

REPORT ON THE DOCTORS' RUN
Dunfermline College, Edinburgh
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Drawing by Mrs. Fiona Munn

An annual running event for doctors, known as the "Doctors' Ten" has been held in Finland since 1970, and last year 338 doctors participated in either the men's 10,000 metres or ladies 5,000 metres. A similar event was held at Dunfermline College of Physical Education, Edinburgh, on 7th October 1978, sponsored by the Wellcome Foundation Ltd., and attracted 117 doctors. The largest proportion came from the Edinburgh area but some made the long journey from the south of England, and one enthusiast flew from Dublin specially to take part. The ages of the runners ranged from 23 to 71 and general practitioners with 42 runners had the largest representation, followed by junior hospital doctors (34) and consultants (19). Four husband and wife "teams" were amongst the participants.

The event was held on an exceptionally warm, sunny day and was watched by a considerable number of relatives and friends of the runners. 13 ladies set off first, 7 opted for a 3,000 metres run, the other 6 completed 5,000 metres. The fastest times were 18 minutes 30 seconds, and 22 minutes 8 seconds respectively. The first lady to finish the 5,000 metres promptly announced that she would like to run the 10,000 metres and after a rest of less than 15 minutes she duly did so; — not surprisingly, Dr. Wendy Dodds from Aberdeen, who is a member of B.A.S.M.

Of the 104 men who lined up for their event all but two completed the full distance, the fastest time being 33 minutes 15 seconds; Dr. Philip Heuschke, an Australian working in Nottingham.

The event was organised partly as a social gathering for doctors who are interested in running or jogging as a means of keeping fit, and partly to help them determine their level of physical fitness by timing them over a standard distance. Each runner now has a measure of his or her own performance and can try to improve on this next year, or at least, do no worse. Repeated collective runs of this nature may well motivate people to take regular exercise all the year round whereas otherwise they may not do so. It also puts the participants in a commanding position to advise their patients of the benefits of regular exercise.

It is hoped that this event, which proved so successful, will be held annually.