



## Robert's shot at the Worlds

A SELF-EMPLOYED IT consultant is preparing to don his running shoes as he heads to the International Association of Ultrarunners 100km World Championships in Croatia next month.

Dad-of-two Robert Turner is part of a seven-strong British team taking part in the world championships, which are held north of Zagreb on September 8.

Turner told *Courier Sport* he was "really looking forward" to taking part in the prestigious international event for the first time.

The 45-year-old said: "I used to run the 800m and 1,500m as a kid but I gave it up when I went to university.

"I started again in my late 20s to try and get fit but in about 2013 I found that my times were getting slower so I thought I'd give ultra-running a go and see if I still had the endurance."

Turner, who is dad to seven-year-old Imogen and three-year-old Martha, has since gone from strength-to-strength, culminating in him winning the British Championships in Wales earlier this year.

His performance at that event caught the eye of the GB team selectors, who invited the Honest Toun runner to take part in the world championships.

"I got an email from them and it was just brilliant - I'm really looking forward to it," he said.

"I had hoped to have a beer after Wales but with the GB selection I've not been able to.

"There's a lot of dedication from me and a lot of sacrifices from my family - my diet is all tailored to running and so is my sleeping pattern."

The Denholm Avenue resident gave an insight as to what training is required to take on the mammoth 100km runs.

He added: "It is just the same as marathon training. The only real difference is that for marathons, people normally do a 20/22-mile final training run, but mine is about twice that."

Turner trains 12 times a week, which can mean more than 20 hours and upwards of 100 miles per week, as well as working full time and making time for his family and friends.

The Edinburgh Athletic Club member told *Courier Sport* he was targeting a time of about six hours, 50 minutes at the world championships - the equivalent to running a pair of sub-three-hour marathons back-to-back, plus an additional 10 miles in less than 70 minutes.

## GOLF: County ace gearing up for the Solheim Cup



North Berwick star Catriona Matthew plays out of the rough at Royal Lytham & St Annes Golf Club. Image Richard Sellers/PA Wire

# British Open finish encourages Matthew

By Gavin Harper

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GOLF legend Catriona Matthew was encouraged by her performance at the Ricoh Women's British Open at the weekend.

Matthew was in contention over the first two days but fell away at the business end of the competition that was ultimately won by England's Georgia Hall.

North Berwick ace Matthew finished six-over-par at Royal Lytham & St Anne's Golf Club, the scene of her 2009 British Open triumph, meaning she ended tied-42nd, 11

shots behind winner Hall.

Reflecting on her performance - much-improved following a tough time at the Aberdeen Standard Investments Scottish Open at Gullane Golf Club the week previous - the 48-year-old told *Courier Sport*: "I am fairly pleased - it's been a bit of an up-and-down year but there was some good stuff. It's just about putting it all together."

She also looked back on the tournament at Gullane, adding: "I had a good first round but my second round was poor. It's never nice to do that but especially at home."

Matthew also offered her congrat-

ulations to Hall on her triumph, of which there were parallels to Matthew's win nine years ago.

"She's very mature for her age but it will take her a few weeks before it sinks in what she's done," Matthew said.

"She was two in front on the last and she hit her first onto the fairway then hit the green - she'd have known then that she had won."

Matthew was in a similar position in 2009, three ahead as she teed off at the last. "I knew once I'd landed my second shot on the middle of the green that I could have four or five putts at it!" she said.

The North Berwick ace was the star attraction at Solheim Cup 2019 Year To Go celebrations at North Berwick Golf Club on Monday.

More than 100 locals turned out to hear the captain's views on next September's battle with the current holders the USA.

Matthew said it was a "huge honour" to be named captain, and was delighted to return to North Berwick Golf Club this week.

"I learned so much here and I still live in the town so it seems fitting to be back," she said, adding she was focused on regaining the Solheim Cup as her "main objective".

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