

## I DID IT!!



### Marathon overview

#### “One of the best days of my life!”

I was waiting in the queue for the toilet at 2 mins to 10am - needs must. Ran to the start line and then took about 30 mins for us to nudge up to the start line - then I was off. Felt relaxed and immediately tuned into the crowds and the atmosphere. I then hooked up with Zippee and Bungle who were also running for LCF we ran together for a couple of miles -respect to them for running in costumes gave me a sweat just looking at them.

At about 5 miles I needed the loo but the queues for the official ones were huge so I dived into a local cafe - that was just brilliant - they were banging on the toilet door saying 'quick we've got a marathon runner needing the loo' the lady came out almost with her trousers down! Everyone cheered as I ran out to join the race. Saw the most incredible drummers underneath a flyover amazing sound and energy.

At about 8/9 miles I met Dennis - a marathon master (had run 7 before) - not sure of his age maybe 70? - we ended up running together until about mile 19 - he was fab - we had the same pace and he gave me lots of good tips - then told me he had a heart condition so shouldn't really talk! At mile 19 I was beginning to feel pretty wiped out - had one of those energy gels and I was off again - thought I'd be crossing the finish line with Dennis but I got a bit of pace on and we said our goodbyes. Still loving the energy and atmosphere of the crowds. Mile 20 start to feel some twinges in my leg and my response is to run quicker, generally feeling quite relaxed and dodging my way through the runners.

Mile 23 see my support team - THAT WAS BRILLIANT - stopped to give them a hug and I was off. Still had weird feelings in my legs that I'd not felt in my training and was slightly worried that something could snap at anytime- into Hyde park the crowds cheering - managed a slight sprint finish whooping with my hands in the air and a little cry as I crossed the finished line - what an experience!!

**A MASSIVE** thanks to everyone who has supported and sponsored me you helped make this day amazing - and all your money is going towards a fantastic charity that supports disadvantaged Londoners.