

Key to races with number of Striders taking part and multiplier applied:--

Symbol Used	Name of Race	Distance	No. of Striders (Multiplier)	Date
2B	2 Bridges	Ultra 35 mile	1	27/08/05
50k	Fife (Scottish Champs)	50k	2	8/05/05
A	Alloa	10k	5	21/03/05
Am	Amsterdam	Marathon		
AR	Ardoch Rig	Hill		
AT	Ayr	Tri		
ATT	Ayr Turkey Trot	10k	1	26/12/04
B	Balmoral	10k		
B1	Bruce 1	Tri		
B2	Bruce 2	Tri		
B3	Bruce 3	Tri		
BB	Bishopbrigs	10k canal		
BC	Balloch to Clydebank	½ Marathon	1	13/03/05
BC	Brampton – Carlisle	10 mile		
BL	Britanic Ladies (Bellahouston)	10k	10 (x2.0)	15/05/05
C5	Carnethy 5 Hill Race	Hill		
CB	Cathkin Braes	Hill	1	20/04/05
Cb	Clydebank	10k	2	02/06/05
Cg	Chaplegill Hill Race	Hill		
Ck	Carkuke	10k		
CL	Caledonian	5k		
Cl	Carlisle	½ Marathon		
Cr	Craggs Race	3.4 mile		
Cu	Cumbrae 10 mile	10 mile	2	11/09/05
D	Dumbarton	10k	2	09/06/05
Dd	Dundee	10 mile		
DoH	Devil o' the Highlands	Ultra		
Du	Dunfermline	½ marathon	2	29/05/05
E	Edinburgh	Marathon		
EK	East Kilbride	½ marathon		
ET	East Kilbride	Trail 10k		
G	Glasgow	½ marathon/ 10k	21 (x2.0)	04/09/05
GC	Glen Clova	½ marathon		
H	Helensburgh	10k	5 (x1.3)	21/05/05
HB	Hamburg	Marathon		
HH	Hares&Hounds	5mile		
HH	Heaven & Hell	½ marathon	1	
HW	Hugh Wilson East Kilbride	10k	7 (x1.3)	04/12/04
I	Irvine	10k		
JC	Jack Crawford Springburn		2	15/01/05
K1	Kilmarnock spring	10k		
K2	Kilmarnock reverse	10k		
KM	Karrimore International	Mountain Marathon		
L	London	Marathon	3? (x1.3)	17/04/05
LD	Longest Day Ironman	Tri	1	?
LK	Loch Katerine	12k		
LM	Lochaber	Marathon		
LN	Loch Ness	Marathon		
LW	Lasswade	10mile	1	06/03/05
MC	Marseille-Cassis	½ Marathon		
Mf	Moffat	15k		
Mo	Monklands	½ Marathon		
Mu	Mull	½ marathon		
NB	Nigel Barge			08/01/05
NY10	New York	10miles		
NYD	New Year Day	Tri		
P	Paris	Marathon		
Pa	Paisley 10K	10k	1	28/08/05

RA	Round Arran	Relay	2	
RG	Rouken Glen	10K		
RH	Round the Houses Grangemouth	10k		
S	Stranraer	½ marathon	13 (x2)	05/03/05
SA	St. Andrew's	10k	14 (x2)	18/09/05
SA6	St. Andrews (ladies)	6k		
SH	Shettleston Ladies	5k		
Sh	Shettleston	Hill		
Sk	Skye	½ marathon	1	11/06/05
SM	Snowdon	Mountain Marathon		
ST	Stirling	Tri		
SW	Spayside Way	50k (Ultra terrain)	4 (x1.5)	10/04/05
T	Troon	10k	39 (x2.0)	04/05/05
To	Tinto	Hill		
Tr	Toronto	½ marathon		
TS	Tom Scott	10 mile		
VL	Vale of Leven	10k	1	19/06/05
WHW	West Highland Way	Ultra		

? Still awaiting race result/confirmation etc.