London Marathon Journey: a running commentary - September

As I write, it’s raining, and I am heading out to meet my “run club” friends. I know for sure that if it were not for these Lycra clad lunatics waiting in a damp car park for me, I would not be going out tonight!

Just like the weather, it seems my journey to the 2021 London Marathon is changing. The date has been moved from April to October. Louise McLellan and I are expecting to hear final confirmation of the date for the FHLTA charity place soon. Until then, my training is slightly in limbo, but I still plan to make the best use of the time I have.

Since my transplant, I have felt a sense of urgency and pressure to make the most of every moment and opportunity. It feels like a way of sending silent gratitude to my donor, but it can also make me feel quite overwhelmed at times. I’m a natural introvert and growing up with a congenital heart defect lead to me having natural caution about the world around me. Yet despite this, over the years I have somehow found myself walking Hadrian’s Wall, trekking across Iceland, sea kayaking in Scotland and most recently putting my name forward for a London Marathon place! Madness!

When I look back, I realise that chance encounters at the Transplant Games (competing and supporting) have been important for me. Meeting individuals who have taken part in major sporting events must, I think, have filtered down to a deeper level. Conversations which I now understand allowed me to tentatively push into a world that was previously out of bounds.

In terms of progress, I am continuing with regular short runs to keep my focus and have also reached out to find a running coach. This initially felt like a bit of an extravagance. It seemed like I was taking myself way too seriously but realistically, I will need every bit of help I can get! The first step is to have a “Running MOT” to look at my “technique”. If there’s any technique behind what I do I will be very surprised but I will let you know …..

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