



25 IN 25 UPDATE- JULY

Month:

July 2019

Distance covered:

56.6 miles

Marathon distances completed:

2/25

Hours of running:

9 hours 7 minutes

What I learned:

1/ A truly good running mate is one that sticks with you even when you smell to high heaven of slurry

2/ Treadmill running on a ship can be hazardous

Most memorable run

Sunday 14th July, Churchdown multi-terrain run via St Bartholomew's Church, 7.3 miles

I love running off-road, especially fields and forests so I was really looking forward this run, planned by Claire PB. She assured me that the hill to St Bartholomew's Church was 'just a little bit steep' so I prepared for a relaxing Sunday morning jaunt. One of the best things about trails is that you have to be truly mindful about where you are putting your feet so the run immediately becomes more interesting, and you can't switch off like I sometimes do on road runs. After quietly congratulating myself on my surefootedness, I immediately stepped ankle deep straight into a pool of slurry. Oh the squelch! Oh the stench! As I continued to run Mrs PB kept as far away as she could without actually abandoning me and who could blame her. With each step, drops of the foul liquid were sprayed up my legs and arms and I was even making myself feel nauseous. But never mind, at the top of the hill by the church was a tap where I could clean off. I just had to run up the hill first. Never have I been so determined. Smelling only slight better we set off again and did the best down-hill run through the fields ever. Imagine when you were a kid and ran down hills with aeroplane arms – that was me. You'll have to imagine... I have no photographic evidence...really need to take more pictures. I finished the 7 miles run still smelling awful...except to Claire's dogs, Tess and Flynt who thought I smelled like beautiful and were reluctant to let me leave.

Treadmills with beautiful views

Saturday 20th July – Wednesday 31st July

I am very lucky that the final two weeks in July were spent on the most beautiful cruise for my mother-in-law's 80th birthday. I was determined to keep up my miles so on sea days I ran on the treadmill in the gym. My balance is a bit dodgy at the best of times, but running on a treadmill facing north when the ship is moving west, was a bit too much for my brain to handle. Every time my mind wandered I nearly fell sideways off the treadmill! Not a good look, and obviously I smiled and carried on like nothing had happened. My kids kept me company on the treadmills by basically asking me a million questions and trying to steal my AirPods – love them both!