

POVERTY IN MIND FOR BEN RACE RUNNER

UP to 500 runners are preparing to tackle Britain's highest mountain on Saturday in the annual Ben Nevis Race – once described as “the world's toughest”.

And, for the first time, the gruelling race will be filmed by the BBC, whose popular Adventure Show team will capture the thrills and spills as runners from all over the UK, and abroad, take on the

4,406ft Ben. At least six cameras will be located at various stages, including the summit.

Eighty runners attached to Lochaber Athletic Club are registered for the race which begins from Claggan Park at 2pm. Newcomers number 130, representing 26 per cent of the entry. One athlete making a return for the third time is Dutch optician and aid

By Stuart Taylor

worker Paul Luyf, who will be running to raise money for an Albanian family who live in a stable with no electricity, running water or furniture.

Mr Luyf, whose work was featured in the *Lochaber News* two years ago, contacted the paper again

this week. He said: “My thoughts went ‘running’. Normally I never get involved in this kind of aid but here, for once in my life, I had to make an exception.

“My Albanian translator and I have never seen such poverty. I told myself: this should not and cannot be. I must do something about it. This family deserves a decent existence which is natural –

just like good eyesight. Next time I meet this family I want to realise a real house with the basic facilities at comparatively low costs. So, as you can see, my participation for the third time to the fantastic Ben Nevis race which I hope to complete within the three hours and 15 minutes has an aim – a house for this very poor Romany-Gypsy family.”