



NEWSTRACK

January 2012



suspected we were looking too high on the hillside and dropped lower down through the boulder field. And then it was a race for the Finish line.

The evening meal was rounded off with a ceilidh and an excellent story teller who held her audience enthralled as she regaled us with the origin of tartan.

The format of the relays held at Coull by the Loch of Aboyne was different this year with two concurrent competitions – 2 men and 1 woman or 2 women and 1 man. There were no problems with the former but

Competition Corner

yes, he'd do that at the very least. Probably a letter too. Oh well, there was no choice for now, set the

New Year's Day

70 competitors turned out at Wirksworth on New Year's Day for 3 courses with SI punching on the new



Health Inequality: A National Challenge

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Are you in good health?
Am I in good health?
Health is not just about medicine.

Health is not just about medicine. It is about the overall well-being of a person, including their physical, mental, and social health. Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity. This holistic view of health is essential for understanding and addressing health inequality.

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Shining Cliff Sunday 15/01/2012