

MUCK IN FOR DUATHLON

A new off-road duathlon takes place next weekend in Fife. The Muckathlon takes place on June 24 as part of the new Eliminator MTB Weekender Festival.

The race is comprised of a 5km run followed by a 20km mountain bike ride, then another 5km run.

The duathlon route makes use of farm trails and the Fife Coastal Path. It is open to solos, pairs and teams of three people.

A spokesperson said: "This new race is ideal for novice off-road cyclists and runners keen to try something new and fun."

"It also offers a new challenge to more seasoned athletes in a beautiful part of the country."

There will be a separate Muckathlon on a shorter course for kids aged six to 13.

■ See www.muckmedden.co.uk/our-events/the-eliminator

RISE TO PURE CHALLENGE

Event company Pure Challenge are inviting entries for their Annandale Way walk, jog or run next year.

The 42-mile event from Moffat to Annan in southern Scotland takes place on May 19, 2018.

The trail retraces the same route that the Roman invaders took. The scenery includes rolling hills, fast-flowing rivers, castles, forts and picturesque villages.

Pure Challenge Annandale Way includes a map, refreshments, a hot meal, event t-shirts and finishers' medals.

Return transport from the back to Moffat is available if required.

■ See www.purechallenge.co.uk to enter.



GEAR OF THE WEEK

SunnyCam Sport Edition video specs

A new style of HD video recording glasses allow outdoors fans to capture even more action. The SunnyCam Sport Edition specs boasts an impressive wide-angle lens with a 150° field of view.

The sports glasses are made with durable TR90 high impact material and come with interchangeable lenses to suit a range of conditions. The video specs record film at 1080p HD resolution and include a micro SD card slot supporting up to 64GB.

■ The SunnyCam Sport Edition glasses cost £129.99 from Halfords.co.uk



Skyline's the limit in ultra test

HIGHLY EXPERIENCED
Competitor Philipp Reiter takes on Curved Ridge on 34-mile Salomon Glen Coe Skyline ultra race



FIONA RUSSELL

More and more runners are lining up to compete in races of more than 30 miles and these eight great events in Scotland are helping them to go the distance

ULTRA EXTREME

Ultra running is on the increase with more runners than ever keen to take on the challenge of a race that is more than 30 miles long. Here are eight of the best Scottish ultra running events.

■ **West Highland Way Race**
Distance: 95 miles

Total ascent: 14,000ft

When: June 24, 2017

The annual race is one of the world's longest established ultra marathons. The race, which first took place in 1985, starts in Milngavie and finishes in Fort William in the Highlands. The off-road trail heads through beautiful countryside in the southern Highlands and along the shore of Loch Lomond. The fastest ever time recorded is Paul Giblin's 14 hours 14 minutes and 44 seconds in 2015. Entry is via a ballot. To register see website.

Contact: www.westhighlandwayrace.org

■ **Great Glen Ultra**

Distance: 71 miles

Total ascent: 10,800ft

When: July 8, 2017

Starting at Neptune's Staircase near Fort William, it follows the glens along one of Scotland's geological faultlines to Inverness, through stunning Highlands scenery with beautiful mountain views and alongside lochs and rivers. Runners take around 22 hours to finish at Inverness Athletics Stadium.

Contact: runyabam.com/great-glen-ultra/

■ **Devil o' the Highlands Footrace**

Distance: 43 miles

Total ascent: 6560ft

When: August 5, 2017

This follows the West Highland Way trail from Tyntrum to Fort William. This year's event will be the 18th, making it Scotland's second oldest ultra distance running event.

Contact: www.devilothehighlandsfootrace.co.uk



SUCCESS
A delighted competitor crosses the finish line at the 2016 Salomon Glen Coe Skyline ultra race

■ **Tiree Ultra Marathon**

Distance: 35 miles

Total ascent: 738ft

When: September 10, 2017

The Inner Hebrides island of Tiree measures only 11 miles by six miles and is famed for its white sandy beaches and unspoilt landscape. The ultra race follows the beautiful and rugged coast to complete a full circumference.

Contact: www.tireefitness.co.uk/tiree-ultramarathon/

■ **River Ayr Way Ultra**

Distance: 40 miles

Total ascent: 1530ft

When: September 16, 2017

The route starts at the source of the River Ayr at Glenbuck and finishes in the town of Ayr. The terrain is a mix of trails, rural paths and some road sections. The race can be completed as a solo runner or a relay team and explores a lesser-known long-distance Scottish trail.

Contact: eastayrshireleisure.com/

■ **Salomon Ben Nevis Ultra**

Distance: 68 miles

Total ascent: 13,100ft

When: September 16, 2017

Weaving through remote glens and crossing high mountain passes, this is one for keen ultra-runners. It starts from southern shore of Loch Ness, tops out on the summit of UK's tallest mountain and finishes at Kinlochleven. The

race is new for this year and there are still places.

Contact: www.skyline-scotland.com

■ **Salomon Glen Coe Skyline**

Distance: 34 miles.

Total ascent: 15,600ft

When: September 17, 2017.

This combines mountain running and alpinism in a test of speed, endurance and skill on an uncompromising, world-acclaimed course with long sections of scrambling terrain and high ridge traverses. It takes in an ascent of Curved Ridge on Glencoe mountain and the infamous Aonach Eagach ridge. Only for highly-experienced runners, all entrants are vetted. To apply, see the website.

Contact: www.skyline-scotland.com

■ **Dunoon Loch Eck Ultra**

Distance: 34 miles

Elevation gain: 4822ft

When: October 7, 2017

The race returns for a second year with a solo and relay option. Starts from Benmore Botanical Garden and climbs up the gorge path through Puck's Glen, reaching almost 2000ft on forest trails. A descent is followed by an undulating shoreline run along Loch Eck and to Dunoon.

Contact: www.dunoonpresents.co.uk/events/

Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at www.fionaoutdoors.co.uk. You'll find lots of great information about walking, cycling, running and other outdoor activities, as well as kit reviews.

Advice and ideas