

£50m coke haul found in taxi boot

NINA MASSEY reporters@dailyrecord.co.uk
SIX men appeared in court yesterday after around £50million worth of 100 per cent pure cocaine was found in the boot of a taxi.



SEIZED Part of the stash Robert McGowan, 45, of Loughton.

Some 200kg of the Class A drug in several blocks was found in holdalls in a minicab after officers from the Met's special intelligence section and local police intercepted two cars near Tilbury Docks in Essex at around 2am on Tuesday.

Westminster Magistrates' Court heard the cocaine is thought to have arrived on a ship from Brazil on July 20 and been unloaded from the boat that night. All six men were remanded in custody and are due to appear at Southwark Crown Court on August 6.

Crash man is cut free

FIREFIGHTERS using specialist cutting equipment freed a man by removing the roof of a car after a road crash early yesterday.

He was one of three men taken to hospital after the two-car collision at around 12.20am in Knightswood, north-west Glasgow. Their injuries are not thought to be serious.

House cost landmark

THE average house price in Scotland could top a quarter of a million pounds by the end of the decade.

Economists Price-waterhouseCoopers say prices could rise by 30 per cent from £200,000 this year to £259,000 by 2020. PwC also predict Scottish economic growth will be slower than the UK this year.

CELEBRATION WALKERS

Hill hikes cured my anorexia

LARA CAMPANA, 31

ANOREXIC Lara Campana was so thin she could hardly walk to the local shop let alone climb a hill.

Yet the courageous and motivated 31-year-old was desperate to be able to hike mountains with her friends. Lara, of Edinburgh, said: "My love affair with mountains and the outdoors dates back to my childhood. My parents met in a hillwalking club.

"I was bullied in a previous workplace and I crashed into a nervous breakdown, developing anorexic behaviour. Controlling food obsessively was the only way I felt I could cope."

Lara found a new job but the eating disorder still had a grip.

She said: "I dropped four stones in four months and I was literally skin and bone. "My ex-partner told me he was joining Edinburgh Young Walkers. I felt so frustrated I couldn't join.

"One evening, he came back from a hike up Ben Ledi. His face was radiant and he showed me photos of an unspoken beauty. I was determined to get back to the outdoors, back to the hills, back to Lara."

It encouraged her to seek psychological and nutritional help.

Lara added: "I went through a painful journey on the road to recovery but a few months and two stones later, I signed up for a city walk. One stone later, I did 20 miles along the Northumberland coast with Edinburgh Young Walkers.

"Then I progressed on to mountains and Ben Vrackie, near Pitlochry, was the first.

"The beauty of the view was exactly the reward I had been fighting for."

Back to her normal weight, Lara climbed her first Munro - Ben Lomond.

She said: "When I reached the top, I willed up. I had won. The illness stays with you but I was sure in that moment that I had found the how and the why to fight it."

Lara is now a keen Munro bagger, runner and cyclist. She said: "At the end of an exhausting day on the hills I can enjoy my fish and chips."



BATTLE Lara was painfully thin and too weak to go for walks

»» The beauty of the view was exactly the reward I had been fighting for

LARA



ON TOP OF THE WORLD Lara is now a keen Munro bagger

MARK OUTDOORS CHARITY'S HALF CENTURY

After 50 years..let's get ready ro ramble

RAMBLERS Scotland are marking their 50th anniversary next month with a Get Outdoors Weekend to encourage more people to walk.

The weekend of events - from August 1 to 3 - includes 45 guided walks for all ages and abilities.

The Ramblers Scotland website is also

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home to a library of 450 free and downloadable routes to enable people to plan a walk with family and friends.

Ramblers Scotland walkers can follow a 12-week programme to make walking a regular habit and to build fitness - and anyone taking part in Get Outdoors

Weekend will be in with a chance of winning more than 100 prizes.

A weekend at Gleneagles, jackets, a tent and other outdoors products are up for grabs for the best Get Outdoors photos.

See www.ramblers.org.uk/go-walking/get-outdoors-weekend-2015.aspx

If it isn't enough to inspire you, read three life-changing walking stories.

TOP FORM Peter Gordon at the summit of Ben Lomond



My trek to the lighter side of life

PETER GORDON, 42

WHEN overweight Peter Gordon squeezed uncomfortably into a theme park ride next to his young son, he knew the time had come to tackle his health.

Tipping the scales at 18 stones, Peter, of Helensburgh, was an over-eater and rarely exercised - yet he also faced the pressures of caring full-time for Rodrick, now aged nine, who is autistic.

Peter decided that the easiest way to lose weight would be to walk it off.

The 42-year-old dad-of-three said: "It was the ride three years ago, when I was so embarrassed about squashing Rodrick - that kickstarted my life-changing journey.

"I realised what I'd been ignoring and that if I carried on, I'd end up having a heart attack.

"Deep down, I knew I wanted to change and, because I was too fat to run, I just started walking."

Ben Bouie is a small hill in moorland to the east of Helensburgh and it became Peter's weight loss target. He said: "The first time I took 90 minutes to do a 40-minute walk. I was so out of breath and had to keep stopping.

"But the views were mind-blowing. I could see Ben Lomond and the Arrochar Alps in the distance. This is how I got the bug for walking and dreamed of climbing those higher peaks."

Every morning, Peter walked towards Ben Bouie and, in the first two months, he lost more than two stones.

Three years later, he is six stones lighter and regularly walks mountains.

Peter has also joined Ramblers Scotland and leads some of the guided walks. He said: "My life has changed completely because of walking."



MOUNTAIN TO CLIMB Peter weighed 18 stones



FITTER The new Peter with his wife Debbie

Walking away from depression



ESCAPE Walks helped Niccy cope

MUM-OF-SIX Niccy Angus struggled with depression after losing her eldest son and moving to a new community where she had no friends.

But after spotting an advert for Linlithgow Ramblers, she is walking the path to recovery.

Niccy, 56, said: "My husband and I moved from Argyll to West Lothian in 2011 to relocate our business, the Scottish Owl Centre.

"We left behind a close-knit community and our family home where we had raised six children. "Having just buried our eldest son aged 17, we arrived in a new location with no friends and a very empty nest."

Niccy lost her appetite, energy and hopes for the future. She said: "I had to look up my symptoms to realise I was depressed."

The Ramblers advert was for

NICCY ANGUS, 56

a walk on a Munro, Beinn Chabhair, in 2012. Niccy said: "I had walked some Munros before and Beinn Chabhair was one I'd always fancied doing.

"The group could not have been friendlier. They helped me to have the confidence to go at my own pace and make it to the summit.

"I have found that escaping into the mountains has restored my sense of perspective and refreshed my spirit.

"Walking has helped me to cope with my personal losses and the pressures of business."

Niccy's Munro tally is more than 50 now. She added: "It is no exaggeration to say that the Ramblers were an answer to my prayers and the path to my recovery."

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