

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

The money and awareness you raise will transform lives.

GAME FOR SAMH
All year round

SPRING EVENTS

THE INVERNESS HALF MARATHON & 5K

10th March 2024

SUPERNOVA KELPIES, FALKIRK

15th & 16th March 2024

KILOMATHON, EDINBURGH

7th April 2024

KILTWALK, GLASGOW

28th April 2024



SUMMER EVENTS

EDINBURGH MARATHON FESTIVAL 25th & 26th May 2024

KILTWALK, ABERDEEN 2nd June 2024

TOUGH MUDDER, DUMFRIES & GALLOWAY
15th June 2024

MEN'S 10K & WOMEN'S 10K GLASGOW 16th June 2024

KILTWALK, DUNDEE 11th August 2024

AUTUMN EVENTS

THE SCOTTISH HALF MARATHON & 10K, EDINBURGH 18th August 2024

KILTWALK, EDINBURGH 15th September 2024

MEN'S 10K & WOMEN'S 10K EDINBURGH 22nd September 2024

BAXTER'S LOCH NESS MARATHON AND FESTIVAL OF RUNNING 29th September 2024

THE GREAT SCOTTISH RUN, GLASGOW 6th October 2024



To learn more and to sign up visit www.samh.org.uk/teamsamh Or for any other queries please email fundraising@samh.org.uk

