

The three greatest inventions of the last 100 years: 1. The Airplane. 2. The iPod. 3. Caldesene nappy rash powder. I thought I was finished with that 32 years ago to be honest, but it has taken two charities and a 10 mile run to bring it right back in! It's amazing the changes the body goes through when doing something like this. Only three weeks ago, I thought I was getting a heartattack whilst out running...only when I got home did I find out, that I had two things sticking out of my chest that could cut glass...out came the vaseline to soften the blow. This training doesn't only affect you physically, but mentally as well. I was out jogging last week when my foot landed on a cats eye on the side of the road. It gave me an extra bounce, so I decided that if I try to hit all the cats eyes, I'd bounce home across the line. All very good in my head, but I can only imagine what I looked like to passers by...

Bugs bunny with a limp. On the serious side, I'm having my good days and bad days. I made a great comeback after returning from Sweden, but there are days I find it hard to get up and going. So I remember the videos that we watched on the launch night of the run in the 1798 centre, and that is normally enough to get me up and out. I was thinking last week of setting a target time, based on how training was going of 1 hr 35 mins. This week, with a few weeks to go, I will be happy to achieve something I have never managed before, a 10 mile run/walk/crawl. The support on Facebook has been brilliant, and the fact that loads of people are either doing the run, or talking about it, also helps. It's also the little things, like someone blowing the car horn as they pass you by on the road (unless you were that lorry driver who saw an eejit in a luminous jacket coming straight for you while he was changing the song on his iPod...you were blowing the horn for a different reason!!) I know I have a long way to go to be ready in a short space of time, but as I always say, if I can do it anyone can...

So here's to Caldesene, vaseline...oh, and my iPod!