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Running for the Post

200 years ago every piece of mail was carried by foot. Sutherland postmen ran hundreds of miles over rough paths and tracks. They crossed the Dornoch Firth at Meikle Ferry, and ran along Cuthill Road to the Receiving House, which stood where the War Memorial now is.

From Dornoch, the foot runners headed north to the Littleferry crossing at Loch Fleet. They ran 20 miles to Craikaig, slept briefly and then ran another 20 miles to Dunbeath the following day.

Using the map on the left and the known distances above, approximately how far is the journey from Tain to Dunbeath?

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HINT: Use your thumbnail on the scale below to see how many miles it represents. How many thumbnails between Tain and Dunbeath? So how many miles?

If the runner's speed was three miles in every hour, how long did the journey from Tain to Dunbeath take?

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The runner was paid 8 shillings a week!

