a DNF at the London marathon in 2002, training had gone well, I was in good shape and had just run a PB for 10k. The week before I got a twinge in my lower left leg and ignored it, went to London and packed in at 8 miles, the worst bit was getting the train back to the finish with well meaning folk asking what happened. I was diagnosed with a stress fracture and was off running for almost 3 months, it would have been fixed in a couple of weeks if I had got it seen to at the time. Every cloud has a silver lining though, the pint of Stella that Heather had waiting for me in the pub at the finish was the best ever.

Funniest running experience:

Any contact with Charlie Noble. Ending up at the end of a pier in Arbroath during a half marathon, a marshal sent the first couple of groups the wrong way, we came to a halt on the pier and all just looked at each other, bummer ! funnily enough a local guy won the race, was he the marshals mate is a question that has always bothered me.

Any other interests:

Kids, James aged 3 and Alexis aged 1 take up most of my time, I also have an unhealthy interest in Aberdeen football club.

Any advice for a new runner/member?:

Stay away from Charlie Noble! Enjoy your running its not life or death, its a simple sport, you get back what you put in, set your goals and train towards them, gain from the experience of the other runners at the club, also your heart is only good for so many beats, don't waste them !

Any regrets?:

Not really but if there is one its not training properly when I was younger which makes me wonder if I could have ever been any good at this running lark !

National C.C.

Callander Park Falkirk - 10 Feb 2007

Peter Jennings

I was wakened by the sleet battering off my bedroom window and thought to myself "Did I really tell Gavin that I would make up the numbers if he was stuck for a team?"

Got up, had breakfast and put all the waterproofs on to take the dog for a walk. When I opened the front door, the dog looked at me as if to say "are you serious"

Gavin had arranged to pick me up at 10.45 then the rest of the squad at 11.00 on Riverside drive. 11.00 came and went. No sign of Gavin. I decided to go to the junction of the main road to save time. 11.15 Gavin arrives claiming that he was still within his contingency plan of 30 minutes late. We finally picked up the rest of the squad and we were on our way.

Gavin was finding it hard trying to keep the car on the road with strength of the wind going over the Stonehaven by-pass. What made it worse was that the North bound carriageway was closed as the emergency services rescued a lorry that had been blown off the road into a ditch.

We stopped at the usual half way point for relief and refreshments. Gavin pulled out his paper, a flask of soup and his sandwiches and declared it lunchtime. I thought "fine" but I was a little nervous about the time (anyone who knows me will understand my concerns).

We got going again battling against the elements, (this was in the car, goodness knows what it was going to be like in the race). Anyway we reached Falkirk about 14.10 (bearing in mind that declarations closed at 14.30) but as the instructions were to come off the motorway at junction 5, (which was closed) we had to come off at junction 4 and find our way back to Callander Park on our own steam.

A great team effort of map reading (yes I did contribute) got us there at (wait for it)..... 14.30!! I jumped out of the car straight to the registration desk which was manned by a little girl guarding the solitary envelope titled Metro Aberdeen.

Success we made it! Now all we had to do was find the toilet, (which were all flooded and out of commission) put on our spikes, get changed, run to the start and try to get some kind of warm up, oh!!! and find the 6th member of the team. Unfortunately the 6th member of the team (who shall remain nameless) did not show (so I could have stayed in bed after all) never mind I'm here now might as well make the best of it.

It was a typical National Cross Country the course had been well churned up by the time it came to the seniors race at 15.00. I must admit I did enjoy the race (in a masochistic sort of way) and I was glad we made the effort.

Mark Bilton was our first finisher then Bjorn Reiss, Peter Jennings, Gavin Reid followed by the stomached cramped Andy Reid.

Although I haven't done a national for a few years I did enjoy it and would encourage anyone regardless of standard to have a go at one of these competitions.

Thanks to Gavin for taking his car and doing the driving but I would ask you to re-think your contingency plan for next time.

Run-4-it have 4 stores throughout Scotland - Aberdeen, Edinburgh and 2 in Glasgow and are Scotland's only independent chain of running shops. They carry a huge stock of running shoes, clothing and accessories and have a dedicated team of knowledgeable staff on hand for any help or advice you may require.

Metro members will get a 10% discount at any of their stores, just discretely show your membership card when making a purchase.

Find Run-4-It at:

Aberdeen
21 Holburn Street
Tel: 01224 594400

Edinburgh
108 - 110 Lothian Road
Tel: 0131 2283444

Glasgow City
57 Bothwell Street
Tel: 0141 2214300

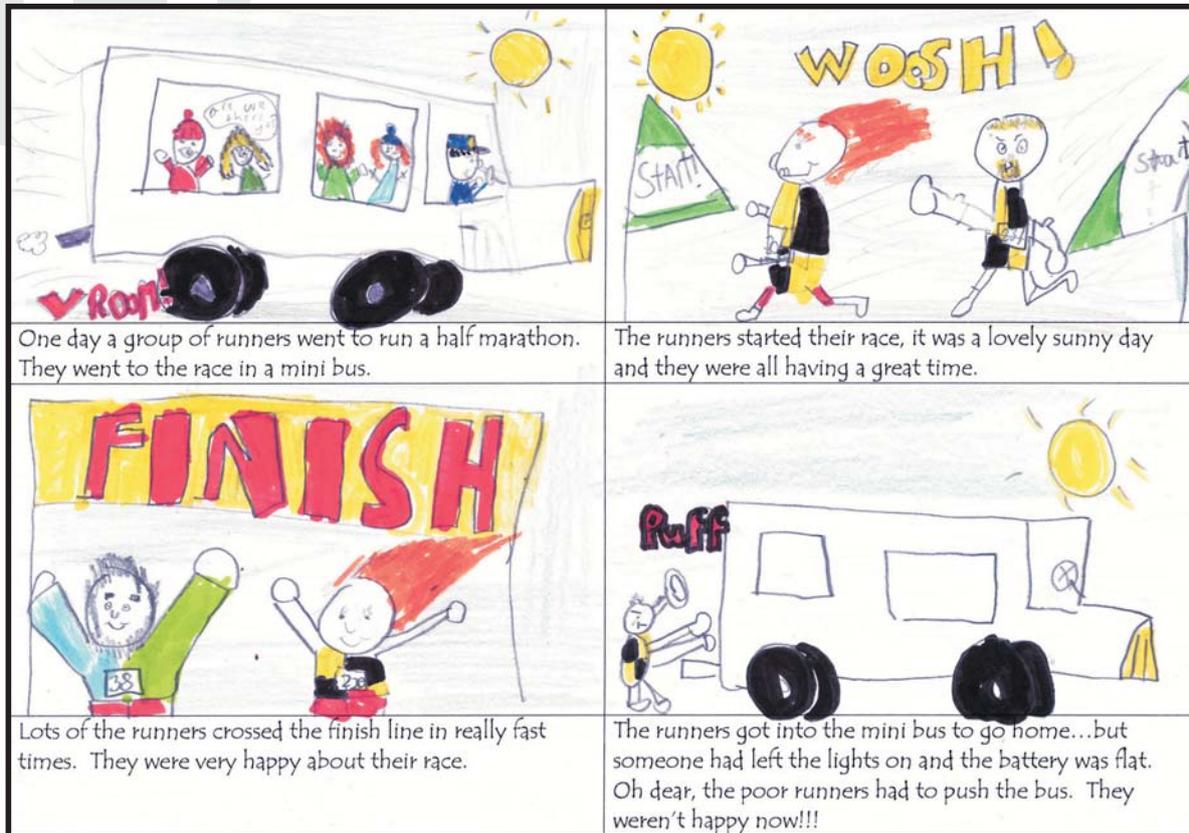
Glasgow - Tiso Outdoor Experience
50 Couper Street, Townhead
Tel: 0141 5595450



Creative Corner

Recognise anyone?

Janet McRoberts recently set her primary pupils a task, to illustrate a (completely fictional of course) story about Metro. This fantastic effort was the winner, these kids have some imagination as I'm sure ~~ain't~~ no-one at the club would actually be so absent minded?!?!



Someone has WAY too much time on his hands!

No it's not a photograph of Peter Jennings during his latest race.

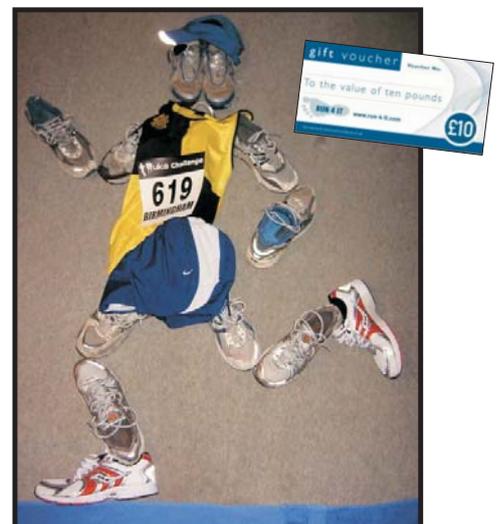
In between sleeping, watching the Jeremy Kyle show and going to the pub, England based student **John Lenehan** managed to find the time to put his old running shoes to good use - 2007 Turner Prize anyone? At the moment he'll have to be happy with a £10 voucher courtesy of **RUN 4 IT** which he could put towards another pair of shoes.

Here is John's explanation behind his creation.

My exams now finished (finally! after 2 months!) and I am having a big clear-out, I've got 8 pairs of running shoes lying about that have accumulated over the past few years, some of them are done and for the bin but before they went there I got a bit creative...

Hope all is going well up in Aberdeen.

John



Race Fixtures

If like me (i.e. a wee bit obsessive and anal) you like to plan your races well in advance then here is a list of some local and not so local events taking place over the next few months. If you have a race you would like to be included then please let me know the details on rthomson@talktalk.net

In future I aim to add a section on Metro members race results but for the moment and for more information on these and other races and for full and comprehensive race listings and results service visit www.born2run.co.uk or www.scottishathletics.org.uk

June

- 30 Jun 2007 (Sat) - Barrathon (Isle of Barra Half Marathon & Fun Run). Castlebay School
- 30 Jun 2007 (Sat) - Gairloch Highland Games Hill Race. Little Sands Farm, Gairloch, Wester Ross
- 30 Jun 2007 (Sat) - Finella Hill Race - Drumtochty Highland Games. Drumtochty Castle, by Auchenblae
- 30 Jun 2007 (Sat) - Corrieyairack Challenge - Team / Duathlon. Fort Augustus to Kincaig. Run-Hill

July

- 01 Jul 2007 (Sun) - Stonehaven Half Marathon and 3K Fun Run. Mineralwell Park, Stonehaven, Aberdeenshire
- 01 Jul 2007 (Sun) - jogscotland Co-op 5K Challenges (Moray). Cooper Park, Elgin
- 01 Jul 2007 (Sun) - Isle of Arran Half Marathon. Kinloch Hotel, Blackwaterfoot, Arran
- 01 Jul 2007 (Sun) - Follow the Herring 10k and 2k fun run. Portsoy, by Banff, Aberdeenshire
- 03 Jul 2007 (Tue) - jogscotland Co-op 5K Challenges. Haddo Country Park, Tarves
- 03 Jul 2007 (Tue) - Krunce Series - Race 4 of 6. Rotten O'Gairn Car Park, west of Aberdeen
- 04 Jul 2007 (Wed) - Brig Bash 5 . The Institute, Bridge of Earn
- 07 Jul 2007 (Sat) - Forres Highland Games & 10K Road Race. Grant Park, Forres
- 07 Jul 2007 (Sat) - Isle of Harris Half Marathon & Fun Run. Tarbert, Harris
- 14 Jul 2007 (Sat) - Angus Munro Race. Glen Clova Hotel, Angus
- 14 Jul 2007 (Sat) - The Creag Choinnich Challenge. Princess Royal & Duke of Fife Memorial Park, Braemar
- 14 Jul 2007 (Sat) - David Shepherd Memorial Glamaig Hill Race. Sligachan Hotel, Skye
- 15 Jul 2007 (Sun) - Elgin 10 Mile Road Race. Morrision Playing Fields, Elgin
- 15 Jul 2007 (Sun) - Heart of the Park Challenge 2007 (12km). Highland Games Park, Braemar.
- 17 Jul 2007 (Tue) - Mither Tap Race, Bennachie. Visitor Centre Car Park, Bennachie, Aberdeenshire
- 21 Jul 2007 (Sat) - Laurencekirk Tower Race. Laurencekirk Primary, Frain Drive , Laurencekirk
- 21 Jul 2007 (Sat) - Around Arran Road Relay. Venue Brodick, Arran. Run-Road. Adults/Juniors
- 26 Jul 2007 (Thu) - Stonehaven Open Air Triathlon Stonehaven Leisure Centre, Stonehaven, Kincardineshire
- 28 Jul 2007 (Sat) - Lochaber Highland Games Cow Hill Race. Fort William
- 28 Jul 2007 (Sat) - Ben Rinnes 5 tops Hill Race. Dufftown Highland Games, Dufftown
- 28 Jul 2007 (Sat) - Banchory Show - Scolty Hill Race. King George V Park, Banchory
- 29 Jul 2007 (Sun) - Ballater 10 Miles Road Race. Ballater, Aberdeenshire

August

- 04 Aug 2007 (Sat) - Ardbeg Islay Half Marathon. Bowmore, Islay
- 04 Aug 2007 (Sat) - Aboyne Hill Race (Aboyne Highland Games). Aboyne Green, Aboyne
- 05 Aug 2007 (Sun) - Barr Brady Helensburgh Half Marathon. Pier Car Park, Helensburgh
- 05 Aug 2007 (Sun) - City of Edinburgh 10K & 5K Road Races. Granton, Edinburgh
- 05 Aug 2007 (Sun) - Performance Plus Dyce Half Marathon. Pitmedden Road, Dyce, Aberdeen
- 07 Aug 2007 (Tue) - Krunce Series - Race 5 of 6. Rotten O'Gairn Car Park, west of Aberdeen.
- 08 Aug 2007 (Wed) - Viewpoint Challenge. Grant Park, Forres
- 08 Aug 2007 (Wed) - Run 4 It 3rd Birthday 5K. RGU Sports Grounds, Garthdee, Aberdeen
- 09 Aug 2007 (Thu) - Ballater Hill race (Ballater Highland Games). Monaltrie Park, Ballater
- 11 Aug 2007 (Sat) - Abernethy 10 Mile Road Race, Nethy Bridge, Inverness-shire
- 11 Aug 2007 (Sat) - Edzell Fun Run (Beat the Clock Race). Inglis Hall, Edzell
- 11 Aug 2007 (Sat) - Tarland Show Hill Race. Tarland, nr Aboyne, Aberdeenshire
- 11 Aug 2007 (Sat) - Haddington Half Marathon. Neilson Park, Haddington
- 12 Aug 2007 (Sun) - Isle of Mull Half Marathon and Junior Road Races. Craignure, Isle of Mull
- 12 Aug 2007 (Sun) - Balloch Hill Race (Keith Agricultural Show). Seafeld Park, Keith
- 12 Aug 2007 (Sun) - Forth Road Bridge Pitreavie 10K. North Queensferry Community Centre
- 17 Aug 2007 (Fri) - Glenisla Hill Race. Glenisla Haugh Field, Glenisla
- 18 Aug 2007 (Sat) - Nairn Half Marathon (The Macallan Highland Games). The Links, Nairn
- 18 Aug 2007 (Sat) - Tap o' Noth Hill Race (Rhynie Gala). Rhynie Village Green, Aberdeenshire
- 19 Aug 2007 (Sun) - Bellahouston Park 5K. Palace of Arts, Bellahouston Park, Glasgow
- 19 Aug 2007 (Sun) - Fishie 'Tower' 10K and 2K Fun Run. Fetterangus, Aberdeenshire
- 22 Aug 2007 (Wed) - Graham Clark Memorial 3.9 mile race Knockhill Racing Circuit, Dunfermline
- 25 Aug 2007 (Sat) - Lonach Gathering Hill Race. Bellabeg Park, Strathdon, Aberdeenshire
- 26 Aug 2007 (Sun) - Peterhead 10K Road Race. Dales Park, Kinmundy Road, Peterhead
- 26 Aug 2007 (Sun) - Bennachie' Duathlon + Short Duathlon. Back of Bennachie car park, Oyne



Organisers of 2007's Lonach Hill Race are providing special race signs just for Peter Jennings