



**LIGHT OF WAY..** On the night run

## ON YOUR MARKS, GET SET, GLOW..

**Entries have opened for the Illuminator Night Trail Half Marathon+ 2016.**

The race takes place on October 29 in Glen Tanar in the Highlands and is billed as Scotland's toughest night half marathon.

You can choose to run or walk 15 dark miles over rugged hill trails with just the glow of your head torch to lead the way.

The ancient Scots pine forest that lines the route will be lit up in a spectacular display.

The total ascent for the run is 1969ft and the average finishing time for runners is around three-and-a-half hours, while walkers take about six hours.

The race starts at 6pm from Aboyne, Aberdeenshire.

● See [www.illuminatorrun.co.uk](http://www.illuminatorrun.co.uk)

## KIT OF THE WEEK

### Tri suit

Ideal for training and racing the triathlon – wear it for swimming, cycling and running.

The Pearl Izumi Elite Pursuit Trisuit is designed for short and long course events. The women's is made with a fabric that keeps you cool and offers sun protection.

Other features include compression fit Lycra, next-to-skin seam comfort, silicone leg grippers, back pockets and a quick dry chamois insert.

This suit also has a separate bra for extra support. Priced £99.99 from [www.pearlizumi.co.uk](http://www.pearlizumi.co.uk). A men's version for £89.99.

The 2XU Perform Tri Suit is made with 70D elastane and offers great support.

It also provides good levels of moisture management and breathability.

The chamois is a thicker to give comfort for longer bike rides.

Other features include flatlock stitching, UPF 50+ UV sun protection and two rear pockets. Priced £105 from [www.2xu.com](http://www.2xu.com). A men's full front zip version is £110.



# Bravo to 300-mile charity runners



### HAPPY CAMPERS

... The girls refuel on a leg of their mammoth journey



**FIONA RUSSELL**

Lucja Leonard and pal Marina Ranger raise almost £7000 for breast cancer organisation by completing gruelling #500kin5days challenge in their underwear

## Two determined fundraisers have told of their pride after completing a 310-mile charity run in five days... dressed in their underwear.

As if the challenge of running the length of Holland was not tough enough, Lucja Leonard and Marina Ranger chose to wear only sports bras and hotpants for their #500kin5days bid.

The pair attracted a lot of attention – and donations for the Pink Ribbon Foundation – while running in bright pink Runderwear bras and pants.

Afterwards, they confessed: "It was by far the toughest – and most daring – thing we have ever done."

On July 27, Lucja, of Edinburgh, and Londoner Marina set off on their challenge from Pieterburen, in the north of the Netherlands.

They ran an incredible 60 miles each day to complete the famous Dutch walking route – the Pieterpad Trail – to reach Maastricht.

Lucja, 37, a hotel manager, was born in Holland and lived in Australia before moving to Scotland.

She met Marina, 25, while running a Kalahari desert race three years ago.

They have been firm friends since and they wanted to do something challenging and memorable for breast cancer charities.

The Pink Ribbon Foundation is poignant because three of Lucja's aunts and her mother-in-law have battled – and survived – the disease. The girls faced tough



**FLAG-BARERS...** Lucja, left, and Marina had plenty of incentive

conditions, including extremes of cold and hot temperatures, high humidity and torrential rain.

They were on their feet for 16 hours a day and slept for only five hours each night.

They suffered blisters, chaffing, swollen legs and feet, an infected toe and exhaustion, as well as multiple bites from horse flies and mosquitos.

At times, they were reduced to tears but they still kept on running.

Lucja said she was astounded by their resilience to get up day after day and run despite weakened and painful bodies.

She said: "It showed me what courage can be found in a shared adventure challenge, where you push your bodies beyond incomprehensible limits and survive."

Marina added: "I never quite

realised how difficult this challenge was going to be and what we would have to put our bodies through to get to the finish line. I've never felt so broken and exhausted, nor cried so much and felt so much pain – but we've both proved that anything is possible."

The friends believe their efforts were rewarded by the money raised for charity.

Lucja said: "I am so proud of our accomplishment and raising more than £6500 and counting for Pink Ribbon Foundation."

Runderwear are donating 10 per cent of sales of pink briefs and crop tops to The Pink Ribbon Foundation. See [www.runderwear.co.uk](http://www.runderwear.co.uk)

● To donate to #500kin5days see [www.justgiving.com/fundraising/simply-runderful](http://www.justgiving.com/fundraising/simply-runderful)

Advice  
and  
ideas

Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at [www.fionaoutdoors.co.uk](http://www.fionaoutdoors.co.uk) – you'll find lots of great information about walking, cycling, running and other outdoor activities, as well as kit reviews.