



for Scotland's mental health



## EVENTS CALENDAR 2023

# Join #TeamSAMH and do something amazing for Scotland's mental health!

The money and awareness you raise will transform lives.

### VIRTUAL SAMH STOMP

All year round

### GAME FOR SAMH

All year round

## SPRING EVENTS

### THE INVERNESS HALF MARATHON & 5K

12th March 2023

### KILOMATHON, EDINBURGH

9th April 2023

### SUPERNOVA KELPIES, FALKIRK

17th & 18th March 2023

### KILTWALK, GLASGOW

30th April 2023



## SUMMER EVENTS

### EDINBURGH MARATHON FESTIVAL

27th & 28th May 2023

### TOUGH MUDDER, DUMFRIES & GALLOWAY

3rd & 4th June 2023

### KILTWALK, ABERDEEN

4th June 2023

### MEN'S 10K GLASGOW

18th June 2023

### KILTWALK, DUNDEE

20th August 2023



## AUTUMN EVENTS

### KILTWALK, EDINBURGH

17th September 2023

### THE SCOTTISH HALF MARATHON & 10K, EDINBURGH

24th September 2023

### THE GREAT SCOTTISH RUN, GLASGOW

1st October 2023

### BAXTER'S LOCH NESS MARATHON AND FESTIVAL OF RUNNING

1st October 2023

### MEN'S 10K EDINBURGH

22nd October 2023

### WOMEN'S 10K EDINBURGH

22nd October 2023



To learn more and to sign up visit [www.samh.org.uk/teamsamh](http://www.samh.org.uk/teamsamh)  
Or for any other queries please email [fundraising@samh.org.uk](mailto:fundraising@samh.org.uk)

SAMH is the Scottish Association for Mental Health. Scottish Charity: No. SC-008897  
Registered Office: Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ