

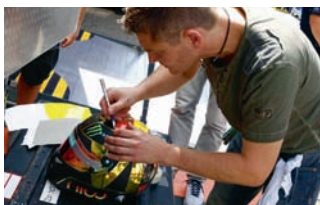


ACTIVE VISION

This is Alex Honnold. It's fair to say he has a head for heights. Good thing he does, too, because he is one of the two stars of new film *The Sufferfest*, which sees him and a partner climb all of California's 14,000ft peaks. Not content with that, they also decided to free-solo the technical sections (or climb the extra-tough bits without any ropes), and even cycled between the climbs. As you do.

The film is one of 11 in this year's Adventure Film Festival, where adrenaline junkies get to show off where their borderline insanity has taken them to recently. Now in its tenth year, the festival packages the documentaries into three programmes and shows them across the country. With biking, canyoneering and surfing on the menu, there's only one drawback – they don't half make you feel lazy watching them. Visit adventurefest.co.uk for more information on the films and to find a screening near you

PITS PICS



Formula 1: it's more than just a load of cars driving fast.

And this series of shots, taken by drivers and head honchos alike, proves it. The pictures will be auctioned tonight before being released as a book at a later date, and feature Nico Rosberg's helmet mid-decoration (left), a minute's silence for injured driver Jules Bianchi (above) and enough selfies to send Twitter into meltdown. #FormulaWin

Visit www.zoom-auction.com to find out more

Out now



In Your Stride

Plenty of apps help you train, but this is for those who need more motivation. Set up your customised regime, and the app will adjust it to fit in around daily distractions. It also updates you on your pacing, fitness and sessions completed.



Served after 10.30am. Subject to availability until February 3rd. © 2015 McDonald's.