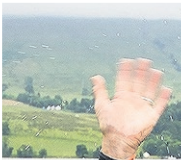




LAST LEG
A final push is needed for the 34-mile cycle



STRIP OFF FOR RACE DAY

A new range of cycling products are ideal for those changing-in-a-car-park racing situations. Aimed at male cyclists, Secret Training's Strip System items include anti-chafing cream, start oil, post-race wash, microfibre body cloths, lip balm, sunscreen and hygiene wipes.

There's even a tin of safety pins just in case you need to pin on a race number.

Prices start from £2.50. See www.secret-training.cc



BODY AND MIND



WORKOUT FOR ALL The Tollcross swimming centre

Games with a lasting legacy

The Games are in full swing and the buzz around Glasgow is truly fantastic.

I was thinking about what happens after the Games. How will the success and inspiration of them reverberate in years to come? The facilities we are inheriting are superb and Scotland as a whole should embrace them.

Tollcross International Swimming Centre – this incredible facility will

benefit us all, from the local community to national competitions. Swimming is a fantastic, full body workout for everyone, but did you know that around 50 per cent of children can't swim and only 22 per cent of adults swim regularly?

So get along to Tollcross, or your local pool.

Emirates Arena and Velodrome – over 10,000 people have already passed through its doors. It hosts state of the art gym and



APRIL LOGAN

exercise studios, national team training facilities and is home to the Glasgow Rocks Basketball team.

Let's aim for another fitter, stronger 10,000 Scots using it after the Games. **Cathkin Braes** – these international level mountain bike trails will remain after the Games are over. Mounting biking is an exhilarating sport with oodles of health benefits – so get on your bike and pay it a visit.

FOR INFORMATION AND ADVICE FROM APRIL, VISIT WWW.PERSONALTRAININGSCOTLAND.COM OR EMAIL HER AT FITNESS@SUNDAYMAIL.CO.UK FOLLOW APRIL LOGAN @PTSCOTLAND



FULL CIRCLE
The event starts with a loch swim, above, and is not over until teams cut a watermelon in half with a sword, left



TAKE THREE.. Waterproof junior jackets

Be prepared for the odd shower with a lightweight waterproof jacket for kids.

SAVE

QUECHUA Raincut Zip Junior Jacket
Waterproof, breathable, windproof and packs away into its own pocket. This is a great just-in-case jacket to have. £8.33, www.decathlon.co.uk



SPEND

Kids Mac in a Sac 2
Lightweight, waterproof, breathable and in a range of fantastic colours to suit kids aged two to 13. It fits into a small sac when not being worn. £19.99, www.macinasac.com



SPLURGE

Helly Hansen K Spring jacket
In six bright shades, this all-weather jacket is lightweight, fully seamed, breathable, has a quick-dry lining and a detachable hood. £75, <http://shop.hellyhansen.com>



QUAD



team in a time of 11 hours and 16 mins. The overall winners were Jonathan MacNeal and Angus Thomson in an impressive 9:42.

The winning female team, Janine Inman and Heather Hartman, took just under 11 hours to finish. Just behind were first-placed mixed team pair Andrew and Kirsty Ferguson in 11:02.

On the day, just 16 people didn't finish. Some 44 participants bailed after the fifth Munro but still completed the kayak and bike section to become silver finishers.

The slowest pair, in 16 hours and 32 minutes, received a huge cheer at 10.30pm from finishers and spectators.

I was bowled over by the event organisation, as well as the support teams, catering and entertainment.

I am even more impressed by the funds raised for the two charities, Mercy Corps and Mary's Meals. So far, 14 Kindrochit Quadrathlon events have raised more than £6million.

If you're looking for a challenging, wacky and entertaining event, check out www.artemisgreatkindrochit.com

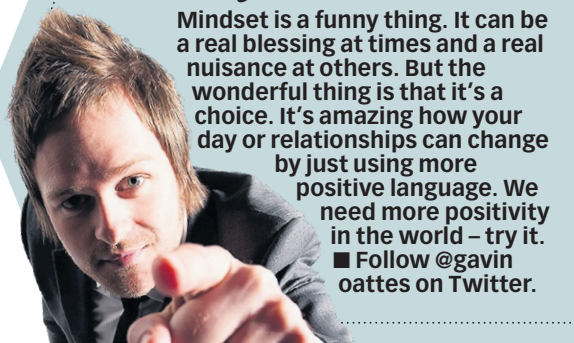
ISLE ARENA FOR SKIMMERS

Hundreds of stone skimmers will be heading to a tiny Scottish island later this summer. For Easdale, near Oban, is the host of the World Stone Skimming Championships, to be held on September 28.

The island, which was once famous for its slate quarrying, now boasts an abundance of perfect skimming stones. Meanwhile, the flooded quarry provides the perfect arena for the skimming championships.

The event is fun for all the family with entries priced at £4 adults and £2 for children. See www.stoneskimming.com

GAVIN OATTES I WAS JUST THINKING



Mindset is a funny thing. It can be a real blessing at times and a real nuisance at others. But the wonderful thing is that it's a choice. It's amazing how your day or relationships can change by just using more positive language. We need more positivity in the world – try it. Follow @gavin_oattes on Twitter.

THE DIET Christine Mitchell

I'm looking for a recipe for a light dessert to finish off a healthy meal and cleanse the palate. Fresh strawberry compote can be eaten as it is, used for a topping for fromage frais or layered in glasses. Halve 1000g strawberries and tip into a pan with lemon zest and 4tbsp of water. Heat and stir for 4 mins. Add 4tbsp sweetener and serve with fromage frais or melon. It can be frozen for sorbet or added to meringue and ice cream.

EMAIL YOUR QUESTIONS TO DIET@SUNDAYMAIL.CO.UK FOR MORE INFO ON THE WEIGHT WATCHERS PROPOINTS PLAN OR TO FIND YOUR NEAREST MEETING, CALL 08457 123 000 OR VISIT WWW.WEIGHTWATCHERS.CO.UK