

**Aberdeen**

Contact: Ruth Watson, Community Development Office - [pathways@aberdeenaac.co.uk](mailto:pathways@aberdeenaac.co.uk) 07702702550  
Friday 6-7pm Aberdeen Sports Villlage and Tue 5-6pm GSC

**Ayr Seaforth**

Contact - Margaret Drysdale - [info@acerr.org](mailto:info@acerr.org) 07531 061 307  
Mondays, 6pm - 7pm, from mid March to beginning of October at Dam Park Stadium, Ayr.

**East Lothian Meadowmill**

Contact: Lynda Gilroy - [lgilroy1@enjoyleisure.com](mailto:lgilroy1@enjoyleisure.com) 07718698960  
Wednesday & Friday, Meadowmill, Edinburgh

**Forth Valley Flyers**

Contact: Graham Harvey - [graham.harvey@fvds.org.uk](mailto:graham.harvey@fvds.org.uk)  
Tuesdays 5.30pm - 7pm, Grangemouth

**High Life Highland (Inverness)**

Contact: [info@highlifehighland.com](mailto:info@highlifehighland.com)

**Inspire Girvan & South Carrick**

Contact: Kayleigh Haggo - [Kayleigh.Haggo@south-ayrshire.gov.uk](mailto:Kayleigh.Haggo@south-ayrshire.gov.uk)

**Perth Strathtay Harriers**

Contact: Jim Hunter - [info@strathtayharriers.co.uk](mailto:info@strathtayharriers.co.uk)  
Tuesday, 6pm - 7pm, Perth

**Pitreavie RaceRunning group**

Contact: Pierette Melville - [melvillepierette@gmail.com](mailto:melvillepierette@gmail.com)  
Monday 4.45-5.30, Pitreavie, Dunfermline

**Red Star**

Contact: Laura Gebbie - [laura.gebbie@sky.com](mailto:laura.gebbie@sky.com)  
Lynsay Gebbie – [lgebbie66@gmail.com](mailto:lgebbie66@gmail.com)  
Monday and Thursday night at Crownpoint, Glasgow

**Shetland**

Contact: Donna Murray - [donna.murray2@shetland.gov.uk](mailto:donna.murray2@shetland.gov.uk)