**Bob Graham Round**

John Malcolm tells me:

I made an attempt on the Bob Graham Round in early July. I imagine not everybody’s heard of it, so either Google or read the excellent book Feet in the Clouds. I can even lend you it, if you want.

In summary, it’s a fell running challenge where the objective is to start in Keswick High Street, run around 42 Lake District peaks, then get back to Keswick within 24 hours. Depending on who you speak to, the route’s between 65 and 72 miles,with between 25,000ft and 28,000ft of ascent/descent. Not easy.

It’s not a race, but something you can start at any time, on any day of the year. It just so happened that I, and three other friends I was running round with, chose one of the weekends with severe weather warnings. But we had decided on that date, and logistics were in place, so off we went.

Long story short, I didn’t quite make it round all the way, completing 3 of the 5 legs. The weather on the first few legs was pretty bad, with zero visibility, strong winds and heavy rain. We finished leg 1 half an hour behind schedule – the only positive being that we managed to successfully find the correct route off one of the three peaks… getting lost on the other two!

Leg 2 was equally bad but with the added complexity of darkness, running the leg from 10pm- 3am. Some of the peaks were difficult to locate, on a wide ridge with no visibility. By the end of the leg our morale had plummeted and hopes of finishing in under 24hrs were looking slim.

But we continued and the weather on leg 3 was great! Unfortunately, at this point we were so far behind schedule, and the night had taken so much effort, that we only managed to keep a decent pace for half the leg. Then our energy levels sunk to new lows and it was a long slog to the next checkpoint, where we called it a day. Not before my hill running shoes decided to disintegrate on Scafell Pike, meaning a botched repair job for the 3000ft descent to Wasdale!

So, overall, it was a really good weekend. I definitely didn’t recce the route enough beforehand, so this was a good experience for my second attempt, in 2013. Thanks also to Louise, Jane and club members Abbie Malcolm, Dave Berrill, Davie Bell and Alan Robertson for support.

**Highland Games Scene**

Regular readers will recall that the July issue praised the highland games scene, fun to be had, cash prizes won, etc. Then what can only be called the **Curse Of U&R** struck. Something like 80% of the events listed were cancelled. Highland games are routinely staged on the large, flat area in any town. What geographers define as “flood plains”. With predictable consequences in a summer such as this.

Anyways, take two. Entry is typically a week in advance. The website of the Association is shga.co.uk, but our own, indefatigable Shane Fenton is the real fount of knowledge. Shane is on Facebook, and posts regular updates on the club’s FB and web pages. Upcoming events not too far away include:

Killin Weds 1st August

Inverkeithing Sat 4th

Perth Sun 12th

Crieff Sun 19th

Blairgowrie Sun 2nd Sep

Pitlochry Sat 8th

**Broadwood 5K**

Robert Rogerson tells me:

I invite you to join us for the annual Broadwood 5k run which this year is being held on Thursday 16 August. The run starts at 7.30pm with registration in the Broadwood Stadium from 6.15pm. The scenic course largely around the side of Broadwood Loch.

Many of you have run the race before and I hope you will encourage others who have less experience of racing to come along and experience the fun of participating in a friendly, low key race over this distance. As usual there will be a ‘goody bag’ for all finishers and a memento to mark the occasion.

This year we are delighted that the 5k run is also part of the Tour of Clydeside – a week long event of 4 races over different distances. The Broadwood 5k is the third race in the series. If you are entering the series) you do not need to enter the Broadwood 5k separately.

The other races are:

Mon 13th Kilbarchan Klassic 5.5 miles

Tues 14th Garscube Gallop 5K multi terrain

Thurs 16th Broadwood 5K

Fri 17th Bella Belter 10K

Entry forms can be downloaded from the SAF website.

**Neil McCover Memorial Half Marathon Sunday 7 October**

Robert also tells me:

More than 420 runners entered last year and allowed us to make the inaugural race so successful. Feedback from the runners in the follow up survey suggested that all those who participated would wish to return this year and would recommend the race to others.

This year to encourage you to take up the challenge, we are pleased that the half marathon will also be combined with the British Masters Athletics Federation as the UK Masters Half Marathon championship, attracting runners from clubs across the country. In addition, the Scottish Veterans Harriers Club will be holding their annual half marathon handicap race as part of the Neil McCover race. So there should be considerable interest in making this fast course an opportunity to compete with some of the best runners in the country.

As with last year, entry to the race is online. Entries can be made at http://regonline.activeeurope.com/neilmccovermemorialhalfmarathon

Key details:

Pre-entry only with no entries on the day

Race start at 9am at Kirkintilloch Leisure Centre

Fast, well marked course on country roads

High quality goody bag to all finishers – including technical t-shirt

1500 race limit

3k family run during the event at Leisure Centre

Entry fee £15 (Affiliated) or £17 (non-affiliated)

£2000 prize money available across age groups

**Other Forthcoming Events:**

Livingston Open Meeting Weds 22/08: 7:00pm, £2 per event, running and jumping

Run For Romania Drymen 10K Sat 25/08: details in July issue

Beveridge Park 5K 7:30pm Fri 24/08. Predating the Parkrun scene, this is a monthly 5K in Kirkcaldy. Superbly organised by Fife AC, and cheap, the two runs up the hill in the Bevi Park will test your legs, and there are fellow competitors of every level to stretch you. A personal favourite.

**August Training Schedule:**

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| **Date** | **Location** | **Session** | **Coaches** |
| **Wed 1st August** | Inveralmond | Fiddlers  Summer course  **No committee meeting in Aug.** |  |
| **Fri 3rd August**  **@ 7pm** | Track @ Craigswood | 300m, 400, 500m off 4 mins  Sprints  Intermediate | Jim  Rita  Saran |
| **Wed 8th August** | Inveralmond | Group Runs  No junior group | No coach |
| **Fri 10th August** | Track | 150, 200, 250m off 3 mins  Sprints  Intermediate | Steve  Alan  Rita |
| **Wed 15th**  **August** | Inveralmond | Group runs  No junior group | No coach |
| **Fri 17th August** | Track | 400, 500, 600m off 4 mins  Intermediate | Matt & Gary  Rita |
| **Wed 22nd August** | Inveralmond | Dechmont Law reps | Murray |
| **Fri 24th August** | Track | 200, 300, 400 off 31/2 mins  Sprints  Intermediate | Scott  Alan  Saran |
| **Wed 29th August** | Inveralmond | Reservoir Laps | Susan |
| **Fri 31st August** | Track | 1 1/2 mins on, 2 mins off  Sprints  Intermediate  **Coaches Meeting** | Scott  RIta  Saran |