

I started my final run on Saturday 12th June at 0800, knowing the sudden and lovely arrival of summer would add to my challenge, but was fortunate that the first 21 miles would be run mostly in the shade, approaching the final few miles in the heat of the mid-day sun would be interesting!

It was great running the laps on East Hill as on each lap I'd be joined by new runners and some would take a rest. Friends Alan Ritchie and Justin Ashby ran the whole distance too. Malcolm Hilton and my younger daughter Ellie ran most of the way and ensured I was running at the right pace and had enough fluids. Rob Hayman and Nick Read escorted me on bicycles for the whole distance ensuring safety on the junctions and the main road. Half way along the flat of East Hill was the drink and feed station manned by wife Cathy with Janet Ritchie and Marion Hayman.

I had amazing final run, there always seemed in excess of 12 people around and the banter was relentless. I think the comment that got the most laughs and was in part due to the timing of the delivery was made by my daughter. At mile 23 I was on my way to the sea front from Sidbury and feeling very tired and with the heat finding it very tough, at which point Ellie asked if I 'needed to man up'! A comment I may have made to many a friend when they have been at a low point in an event, I had no choice but to laugh and get back on track.

I was pleased to cross the finish line in 3hours 45 minutes and 41 seconds. Given the current understandable no partying rules, my final marathon meant I had a great 'party' with so many joining in for different stages, finishing with an escort of over 20 friends along the seafront.

I am also very grateful to everyone who so generously sponsored me, the funding for the charity, Cardiac Risk in the Young raised over £3500, enough to screen over 70 youngsters in the Sid Valley, thank you.