



TOP OF MENU FOR CAMPERS

BOOK OF THE WEEK

The Clever Camper Cookbook includes 20 recipes that can be cooked on a two-burner stove.

The recipes do not require many ingredients but aim for tasty meals.

There are ideas for breakfasts, dinners, sides and puddings, as well suggestions for useful equipment and a shopping list.

The book was written by Megan Winter-Barker and Simon Fielding after they travelled for months at a time in a campervan.

■ Priced £8.99, see www.simonandschuster.com/authors/Dog-n-Bone-Books

RACE ON FOR MORE FITNESS

AVIEMORE TRIATHLON

If you are looking for a goal for next year, how about the Aviemore Triathlon?

The multi-sport race takes place in the Cairngorm National Park on August 25.

The event has two races: The Long Hard Durty and Short Fast Durty. The longer course comprises a 1500m open water swim, 18km technical mountain bike course and a 9km trail run. The shorter race is a 750m open water swim, 12km mountain bike race and 5km trail run.

The swim takes place in Loch Morlich, the mountain biking is in Glenmore Forest and the running route heads through woodland and on hillsides.

■ See www.durtyevents.com for more details.

GEAR OF THE WEEK

BERGHAUS TEALLACH X JACKET

The Berghaus Teallach X Jacket, for men and women, has been launched for winter.

The jackets are highly breathable midlayers that use the award-winning Hydroloft insulation.

The 80g of Hydroloft Elite is "powered by" Thermocore® and positioned to provide heat where it's needed most and prevent overheating elsewhere.

The face fabric offers up to 25 times the airflow of a typical insulated jacket, while a durable water repellent treatment helps to keep out the elements.

■ Priced £160, see www.berghaus.com



BEST OF THE WEST
Runner celebrates in Milngavie

Way to go for charity

A group of runners took on a challenging winter run to raise funds and awareness for a mental health charity.

The project, dubbed Pyllon Endeavour, was led by the three-times winner of the West Highland Way Race, Paul "Pyllon" Giblin.

The aim was to run 192 miles out and back on the famous West Highland Way as a continuous relay in just one day.

The non-stop run, between Milngavie and Fort William return, included almost 30,000ft of ascent – around the same as the height of Mount Everest.

It took place in 65 per cent darkness and called for the athletes to run an average pace of seven minutes and 30 seconds per mile. That's the same as running a 10k in 46 minutes.

Incredibly, the team finished in 24 hours and six minutes.

This effort is all the more impressive given that it takes many people a week to walk the West Highland Way one way.

So far, Pyllon Endeavour has raised more than £10,500 for the Scottish Association of Mental Health (SAMH). It has also provided a platform for people to open up about mental health.

Paul, from Glasgow, said: "The run was a big physical challenge for all of us but it was also about raising awareness of the benefits of running to mental wellbeing.

"So many people have spoken out since we started sharing our stories and the support has been overwhelming."

One of the other runners was Graham Connolly, of Dumbarton, who has spoken frankly about how running helps him deal with the stresses of life.

He said: "When keeping on top of your mental health, I think it's



ON A MISSION Paul Giblin during his epic West Highland Way run

important to address your life regularly in order to maintain a level of self-awareness.

"You need to be conscious of the rocks you're carrying and how heavy they are. Running is my time for doing this. It gives me the head space I need to take stock of my thoughts and feelings – and to make sense of them."

The West Highland Way is one of the world's best-known long-distance trails. Every year, 36,000 people walk the route. And each June, the 96-mile West Highland Way Race takes place.

An integral part of Paul's challenge was to run the out-and-back route in less than 24 hours. Pyllon Endeavour started in Milngavie at 4pm on Friday, November 16. They reached Fort William at about 4am.

But route diversions and a few navigational errors in fog at night cost the team vital minutes.

By the top of Loch Lomond on the return leg, they were down by 25 minutes on their target.

Irish international mountain runner Eoin Lennon clawed back 15 minutes along the technical eastern banks of the loch.

The team broke down the remaining marathon distance

into manageable sprint-size sections and they gave it everything they had.

Despite having many miles in his legs already, Graham ran a 5km personal best.

Arriving in Milngavie on the Saturday at just past 4pm, the team missed out on the sub-24 hour target by minutes.

Chris Chreegan, chairman of SAMH and an Edinburgh AC runner, witnessed the closing stages of Pyllon Endeavour.

He said: "They didn't do it to make a demonstration of their physical prowess, rather they did it to talk about mental fragility – theirs, ours, anyone who wanted to join in the conversation.

"We are very grateful for the donation to our funds."

Paul added: "It was about talking, sharing and being there for each other. For once, we were not competing against each other but working together. The challenge now is to build on what Pyllon Endeavour has started."

The other relay runners were John Connolly, Marco Consani, Chris Cowley and James Stewart.

■ You can donate at www.justgiving.com/fundraising/pyllon-endeavour