

Time to Think

Open University Journeys in British and Irish prisons during the years of conflict, 1972-2000

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This audio appears in the OpenLearn course, *Coping with isolation: Time to Think*: <https://www.open.edu/openlearn/health-sports-psychology/coping-isolation-time-think/content-section-overview>

# Session 3 audio

WILLIAM MITCHELL

I was a serious runner in prison, so there was a period of time, and I kept records daily of all my activities, but I averaged a hundred and five miles a week for almost nine years round the Compounds [ Compound 21 in the Maze and Long Kesh Prison]. As did others, like Billy Hutchinson and others. I was infatuated with everything associated with physical and mental health, so you know I took a coaching badge in athletics with the then Northern Ireland coach, who was brought in to, and so on and so forth.