

Forget dieting as a New Year's resolution, these plucky Scots are taking on the challenges of their lives.

**W**hat is your New Year's resolution? To lose some weight, get a bit fitter, run a 5k or enter your first cycling event? Or perhaps you have a far bigger goal in your sights.

For some Scots, 2014 is the year when they take on some of the biggest challenges of their lives.

#### Ultimate Munros round

Paul Wilson is attempting to break the world record for the fastest continuous round of all Scottish mountains with a summit of more than 3,000ft.

The Ayrshire plumber hopes to bag the 282 Munros – and another one, Beinn a'Chlaidheimh, that was demoted in 2012 – in just 37 days.

He will travel between each of the mountains by walking, running, cycling and kayaking.

The keen fell runner is hoping to beat previous record-holder Stephen Pyke, who completed his 2010 round in 39 days 9 hours and 6 minutes.

Paul, who will be supported by friend

Calum Paterson, said: "When I saw Englishman Stephen's Munro round record in 2010, I decided that one day I'd like to try to break it."

"The training and fundraising has been tough but it will be great to bring the record home to Scotland."

Challenge Munro is set to start on June 1. The pair are still looking for support to fund

the attempt. They are also raising money for Royal Blind and the MS Society.

See [www.challenge-munro.co.uk](http://www.challenge-munro.co.uk)

#### UK's highest bike ride

The new 3 Pistes Cycle Sportive is the big Scottish challenge for David Crosby, from Bearsden in East Dunbartonshire, in 2014.

New to road cycling three years ago, the 32-year-old has progressed from 20-mile outings to a 290-mile London to Paris ride this summer.

David, who has lost 20kg, said: "As soon as I saw the 3 Pistes Sportive I knew it would be the perfect event for me."

"It is 102 miles and takes in three of the UK's four highest roads with a total ascent of 2,000 metres."

"It will be a great test for my cycling legs, as I then look forward to a six-day trip across the mountains of the Dolomites later in the year."

The flooring company boss will cycle the sportive on June 1 from Pitlochry, Perthshire, via the ski resorts of Glenshee, The Lecht and CairnGorm Mountain.

See [3pistescycle.co.uk](http://3pistescycle.co.uk)

#### Run ultra marathons

Three years ago, Alan Kennedy described himself as "fat and unfit".

Then he took up triathlon – and now his goal is to run ultra distance events.

Alan, 42, who owns Surface+ Café in Glasgow, said: "I like to have a focus to each year and I like the idea of running a

**TOUGH** A climber on the highest Munro on the Isle of Skye - Sgurr Alasdair on the Cuillin Ridge



# TEST YOUR LIMITS

“**Ultra running seems like a great goal for 2014**”



**FIONA RUSSELL**

long way. Who knows why but ultra running seems like a great goal for 2014."

Alan has entered the 53-mile Highland Fling, on the West Highland Way in April. He said: "I've never run this far but I am very determined."

Every race that Alan participates in is to raise awareness for Wobbly Williams, which funds research into Parkinson's.

See [www.zen31010.zen.co.uk/highlandflingraceandwobblywilliams.com](http://www.zen31010.zen.co.uk/highlandflingraceandwobblywilliams.com)

#### Swim Loch Lomond

In 2013, Nick Vaughan swam a six-mile open water event in Northern Ireland. Now he has a new goal – to swim the length of Loch Lomond.

It is 21 miles from Ardlui in the north to Balloch at the southern tip of the loch and Nick plans to swim it in a two-man relay.

He said: "Loch Lomond has always been on my list of big swims to do."

"It's the UK's largest inland body of water and it's in beautiful surroundings."

The Glasgow software consultant added: "One day, I hope to swim Loch Lomond myself but, in 2014, I will try it with my friend Mark Cohen. Then, in 2015, the goal is the English Channel."

#### Caledonian Challenge

Fifty-four miles of stunning but tough

walking is the 2014 goal of Glasgow mum-of-two Michelle Jeffcott.

The sales executive will also raise money for Crohn's and Colitis UK during the June 14 event, after husband Fraser was diagnosed with colitis.

Michelle, 30, said: "Fraser was diagnosed with colitis a few years ago."

"I am so proud of how he copes and so I wanted to match up to his courage."

"The challenge is 54 miles in less than 24 hours, so I will need to train hard."

See [www.caledonianchallenge.com](http://www.caledonianchallenge.com)

**Celtman! Extreme Scottish Triathlon** Already an Ironman veteran at the age of 30, Hannah Kemlo has the Celtman Extreme Triathlon on her must-do list.

One of the world's toughest Ironman-distance events, the Celtman comprises a 2.4-mile swim in Loch Sheildaig, a 125-mile hilly cycle and a 26-mile run.

If Hannah makes the cut-off time in Transition Two, after the bike ride, she will run over two Munros.

If not, the run will be the same distance but on a lower level route.

Hannah, an outdoors instructor from Glasgow, said: "Because it is in Scotland, I can't think of a better challenge."

[WWW.FIONAOUTDOORS.CO.UK](http://WWW.FIONAOUTDOORS.CO.UK)

## PICTURE OF



**Leading Scottish landscape photographer Colin Prior tells us about a spectacular view of Beinn a'Choin from Ardlui, Loch Lomond.**