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Brit dies after US knife attack

stabbed in the head in a street mugging in the US has died five weeks after the attack

Paul Tam. 44, had been in hospital since the attack in San Francisco on February 18.

when he was attacked by two robbers.

He died of his injuries marketing man at Manchester

footage of the murder has been released and a substantial reward is on offer in the hope the public will help track down the two suspects.

IT specialist Paul moved to California He was with his niece after 10 years as a web content and digital marketing manager

BLIGHT OF 1000 EMPTY HOMES

Landlords face big bills

■ Michael Reynolds

More than a thousand homes owned by businesses are lying empty despite huge housing waiting lists. We can reveal properties

around Scotland are empty while 150,000 families wait for a council or housing association home. They cost local authorities

more than £2million a year

Hundreds of the empty homes are owned by farmers and crofters and had been used to house workers.

Scotland say the Private Housing Bill, passed by the Scottish Parliament last week, gives members a "direct disincentive" to let support the work of the empty buildings.

technical policy manager delivering real results on the Gemma Thomson said: ground and we doubled "There are various reasons as to why farm properties are vacant - this could be services spokeswoman due to lack of funds, Jackie Baillie said: "As part planning issues or the of our plan to tackle the remoteness of many farms housing crisis, we have away from schools and committed to building



CRISIS Jackie Baillie

be hit with double council tax charges on long-term empty homes in 19 of Scotland's 32 council areas. AGovernmentspokesman

Farmers' union NFU said: "Empty homes are a wasted resource which can be a blight on communities.

"That's why the Scottish Government are pleased to Scottish Empty Homes The union's legal and Partnership which is their funding for 2017-18."

Scottish Labour's public shops." 60,000 affordable homes Absentee landlords will over the next parliament." 60.000 affordable homes

Boy, 13, hit by taxi

The accident happened on St John's Road in Corstorphine,

Edinburgh, at about 12.35pm. Police said the teenager suffered injuries to his legs, although they are not believed to be life-threatening. He was taken to the city's Royal Infirmary.

CHARITY RUNNER BURNS THROUGH

Twenty-seven days, Eddie?

Ben Smith runs alongside me on the Forth & Clyde Canal towpath as if we are enjoying a lunchtime jog.

He is light on his feet, chatty, full of energy and not a bit out of breath.

Yet this extraordinary man is 17 miles

Yet this extraordinary man is 17 miles into today's 26.2-mile run - and by this evening he will have completed his 203rd marathon on 203 consecutive days.

Comedian Eddie Izzard has just raised an incredible £1.35 million for Sport Relief after completing 27 marathons in 27 days across South Africa.

But Ben passed that milestone weeks ago and his aim is to run marathons for 401 consecutive days to complete a self-created 401 Challenge for charity.

Ben, 34, said: "I am having the most amazing time. People think I must be mad but running a marathon every day is something I have got used to." He runs day after day with no rest

days. Since September 1, he has clocked up 5318 miles, equivalent to the length of Britain six times over.

Ben has worn out nine pairs of trainers and visited places as far apart in the UK as Land's End and Cumbernauld. He has also shed more than 2.5st and

settled on eating a massive 6500 calories a day to prevent further weight loss. When he ran his 53rd marathon on

October 23, he broke the Guinness World Record for the most marathons on consecutive days.

Last week, in Glasgow, he reached the halfway mark of his challenge.

Why would a seemingly ordinary account manager from Bristol set himself this mind-boggling goal? Over a lunch of a large pizza and two pints of cola midway through his canalside run from Anniesland, Glasgow, to Twechar,

Our outdoors guru hits the road with runner as he takes on epic challenge across UK



ow check out Fiona Outdoors in Seven Days mag and www.fionaoutdoors.co.uk

wanted to raise awareness of bullying because it's something that affected a large part of my life.

"I was badly bullied at school from the age of 10 and this led to depression in my adulthood, a nervous breakdown and two suicide attempts."

As he travels across the UK, Ben visits schools to talk about the harmful effects

He added: "Running is also my release from the stresses of life and it played a big part in my recovery from depression.

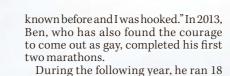
"So another part of The 401 Challenge is to promote running as a great way to mprove mental and physical health. "As I run each day in the UK, I want to

inspire people to run more. And I wanted to do something to push my own limits.' When Ben embarked on the 401 Challenge in his home city, he had only

been running for three years. He said: "I didn't run at all until 2012. I wasn't a kid who did sport and by my late 20s I weighed 17st and was very unfit.

"But I found running was great therapy and it has seen me lose around 6st." Having watched the London marathon on TV many times before, Ben wondered

if it was something he could achieve. He said: "I started a bit at a time by running a few miles and building it up. I



marathons across the world. His next challenge was to run seven marathons on seven consecutive days,

which he did in 2015. Ben said: "I knew I was ready for something much bigger. I thought äbout running 365 marathons – one for each day of the year - but then I decided to round that up to 400. The extra one is like a victory run for me." Ben recognises he still has a long way

to go to run his 401st marathon, back in Bristol, on October 5 this year. But he said: "I am positive I'll do this. I passed the halfway mark in my 201st marathon in Glasgow and it felt amazing knowing l had less to run than I had already run. Despite Ben's enthusiasm, the challenge

so far has not been all plain sailing. He has suffered multiple injuries and niggles, including severe tendonitis and a Thompson have spoken publicly of their fractured toe.

been forced to keep running through colds and a chest infection.

TRAINERS AS HE ATTEMPTS 401 26-MILERS IN 401 DAYS

marathons in 27

That's a warm-up

The weather has also made progress hard on some days. Ben said: "There were all those storms including Abigail, Desmond, Gertrude and Imogen. "By the time Abigail had reached south

Wales where I was running, it had been upgraded to a hurricane. That was bonkers and made for very challenging running. But Ben says that most of the 200-plus marathons have been enjoyable and he's met many "amazing and inspiring" people.

He added: "I felt very emotional when I was piped through the English-Scottish border on the Union Chain Suspension Bridge in Berwickshire on day 192. On one of the days I ran in Edinburgh earlier this month, I was blown away by the views.

"I've loved Glasgow, too. Not only because it marked my halfway point but the people have been fantastic.

"The support of runners and people on social media is overwhelming. "I am also thrilled Dame Kelly Holmes and Olympians Steve Cram and Daley

support for me.
"I hope all this builds momentum so I can raise the £250,000 for the antibullying charities so poignant to me."

Ben sold his home to finance his charity fundraiser. He sleeps in a motorhome when he is not offered a free bed for the night.

He relies on the goodwill of others to offer courtesy sports massages, meals, drinks, a place to park, route planning and even a beard trim. To help or donate, see

www.the401challenge.co.uk

RECORD BREAKER Ben has smashed the

Guinness World Record for running marathons on consecutive days Pic Phil Dye



Eddie Izzard After 27 marathons, I am going to run for office

