

woman

LIVING LIFE TO THE FULL

dvd



Mad Max: Fury Road (Cert 15, £19.99)

The fourth instalment of George Miller's post-apocalyptic franchise offers thrillingly choreographed sequences of carnage, which build to a jaw-dropping finale. Tom Hardy perfects an array of grunts and growls in place of dialogue. But he's dull next to Charlize Theron's gutsy alpha female, who goes toe-to-toe and trades blow for bone-crunching blow with the grizzled anti-hero.



dvd



Tomorrowland: A World Beyond (Cert 12, £17.99)

In 1964, young inventor Frank Walker is given a lapel pin emblazoned with a capital T that magically grants him access to a parallel world called Tomorrowland. Many years later, Frank (played by George Clooney) is a grizzled recluse, haunted by the past. But his life is gatecrashed by a young woman who has glimpsed the same futuristic realm. This is a big budget fantasy which vociferously encourages children to dream.

dvd



Danny Collins (Cert 15, £15.99)

Loosely based on the true story of British folk singer Steve Tilston, Danny Collins is a cliché-riddled yet uproarious comedy. It stars Al Pacino in the title role as a fading singer-songwriter, whose life is thrown into turmoil when he finds out John Lennon sent him a note years before. Other cinematic journeys of self-discovery are undoubtedly more soulful and emotionally rich but this slick cover version is effortlessly entertaining.

girls night in

Get your mates round for an evening of film, music or fun

3 of a kind

Get ready for party season with some of the best LBD action. These dresses all available from littleblackdress.co.uk



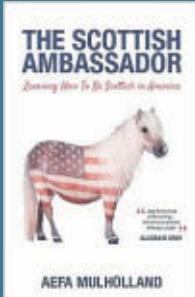
Jones and Jones Jessie Dress in Black Lace, £68.95



Goddiva Jewelled Waist Mini Dress in Black, £40.00

Honor Gold Amanda Black Midi Dress, £95.00

book



The Scottish Ambassador, Aefa Mulholland, £10.99

Travel writer Aefa Mulholland left Glasgow 20 years ago. She felt she was losing her Scottishness so set off on a journey to win it back. In her

hilarious book, she travels across the US learning to be Scottish - with Gaelic lessons in Texas and bagpipes in New Orleans. Enjoy a great travelogue and human interest tale of small towns and big people enjoying their own tartan heavens all over America.

recipe

Teriyaki steak with pak choi & noodles

Serves 2

Ingredients

1/2 tsp Chinese five-spice powder
2 lean beef steaks, 175g/6oz each
1tbsp sunflower oil
2 pak choi, trimmed and quartered
1 medium carrot, thinly sliced
1 red pepper, deseeded and thinly sliced
150g pack straight-to-wok egg noodles
3 tbsp teriyaki sauce

Method

1 Mix the five-spice with 1/2 tsp flaky sea salt and 1/2 tsp black pepper and rub into the steaks.
2 Heat 1 tsp of the oil in a large, non-stick frying pan over a medium-high heat. Fry the steak for 4-5 mins each side or until done to your liking. Transfer to a warmed plate, cover loosely with foil and leave to rest.
3 Pour the remaining oil into the pan,

television



Eternal Glory

STV, 8pm Tuesday. Scotland's own wonder woman of the track Liz McColgan is taking on a top-class field of former pro athletes in this updated Superstars-style show. Liz will join stars such as Fatima Whitbread, Matt Le Tissier and James Cracknell in the series which sees them all challenge for sporting glory in a variety of tests and challenges.



add the pak choi, the carrot and pepper. Stir-fry for 3 mins, then add the noodles and stir-fry for 2 mins more.

4 Pour in the teriyaki sauce and simmer for a few seconds, then divide the vegetable noodles between two warmed plates or shallow bowls. Slice the steak thickly and place on top.

● Recipe brought to you in association with BBC Good Food Magazine.

Melanie Harvey



IF YOU are nursing sore knees or a sore head today, chances are you were one of the thousands who took to the streets yesterday for the Great Scottish Run.

The word "great" is used to describe many things and many people - some of them deserve it, many don't.

But, believe me, every single person who put on their trainers and completed the course in Glasgow yesterday is great in my book.

I ran most of the race alongside Shrek - what a runner he was. He also got the best cheers I heard all along the 10km and I tried to take a bit of that energy to push me to the finish line.

I shouldn't have needed it really, I had all the incentive I needed.

I was in a Daily Record team running in memory of our late colleague Chris Roberts and raising funds for the Beatson cancer hospital.

Sports reporter Chris died at the tragically young age of 39 last year after losing his fight with cancer.

He was a constant on these occasions before his illness. He was often seen in the gym when I was huffing and puffing on the next treadmill. He was also so kind to me when I lost my sister to cancer, a cruel and indiscriminate disease which robs us of some of the best people in life.

Chris was certainly one of those people.

So putting on trainers and running just over six miles is a tiny gesture in his memory and to try to throw a few pounds at the treatment and research for so many desperately ill people.

Thousands of those who took part yesterday were raising funds and awareness for charities.

I saw people running for kids' hospice CHAS, Alzheimer's, Macmillan nurses and the Brightest Star charity, to name but a few.

Others were there to keep fit, prove

Putting on our trainers and running six miles in Chris's memory is a tiny gesture

to themselves they can do it, or enjoy the event.

Yes, it was hard, at times it was crowded and that hill at the start is just plain mean.

The oldest competitor was 90. He did the half marathon and I saw him on TV when I got home saying he was disappointed with his time.

It's that spirit which humbles you for groaning about aching joints.

There were some great athletes taking part too. Jo Pavey proved again why at 42 she is worthy of a place in team GB for the Rio Olympics.

Jo is a mum of two, struggles for funding because of her age and fears she has missed out on medals due to the drug cheats.

Knowing I was treading the same ground she'd be running on in the half marathon was a thrill for other 40-plus women like me.

She finished in one hour nine minutes, breaking the women's over-40 half marathon record.

Jo isn't just a superb athlete, she is a modest and decent person - a rare thing in sport.

I'll never get times like she runs, especially with my taste for a large white wine and prawn fried rice.

But I'm just glad I finished and happy to be among all those other great people.

email
m.harvey@
dailyrecord.co.uk
twitter
@melharvey72