

# ACHIEVEMENTS THAT MADE THEIR 2016 SPECIAL

# OF OUR LIVES



**TRIUMPH**  
Caroline ran the route in less than 24 hours  
**Pic** Alistair Linford

“I was exhausted but thrilled to be the first woman to do it



**DANGER** Wet, icy ground made running difficult



**FUNDRAISER**  
£3500 was raised by Caroline

## Running through night pushed me to the limit but it was worth it for charity

Endurance runner Caroline McKay created running history last year, becoming the first woman to run the famous West Highland Way non-stop in mid-winter.

Aid worker Caroline, 33, ran an impressive 99 miles in less than 24 hours.

She set off from Fort William late on Friday, December 16, and was still running when she got to Milngavie, near Glasgow, the following evening.

Only a handful of men are known to have achieved

### Caroline's story West Highland Way first

this incredible feat on the famous walking trail.

She said: "It was one of the hardest things I've done and I was very relieved to have finished safely.

"There were so many things that could have gone wrong, including being hit by bad weather and slipping over on icy and wet ground.

"I also had to run through more than 15 hours of darkness because we were

approaching the shortest day of the year.

"I was exhausted but thrilled to be the first woman to do a winter run of the West Highland Way."

Caroline's run included an unexpected four-mile detour due to forestry work, and she climbed more than 13,000ft.

She has previously run the route in summer. She said: "I knew before

I started my winter attempt just how challenging this route can be and how it pushes runners to their limits.

"While in summer it's the heat and the midges that are the main concerns, in winter I was anxious about long hours of darkness, snow, ice and cold."

Her efforts raised almost £3500 for Link Community Development Scotland to support African girls to attend daily school.