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BRAEMAR GATHERING

At the Princess Royal Park, Braemar, 30,000 sit up as the skirl of the pipes heralds the arrival of the King and Queen.

With the announcement of His Majesty's visit to London for a further medical examination it's good to see the King is benefitting from his holiday. Organised by the Braemar Royal Highland Society, the Gathering helps to keep alive the traditional Scottish pastimes.

Now comes the sword dance, with the judges keeping their eyes glued to the swords. It's a case of 'one teach an' ye're oot!'

Next putting the heavy stone and it's George Clark having a crack at the 28-pounder.

Now Hunter heaves the fossilised haggis ... it's a mighty heave and Hunter is the winner. Strenuous pastimes these Scots choose, den't they? Here goes MacLennan with the 22-pound hammer - you'd have a job to hit the right nail on the head with it. MacLennan wins and we go on to the sport that nobody but a Scot would think of - making a tree trunk loop the loop.

And now something special - the wee Braemar caber - the biggest in the world that's never been tossed before. Here goes George Clark. There's a special prize of £10 this year. Maybe that was what George was waiting for, because - he's done it!