

HEALTHY PURSUITS

The Scottish Cycling, Running & Outdoor Pursuits Show, returns next month.

The two-day event at Glasgow's SECC on March 3&4 offers a wide variety of interactive attractions for the family including demo bike tracks, a 60m zipline, an indoor running track and a kids' zone.

There will be triathlon and marathon challenges, as well as two new events – a 360° Cycling Challenge and Tacx Turbo Challenge. Many activities are free, including climbing walls, segways, marathon and triathlon challenges, e-mountain bikes and running tracks. Numerous cycling and running brands will offer a collection of products to try.

There will be more than 150 exhibitors and the show's theatre plays host to a free programme of experts offering live demos, coaching and training advice.

■ **Tickets are now on sale at www.scottishcyclingrunningoutdoorpursuitsshow.co.uk**

PARTNERSHIP WORTH A FUSS

Highlands-based No Fuss Events have announced a new partnership with compression clothing brand Compressport.

No Fuss organise a range of running events including the Runduro on February 24; The Cowal Way Chase Ultra on July 14 and the Marathon de Ben Nevis on September 22.

Frazer Coupland, of No Fuss Events, said: "We are delighted to have Compressport as our headline sponsor this year.

"Coming from a medical research background and specialists in sports compression, their range of products is like no other."

■ **To enter, see www.nofussevents.co.uk**

GEAR OF THE WEEK

OAKLEY PRIZM TECHNOLOGY Prizm is revolutionary lens technology from Oakley. It provides colour tuning and clearer vision so you see details typically be missed by the naked eye.

An Oakley spokesperson said: "Whether on the mountain, road, water, field or course, Prizm lenses allow athletes to see details earlier, faster and deeper."

Prizm lenses are fitted to a range of Oakley sports, sunglasses and goggles. Get expert fitting of prescription and non-prescription Oakley glasses at Black & Lizars.

■ **www.blackandlizars.com**



GOING THE DISTANCE
Recruits can choose from 22, 36 or 54-mile yomping challenges



Have you tried?

Earn your strides



FIONA RUSSELL

Sign up for long-distance hike and raise vital funds for soldiers' charity on gold, silver or bronze routes

ABF The Soldiers' Charity: The CATERAN YOMP 2018

What is it: The CATERAN YOMP is a long-distance hike over the weekend of June 9 to 10.

There is a choice of three routes for teams of three to six people, including the 54-mile gold, the 36-mile silver and the 22-mile bronze.

All routes start in the town of Blairgowrie and follow the waymarked CATERAN Trail through Perthshire and Angus.

Teams have up to 24 hours to finish their chosen distance.

The event raises funds for ABF The Soldiers' Charity, which supports soldiers, veterans and their families.

Tell me more: The event finds its roots in the military, where "yomp" is the term for a long-distance march. Whether you choose to walk, speed-hike or yomp, it's a serious physical undertaking to sign up for the full 54 miles.

However, if you train properly and build up the mileage over the next few months, you'll discover the satisfaction of crossing the finish line.

Leslie Binns is an ex-serviceman who was blinded in one eye during a military operation. He has completed many tough races, including The CATERAN YOMP in 2017 just days after returning from an Everest summit attempt.

He said: "It's surprising what you can do if you are properly prepared both physically and mentally. I have seen it happen so many times that people rise to a challenge and really go for it on the day.

"I know, too, from personal experience the huge sense of elation you get on the finish line of a tough race. You might say



SOLDIERING ON Participants support soldiers, veterans and families

you will never do the same again, but 10 minutes later you have changed your mind and you've signed up to the next big event."

Anything else to know?: Many people report that they like the motivation of raising funds for ABF, The Soldiers' Charity.

The Yomp exists to raise money to support soldiers, veterans and their families. Each participant is asked to commit to raising £400 in sponsorship.

There are various incentives to help people achieve fund-raising targets:

■ Raise £500 and you will receive a CATERAN YOMP water bottle.

■ Raise £800 for an exclusive CATERAN YOMP satchel.

In addition, the first 20 yompers to raise £800 will secure a VIP start and a special YOMP hoody.

Over seven years, the CATERAN YOMP has raised almost £3million.

Training tips: You should plan ahead by around three months or more for the CATERAN YOMP.

Get into the habit of walking everywhere that you can, such as to work, to go to the shops or to see friends.

Aim to exercise at least four times a week and add in other sports to provide variety to your training, while still building up

your fitness. Aim to complete increasingly longer walks at weekends on varied terrain.

Find a training partner so that you have someone to motivate you and make plans with.

Become familiar with your kit, including walking bots, backpack, poles and waterproof clothing.

Make sure you have completed your maximum training distance by the end of May to allow two weeks of lighter training for the event.

As you train, think about how you will fundraise.

Cost: Standard registration is £99 per person (£80pp military or ex-military).

There is an early bird offer of £80 and £60, respectively before February 28, 2018.

The fee covers the whole weekend experience, including camping, food, drink, a few surprises and activities along the route.

Don't worry if you don't have a team, any individuals or pairs will be grouped together with individuals of similar abilities

Contact: www.soldierscharity.org/events/the-cateran-yomp/#the-yomp