



THE OUTRUN

25th
Year!

Autumn
Season
2024

Release: 2024

Cert (UK): 15, F

Country: UK

Language: In English

Runtime: 1 hour 57 mins

Director: Nora Fingscheidt

Written by: Nora Fingscheidt, Amy Liptrot

Cinematography: Yunus Roy Imer

Cast: Saoirse Ronan, Saskia Reeves, Stephen Dillane



Starting in London, we meet Rona who is spiralling to the bottom of her alcoholic life, pushing her loving partner Daynin away on her way downwards. She decides to run for cover to the place of her youth, Orkney. Not out of the woods yet - her family there cause her more heartaches - but she gradually finds peace and tranquility in the remote and windswept Scottish Islands.

Co-written for the screen with Amy Liptrot, based on her own memoir, the German director Nora Fingscheidt *'brilliantly weaves together wildlife, sharp-edged landscapes, folkloric tales, and psychological healing across some of the most gorgeous nature*

shots you'll see this year' - Tomris Laffly, Harper's Bazaar.

'It's an incredibly effective portrait of a reeling mind, the visual language of intrusive thoughts and rabbit holes. There's a familiar dread to her descent, as she confuses the repetitive loop of benders with freedom. Fingscheidt stages Rona's first few months in Orkney – gray, windswept, isolated – in great contrast to the vivid nightlife of London, memories of which are increasingly blotted, piecemeal and truncated by shame.

And yet, as her story unravels, Orkney opens up; Rona moves even farther north to weather the storm alone. The way Rona's life is lightly yet still definitively shaped by the internet add to a convincing portrait of a real recovery' - Adrian Horton, Guardian.

Rona is played by Saoirse Ronan in another potentially award winning performance - *'When it comes to disappearing into emotionally and physically demanding roles, there are a few actors out there as gifted and committed'* - Tomris Laffly again.