

**Heart of Scotland 100 mile Challenge Event**  
**29 – 31 May 2010**  
**Report by Mike Atkins of Beverley Athletic Club**



This year the annual Long Distance Walkers' Association 100 mile challenge walk took place in Scotland, the objective being to complete the set route within a continuous 48-hour period. Two Beverley AC members, Mike Atkins and David Williams, took up the challenge and set off from Dunkeld with 450 others to the obligatory swirl of the pipes.

The off-road route included forest tracks, heather moor, peat bog and general swamp with climbs of up to 5000 feet. The terrain was made more difficult by the weather - it rained as it can only rain in Scotland – making progress through peat bogs and swamps painfully slow.

This was Atkins' eleventh 100 mile challenge event and Williams' second and their aim was to finish in 36 hours. They were on target until about the half way point when they found a walker who had collapsed at the top of a very steep section. With the force-feeding of mint cake and jelly babies he regained consciousness after 15 minutes and 10 minutes later was able to stand. The three of them then progressed incredibly slowly to the next checkpoint some 3 miles distant at Kinloch Rannoch where they were revived with breakfast in the comfort of the local school.

Although the Samaritans' schedule was shot and their feet were even more painful, they were still in good spirits when they set off again. However, progress was slowed once more when the route was compromised by a local landowner refusing access, necessitating a 4-mile detour. The 100 mile event had stretched to 104 miles and the extra mileage at this stage was both brutal and character-building.

After 45 hours and 59 minutes of effort they arrived back at Dunkeld and a euphoric finish with vows never to attempt another LDWA 100 challenge. Well, not until next year maybe.



453 people started the event and 346 finished. First to finish was Gary Attewell in 24 hours 37 minutes and the first lady was Julie Ewers in 30 hours 13 minutes.

**Photos by David Williams of Beverley AC**